

## Get ready for **LEARNING**



start early . . . start now!

Read, sing, talk, play and  
share time with your child  
to get them ready  
for school and life.

Children need to be safe, secure and healthy  
so they can get ready to learn.

- Talk to your **BABY**. Point out familiar objects and name them. Read simple picture books and nursery rhymes - it's never too early to start.
- Pick your baby up when he cries and find different ways to soothe him. Hold him as often as possible.
- Respect your baby's personality and feelings. Each of us responds to people and situations in our own unique way.

- Sing, talk, listen and read to your **TODDLER** every day.
- Enjoy counting and rhyming games together.
- Hug your child when he is angry or frustrated.
- Develop unrushed routines for going out, playing and sleeping.
- Share mealtime with your child.

- Use everyday situations with your **PRESCHOOLER** to teach opposites, time and how the calendar works.
- Limit the amount of time your child watches television.
- Give your child lots of chances to play with other children.
- Comfort your child when he is afraid or upset.

Adapted from "Making A Difference-Birth to 6 Years", Provincial Ontario Early Years initiative

Parenting can be a joy and a challenge.

For tips and more information in York Region,  
call **Health Connection** at **1-800-361-5653**  
or visit an Ontario Early Years Centre in your community.

