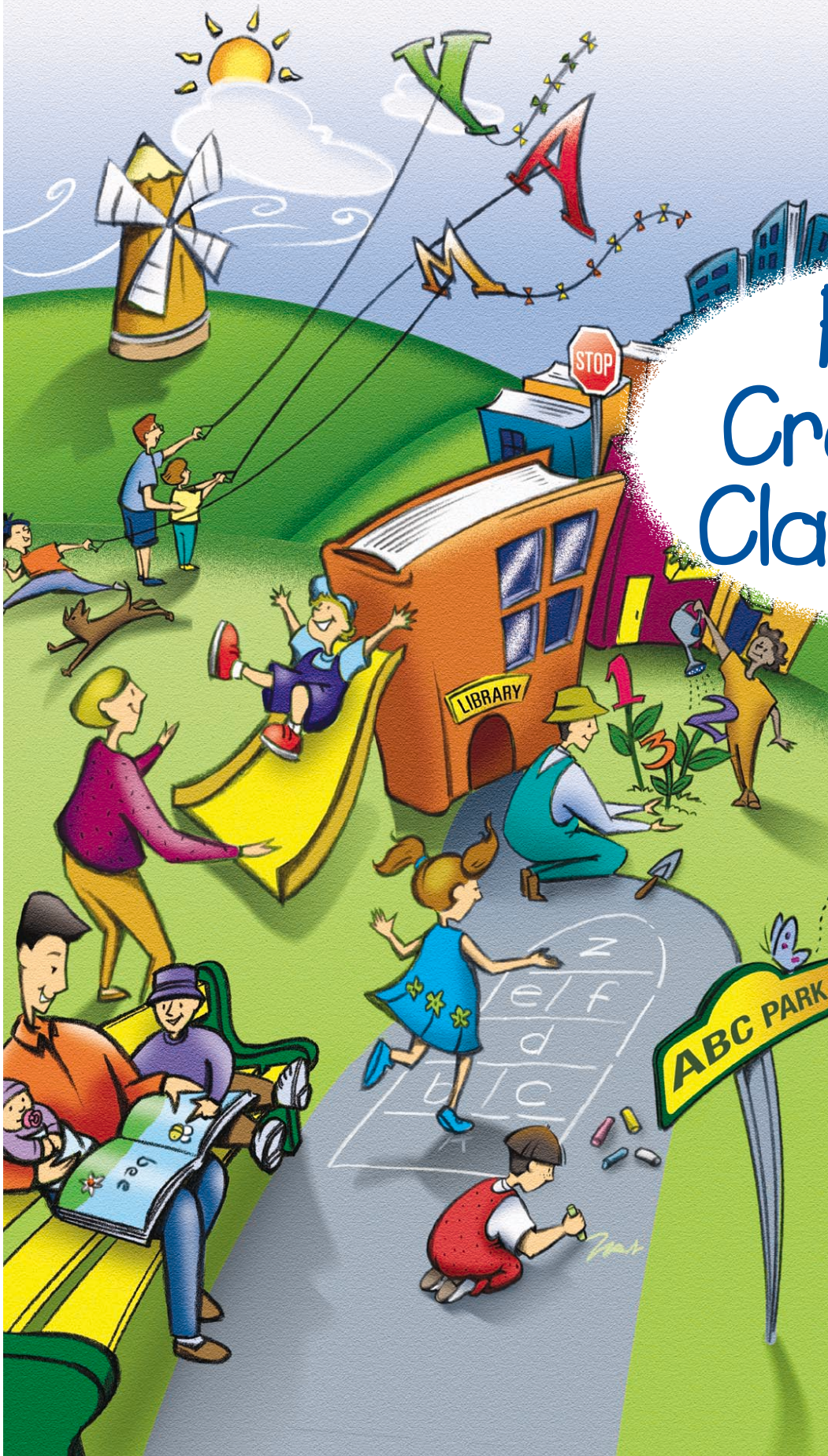


Hand
in Hand
From
A to Z!



From Cradle to Classroom



COMMISSION SCOLAIRE
MARIE-VICTORIN

Québec



From Cradle to Classroom



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English version

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To obtain a set of documents and posters, please contact the Commission scolaire Marie-Victorin, Service de l'imprimerie:

- to obtain information: Richard Viens, (450) 670-0730, extension 403
- to place an order by fax: Richard Viens, (450) 670-0250
- to place an order by e-mail: richard_viens@csmv.qc.ca

The documents and posters are free, but there is a charge for postage. Additional copies of *From Cradle to Classroom* may also be ordered, but photocopying costs and postage are not covered.

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Introduction

This book is for parents and children.

As soon as your child is born, he begins learning things that will be useful all his life. First, he crawls. Later, he learns to walk and then to run. He hears words. He repeats them and eventually learns to talk. He looks at pictures in a book. He hears stories. He becomes an active participant at storytime. Eventually, he learns to read stories.

Your child needs you in order to learn. She learns by imitating you and by watching and taking part in family activities. It's good to show your child what you know, ask her questions, give her clear answers, teach her to apply what she has learned, encourage her to experiment, stimulate her to find solutions to her problems, and praise her. You are her most important teacher.

From *Cradle to Classroom* will help you to discover your child. Through simple activities that are fun and easy, it will help you to help your child develop. All the activities are suitable for both girls and boys.

The first few years of life are important. Your child learns to speak by listening and talking to you. He becomes aware that learning to read is a good thing when he sees you reading, when you answer his questions about written language, and when he takes part in reading activities. Your child learns a lot about reading in his home environment. The most important thing he learns is that reading is useful and enjoyable. And all these things will help your child in school. With your help, he will already know many words. He will like books. He will be curious. He will want to keep learning. All this thanks to you!

Since 1995, the Hand in Hand From A to Z! project team has developed and experimented with various tools and approaches to help families and their children through preventive and long-term action in the area of emergent literacy. The Hand in Hand From A to Z! emergent literacy materials, which include eight documents and five posters, represent the culmination of all the work that went into this project.

Documents

Target Population

*Hand in Hand: Emergent Literacy
From A to Z*

Staff of organizations offering services to children from birth to 4 years of age and their families

Checklist for Parents

Newborns and their families

From Cradle to Classroom

Children from birth to 4 years of age and their families

Sharing Pictures and Words

Children from 12 to 24 months of age and their families

Play Workshops

Children from 2 to 3 years of age and their families

First Steps in Reading and Writing

Children 3 years of age and their families

Emergent Literacy Training

Staff of organizations offering services to children from birth to 4 years of age and their families

*Communication Plan for
Emergent Literacy*

Staff of organizations offering services to children from birth to 4 years of age and their families

How to use this book

This book is for you. It tells you about your child's needs and development from birth until she starts school. You will find a lot of helpful information and tips. For example, you will learn how to help her develop language skills and how to spark her interest in reading. Each chapter is important. If you have trouble reading, ask a friend for help.

This book will guide you as your child grows. For each age level, it gives:

- a general description of your child's behaviour
- suggestions for activities you can do with your child to help her develop
- information about what your child is capable of
- details about the next stage in your child's development
- advice on how to help your child learn language skills and get her to enjoy stories and reading

You can use this book to record your observations.

In the "Does your baby" / "Does your child" section, you can indicate what your child can already do. In the "Comments" section, you can write down questions to ask your doctor or write a message to your child for him to read later.

Keep your child's vaccination record with this book. You can take the book with you when you see your family doctor if you want to discuss something in particular.

You can also keep this book as a souvenir. That way, your child will know how old she was when she started walking, when she looked at her first book or when she said her first word.

Your child learns every time you talk to him, play with him, ask him to follow instructions, encourage him to keep trying, and when he sees you doing things. You are his guide. It's up to you to show him the way.

Happy reading!

Your child and other children...¹

Like other children, your child:

- needs to feel loved and to be cuddled and held
- needs to eat healthy foods
- needs to feel accepted
- needs to be listened to and respected
- has the right to make mistakes
- needs to learn at his own pace
- has the right to grow up without being judged
- has the right to grow up without being subjected to psychological, verbal or sexual abuse
- needs to live in dignity, peace and love

You and other parents...

Like other parents, you:

- need to feel loved
- need time for yourself
- have the right to be tired
- need respect
- have the right to make mistakes
- have the right to get help if you are having problems

1. Based on *Charte des droits des enfants* (Longueuil: Carrefour Mousseau, 1990).

A few tips

Is this your first child?

The birth of a child is the beginning of a wonderful adventure. It's normal for you to feel tired. Give yourself time to adapt. Save your energy to take care of your baby. Take care of yourself too. Rest as often as you can.

Your baby can get hungry at night. He isn't just fussing. You have to feed him.

It's important that your partner or husband help with the baby. The baby will be just as comfortable in his arms and you'll be able to relax. If you are on your own, ask a family member or a friend to babysit for a few hours. You can also take a bath with your baby: it will calm both of you.

Preventing accidents

- In a car, have your baby ride in a safe car seat, from the time you bring him home from the hospital.
- Make sure all the equipment you use to carry your baby is safe. Check all the straps, seams, screws and so on.
- Let children hold your baby only if you are there with them. Older children may want to play with your baby. Be careful.
- Don't allow anyone to smoke in your baby's room.
- Don't allow your pet into the baby's room. If your baby is on the floor, keep your pet away.
- Never leave your baby alone, whether in the bath, on a table, in her chair, in the stroller, in the car or anywhere else.
- Keep household products, medicines and certain plants out of children's reach.
- When visiting family or friends, always keep an eye on your baby. There may be unsafe objects within reach.
- Keep coins and pins out of your baby's reach. He could swallow them and choke.
- Don't give peanuts, popcorn or raisins to your child before the age of 3.

Staying healthy

- Take your child to the doctor regularly. Find a doctor you like and trust.

At this age

Your baby is getting to know you and you are getting to know him.

Your baby reacts to the sound of your voice. He expresses his needs through different types of crying. You can tell if he's hungry or thirsty, tired or afraid.

Your baby needs to feel safe and loved. It's best to feed him and put him to bed at regular hours. Don't be afraid to talk to him and take him in your arms often.

You and your baby are learning to love each other.

Does your baby:

	✓	Age
• gain weight?	<input type="checkbox"/>	_____
• cry:		
- when he's hungry?	<input type="checkbox"/>	_____
- when he's tired?	<input type="checkbox"/>	_____
- when he wants to be held?	<input type="checkbox"/>	_____
- when his diaper needs changing?	<input type="checkbox"/>	_____
- for other reasons?	<input type="checkbox"/>	_____
• turn his head in the direction of your voice?	<input type="checkbox"/>	_____
• lift his head when lying on his tummy?	<input type="checkbox"/>	_____
• smile?	<input type="checkbox"/>	_____
• hold on to your fingers?	<input type="checkbox"/>	_____
• move more than before?	<input type="checkbox"/>	_____
• sleep 15 to 18 hours a day?	<input type="checkbox"/>	_____

Things you can do with your baby

- Talk to your baby often and in a soft voice while nursing her or giving her a bottle, giving her a bath or changing her diaper. Tell her what you are doing and name the parts of her body.
- Give your baby her bath at the same time of day when possible. Sing her a song after her bath.
- Introduce your family to your baby.
- Hold your finger out to your baby so that she can grasp it.
- Hold your baby in your arms. Take her on a tour of the house every now and then.
- Go for a walk with your baby.
- Let your other children share in the experience of getting to know the baby.

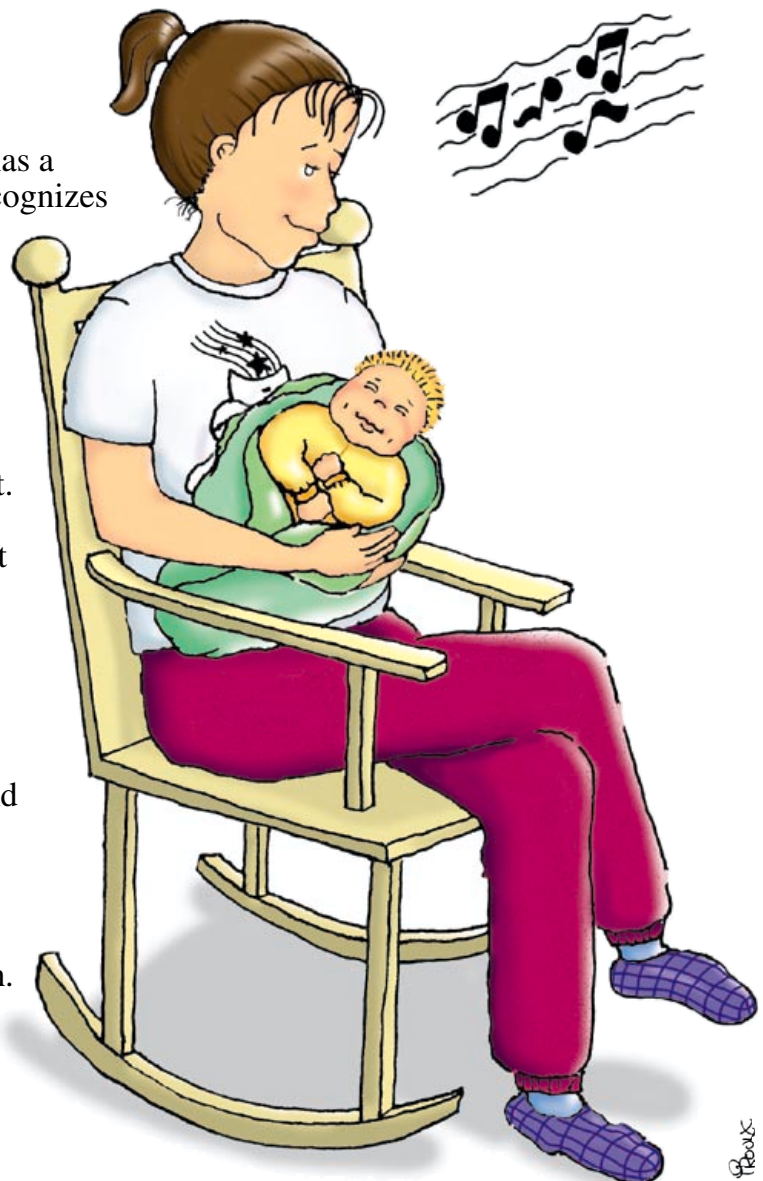
Things to keep in mind

- Your baby can hear you and see you. She has a sense of smell and can taste things. She recognizes you. Observe your baby closely.
- Your baby has talents. You can help her develop them and encourage her to experiment. You know your baby's needs. Trust yourself.
- Your baby needs a quiet, calm environment.
- Your baby likes to hear your voice. It's best to use grownup words and avoid baby talk (i.e. say "train," not "choo-choo").

Soon

- Your baby will show interest in the things and people around her (toys, visitors).
- Your baby will smile back at you.
- Your baby will make sounds with her mouth.
- Your baby will show you that she loves you.

Comments



At this age

Your baby sleeps less. He makes sounds and moves more. He recognizes his family. He likes to hear your voice.

Your baby tries to roll onto his back. He turns his head away when he's had enough milk.

Your baby is taking his place in your life and family. He has his habits and likes routine.

Does your baby:

	✓	Age
• recognize his family?	<input type="checkbox"/>	_____
• like:		
- certain toys?	<input type="checkbox"/>	_____
- certain rooms in the house?	<input type="checkbox"/>	_____
- certain songs?	<input type="checkbox"/>	_____
• smile at other members of his family?	<input type="checkbox"/>	_____
• roll:		
- onto his back?	<input type="checkbox"/>	_____
- onto his tummy?	<input type="checkbox"/>	_____
• calm down:		
- when you talk to him softly?	<input type="checkbox"/>	_____
- when you touch him gently?	<input type="checkbox"/>	_____
• play with a rattle?	<input type="checkbox"/>	_____
• make sounds:		
- in his bed?	<input type="checkbox"/>	_____
- when you talk to him?	<input type="checkbox"/>	_____
• look at the things he touches?	<input type="checkbox"/>	_____
• follow an object with his eyes?	<input type="checkbox"/>	_____
• want to sit up (with help)?	<input type="checkbox"/>	_____

Things you can do with your baby

- Put your baby to bed at the same time every day (at night or for a nap).
- Talk softly and often to your baby, even when you are cooking or doing housework. It's best to use grownup words.
- Play with your baby by imitating the sounds he makes.
- Encourage your baby to make other sounds.
- Look at picture books with your baby. Pick sturdy books.
- Take a bath with your baby and play with him.
- Put your baby down on a blanket and play with him every day.
- Play "peekaboo" with your baby.
- Go for a walk with your baby.

Things to keep in mind

- Your baby needs you in order to learn how to talk. He needs you, your love, your gentle care, your attention, your encouragement and your praise in order to develop. In his eyes, there is no one else like you.

Soon

- Your baby will be able to sit up.
- Your baby will produce his first syllables ("ma," "ba," "pa," and so on).
- Your baby will imitate sounds.
- Your baby will express himself with cries and gestures.
- Your baby will be more curious.
- Your baby will take an interest in everything around him.
- Your baby will get his first tooth.



Comments

At this age

Your baby is more active. She moves a lot. She produces syllables ("ma," "ba," "pa," and so on). She laughs. She needs encouragement.

Your baby is sometimes afraid of strangers. She needs to be reassured by you.

Your baby is sensitive. She can tell whether you are happy or sad. She loves you a lot.

Does your baby:

	✓	Age
• produce syllables ("ma," "ba," "pa," and so on)?	<input type="checkbox"/>	_____
• seem afraid of strangers?	<input type="checkbox"/>	_____
• hold objects in her hands?	<input type="checkbox"/>	_____
• move around by: - dragging herself on her tummy?	<input type="checkbox"/>	_____
- crawling on all fours?	<input type="checkbox"/>	_____
• recognize her name?	<input type="checkbox"/>	_____
• like to lie on her tummy?	<input type="checkbox"/>	_____
• sit up on her own?	<input type="checkbox"/>	_____
• hold out her arms when she sees you?	<input type="checkbox"/>	_____

Things you can do with your baby

- Make googoo eyes at your baby.
- Show your baby pictures in a book, magazine or catalogue.
- Show familiar pictures to your baby. Describe the picture, adding new words ("brown bear," "yellow duck").
- Imitate the sounds your baby makes and give her time to say them back.
- Let your baby pick up pieces of food. Let her play with small objects that are safe.
- Name the parts of your baby's body with her. Name familiar objects.
- Go for a walk with your baby.

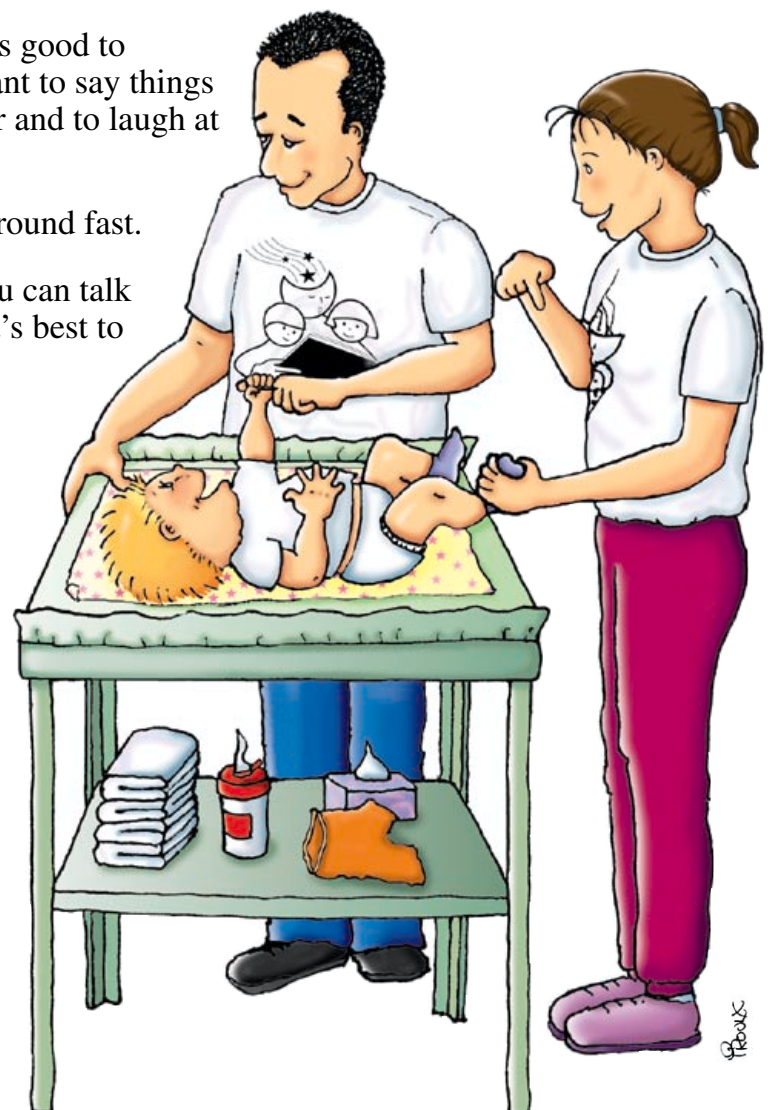
Things to keep in mind

- Your baby needs you in order to develop. It's good to encourage her to try new things. It's important to say things like "good girl" or "again," to laugh with her and to laugh at the funny things she does.
- Your baby needs a safe home. She can get around fast.
- Your baby likes the sound of your voice. You can talk to her at mealtime, at bathtime, and so on. It's best to use grownup words.

Soon

- Your baby will be able to say "mama" and "dada."
- Your baby will need to understand that there are limits, that some things are not allowed. You will have to repeat what these things are often and try to distract her.
- You will have to put breakable or dangerous objects out of your baby's reach.
- Your baby may start to show an interest in books.

Comments



At this age

Your baby imitates you. He can give kisses. He may be able to say "bye-bye."

Your baby recognizes pictures in books or catalogues.

Your baby expresses himself by squealing, crying and making gestures.

Your baby understands familiar words.

Does your baby:

	✓	Age
• show you affection?	<input type="checkbox"/>	_____
• recognize the pictures in books?	<input type="checkbox"/>	_____
• like to be hugged and kissed?	<input type="checkbox"/>	_____
• crumple paper with his hands?	<input type="checkbox"/>	_____
• tear paper with his hands?	<input type="checkbox"/>	_____
• crawl on all fours?	<input type="checkbox"/>	_____
• make googoo eyes at you?	<input type="checkbox"/>	_____
• say "mama" and "dada"?	<input type="checkbox"/>	_____
• stand with help?	<input type="checkbox"/>	_____
• fill and empty containers?	<input type="checkbox"/>	_____
• hand you objects when asked?	<input type="checkbox"/>	_____
• stack large objects?	<input type="checkbox"/>	_____
• clap his hands?	<input type="checkbox"/>	_____
• shake his head "no"?	<input type="checkbox"/>	_____

Things you can do with your baby

- Encourage your baby to wave "hello" or "bye-bye" or clap his hands.
- Let your baby eat with his fingers.
- Play children's music for your baby.
- Encourage your baby to imitate animal sounds.
- At bath time, let your baby play with objects that float.
- Name the objects your baby sees.
- Name the objects your baby touches. Repeat the words often.
- Name the objects your baby points at and describe what he is doing.
- Roll a ball toward your baby.
- Look at books or catalogues with your baby as often as possible. Point to objects and name them.
- Repeat the sounds your baby makes.

Things to keep in mind

- Your baby needs love. It's good to talk to him often, to encourage him to talk, and to listen to him.
- It is important to keep an eye on your baby. He can get around fast.
- Your baby understands certain rules. Tell him what he is not allowed to do. You will have to be patient and repeat what these things are often.

Soon

- Your baby will point at people and familiar objects.
- Your baby will enjoy being around other children.
- Your baby will be able to turn the pages of a book or catalogue.
- Your baby will enjoy bedtime stories.
- Your baby will learn to walk.

Comments



A few tips

Think about yourself!

It's important to relax and get some rest. You deserve it. And it will help you to really be there for your baby.

How?

You can:

- read a book or magazine
- watch some TV
- go to the library
- sign up for activities at the community centre
- go for a walk
- visit with friends
- go to the park
- do other activities of your own choosing

It's important to do something you enjoy every day. Around 2 years of age, your child will enjoy being with others in a group. Take her to daycare once in a while and use the time to rest.

Why tell stories to your child?

Listening to stories helps your child learn new words and lots of other things. It also helps her learn to enjoy books and get ready to learn to read.

Preventing accidents

- Never leave your baby alone, whether in the house or in the car, even if you are only going to the corner store for milk.
- Put safety gates at the top and/or bottom of stairs. Keep certain rooms off-limits by closing the door. This will make it easier to keep an eye on your baby.
- Put medicines, lighters and nail files away. Check your drawers and purse for unsafe objects. Your baby might get hurt.
- Protect your baby from sunburn by having him wear a hat, or keeping him in the shade.
- Watch out for tablecloths and electric cords. Your baby can pull on them and get hurt.
- Watch your baby in the bathtub or pool, even if the water is just a few inches deep.
- Never leave your baby alone outside, even for a few seconds.
- Never let your baby out of your sight. Your baby can get around fast. Put hooks on certain doors (kitchen cabinets, the basement door, etc.).

Staying healthy

- Make regular well-baby visits to the same doctor.

At this age

Your baby is changing a lot. She is learning to walk and moves around fast. She explores the house and is discovering the world.

Lots of things attract your baby, but she quickly loses interest. She likes to touch, smell, hear and see new things.

Your baby understands what you say. She is starting to talk and is more coordinated. She can hold a pencil.

Does your baby:

	✓	Age
• point to parts of the face when asked?	<input type="checkbox"/>	_____
• understand "yes" and "no"?	<input type="checkbox"/>	_____
• put things in a box?	<input type="checkbox"/>	_____
• name people and objects when asked ("dada," "bird," "cat," etc.)?	<input type="checkbox"/>	_____
• imitate the sound of an animal (cat, dog, etc.)?	<input type="checkbox"/>	_____
• imitate sounds (e.g. a siren)?	<input type="checkbox"/>	_____
• like certain objects?	<input type="checkbox"/>	_____
• open drawers and kitchen cabinets?	<input type="checkbox"/>	_____
• go up a few stairs alone?	<input type="checkbox"/>	_____
• do simple puzzles?	<input type="checkbox"/>	_____
• find an object that is hidden close by?	<input type="checkbox"/>	_____
• give kisses?	<input type="checkbox"/>	_____
• say "bye-bye"?	<input type="checkbox"/>	_____

Things you can do with your baby

- Do simple puzzles with your baby. Play with blocks and bowls.
- Colour with your baby using crayons.
- Help your baby walk.
- Give your baby books, magazines and catalogues.
- Look at pictures with your baby. Ask your baby to show you certain objects.
- Say "good girl" and "again" often to your baby. Clap your hands to encourage her.
- Describe to your baby what you are doing with her.
- At the grocery store, have your baby sit facing you and describe everything you do. Name the objects that are close by.
- When out for a walk with your baby, ask her to name what she sees. Describe these objects.
- Name the objects that interest your baby.
- Play children's songs for your baby.
- Sing nursery rhymes to your baby.
- Teach your baby to say how old she is. Teach her to show her age with her fingers.

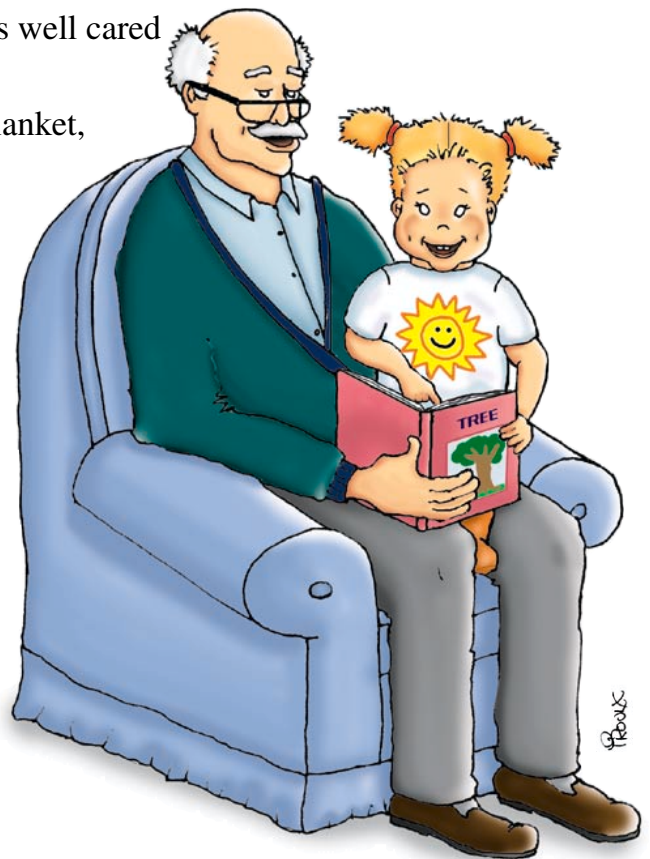
Things to keep in mind

- Parents are their child's best teachers. A child who is well cared for learns fast. A child who feels loved is confident.
- Your baby will grow attached to certain objects (a blanket, teddy bear, toy, etc.). She needs this. It's all right.
- Your baby learns a lot from you. It's best to use grownup words (e.g. "train" rather than "choo-choo"). Have your baby repeat words. Give her opportunities to say the words she knows.
- It's a good idea to babyproof an area of your home where it will be safe for your child to play alone. You'll be able to do things (read, clean, cook) without having to worry about her.

Soon

- Your baby will imitate what you say and do.
- Your baby will be more active.

Comments



At this age

Your child loves you very much. He is very curious and has lots of energy. He is attracted by objects. He loves to touch and examine them and he also loves to hide them and look for them. He wants to learn.

Your child is developing. He needs to do things with you but also to have his own experiences, to take up challenges in keeping with his abilities and to apply what he knows. He needs to repeat the same actions often in order to learn.

Your child understands that there are limits and that some things aren't allowed.

Does your child:

	✓	Age
• give his age:		
- by showing the right number of fingers?	<input type="checkbox"/>	_____
- by saying it?	<input type="checkbox"/>	_____
• put words together ("Dada gone?" "Want water!")?	<input type="checkbox"/>	_____
• point to certain parts of his body when asked?	<input type="checkbox"/>	_____
• help you:		
- dress him?	<input type="checkbox"/>	_____
- undress him?	<input type="checkbox"/>	_____
• repeat the words he hears?	<input type="checkbox"/>	_____
• understand short sentences?	<input type="checkbox"/>	_____
• look at pictures in a book by himself?	<input type="checkbox"/>	_____
• name the pictures he sees?	<input type="checkbox"/>	_____
• throw a ball and go get it?	<input type="checkbox"/>	_____
• open boxes?	<input type="checkbox"/>	_____
• stack big blocks?	<input type="checkbox"/>	_____
• do puzzles?	<input type="checkbox"/>	_____

Things you can do with your child

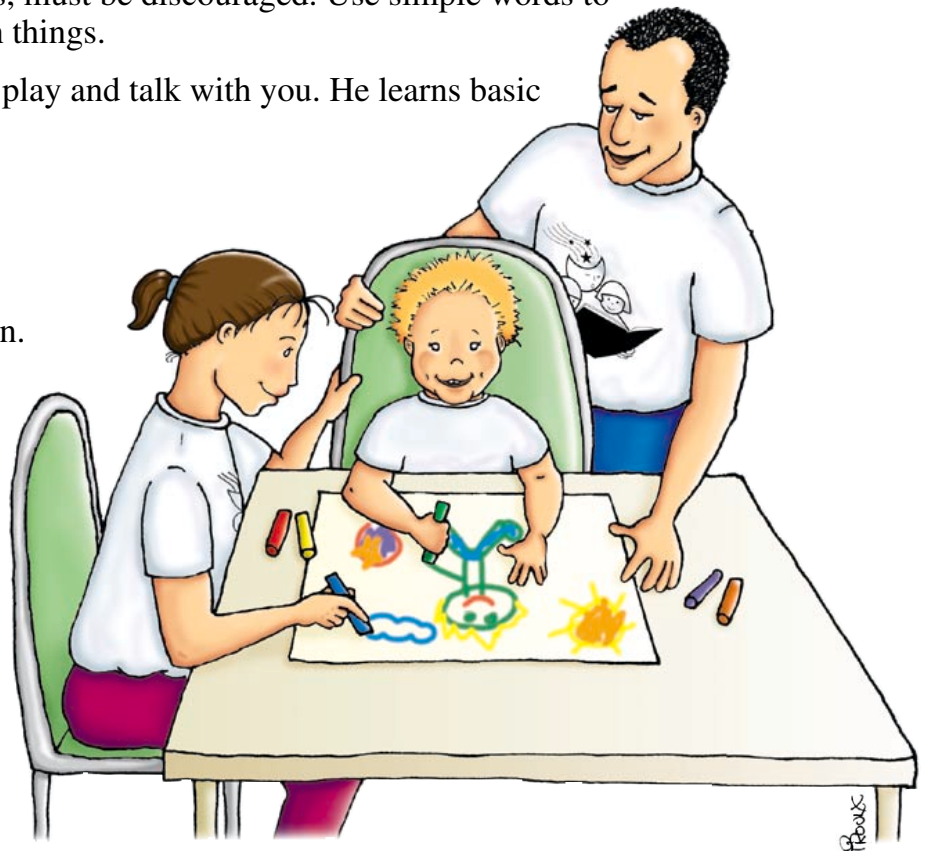
- Name the things your child points at. It is best to use grownup words. Play this game often.
- Play with your child at putting small objects in a bottle.
- Play hide-and-seek with your child.
- Draw straight lines and circles with your child. Encourage him to draw by himself. Give him crayons and paper.
- Read to your child from the same picture book at bedtime. This will allow him to learn new words and show you what he knows. Read for several minutes to begin with, then for as long as your child's interest holds up.
- Ask your child questions about the pictures in books. Name colours, animals and objects.
- Ask your child to hold the book and to turn the pages.

Things to keep in mind

- It's normal for your child to express anger and frustration. Some behaviours, like hitting, biting and throwing things, must be discouraged. Use simple words to tell him why he shouldn't do such things.
- Your child needs you. He likes to play and talk with you. He learns basic things in the process.

Soon

- Your child will say "no" very often.
- Your child will want to try new things. It's up to you to guide him.
- Your child will ask you for things you can't possibly agree to. You will have to say "no" sometimes. Don't worry. That's how he learns.
- Your child will have short conversations with you.



Comments

At this age

Your child is more independent. She says "no" very often. You will have to be patient. Your child isn't being bad: she's just asserting herself.

Your child is learning the importance and the power of words.

Does your child:

	✓	Age
• make her toys talk?	<input type="checkbox"/>	_____
• imitate sounds?	<input type="checkbox"/>	_____
• sing to herself?	<input type="checkbox"/>	_____
• pretend to talk on the telephone?	<input type="checkbox"/>	_____
• call people she knows by their first name?	<input type="checkbox"/>	_____
• turn the pages of a book by herself?	<input type="checkbox"/>	_____
• use crayons?	<input type="checkbox"/>	_____
• draw straight lines and circles?	<input type="checkbox"/>	_____
• use one hand more often: - her right hand?	<input type="checkbox"/>	_____
- her left hand?	<input type="checkbox"/>	_____
• push or pull objects?	<input type="checkbox"/>	_____
• sit down on her own on a child-sized chair?	<input type="checkbox"/>	_____
• have a favourite toy?	<input type="checkbox"/>	_____
• stack four blocks on her own?	<input type="checkbox"/>	_____
• hold her cup or glass and drink on her own?	<input type="checkbox"/>	_____

Things you can do with your child

- Play with your child at putting pennies into a piggy bank. This will help her learn to handle small objects.
- Go to the park with your child. Let her run, play on the swings, slide, play in the sand and so on.
- Draw and colour with your child.
- Talk with your child at mealtime. Name the food on her plate. Give her a chance to ask for what she wants and fill in any missing words (if she says "Want water," ask her "Do you want some water?").
- Write your child's name on her bedroom door in big block letters.
- Read simple stories to your child. Ask her to turn the pages. Give her opportunities to say the words she knows ("Where's the duck? In the bathtub!") Ask her to match a picture with a word.
- Teach your child "please," "thank you" and other polite expressions.
- Teach your child how to wash her hands and brush her teeth.
- Go to the library with your child. Choose books for yourself and let your child pick a book too.

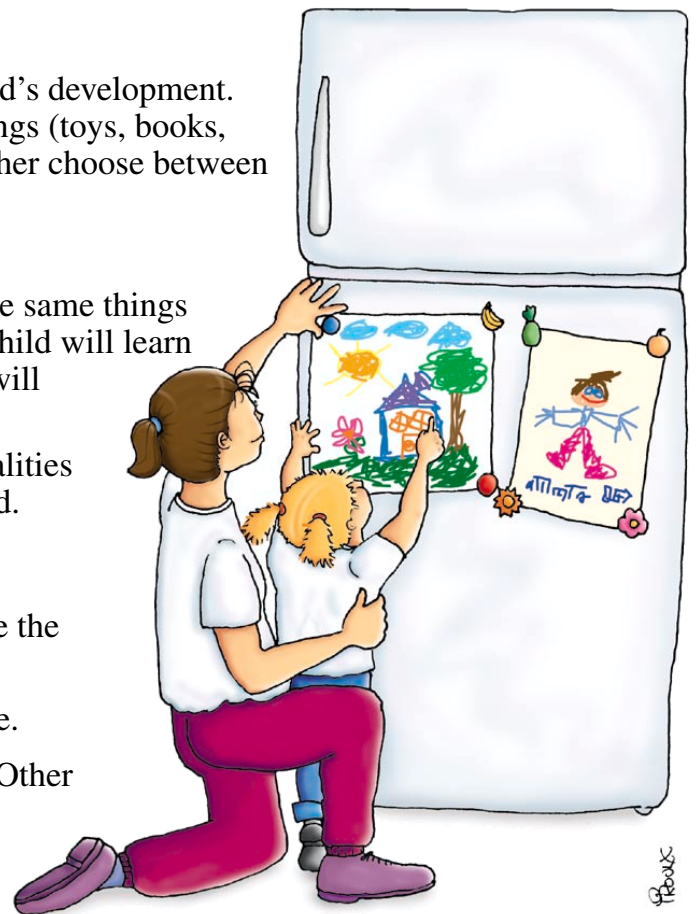
Things to keep in mind

- Self-affirmation is an important stage in your child's development. It's a good idea to let her choose between two things (toys, books, etc.) For example, when you are dressing her, let her choose between two tops.
- Your child needs a guide:
 - It's good to set limits, to always say "no" to the same things and to correct inappropriate behaviour. Your child will learn what is allowed and what isn't allowed. This will reassure her.
 - It's also good to acknowledge your child's qualities and to praise her. This will make her feel loved.

Soon

- Your child may throw tantrums one minute and be the sweetest kid in the world in the next.
- Your child's personality and character will emerge.
- Your child will want to do everything by herself. Other times, she will want help.

Comments



A few tips

Have you had any time for yourself today?

It's hard to be a parent day and night without a break. Ask your family and friends or your community centre for help.

Even if there are two of you, it's a good idea to have your child babysat once in a while. You will be able to relax. Choose someone who is trustworthy.

Invite another child over to play with your little one. You will get a bit of a rest.

Find out about the activities that are offered in your neighbourhood. Your child will make friends and learn interesting things. You will be able to enjoy a well-deserved break.

Find out about parent-child activities. These offer a way to get advice and have fun.

Why read stories to your child?

Reading stories to your child helps him learn new words and lots of other things. It also helps him learn to enjoy books and get ready to learn to read.

Preventing accidents

- Get up in the morning or after naptime *at the same time* as your child. He is beginning to imitate you and may try to shave his face or cook something.
- If your child is playing alone in a fenced yard, check on him often.
- Limit the places where your child can play ("The street is for cars and the sidewalk is for people. Stay on the sidewalk.").

Discipline

Should a child be punished and, if so, how? Before the age of two, a child can't really make the connection between his behaviour and the punishment.

There are many ways to show your disapproval:

- Tell your child immediately that you don't like what he did and keep your cool.
- Always use the same words ("I don't want you to . . .").
- Show your child that there are more appropriate behaviours.

If your child does the same thing again:

- Give him a time-out by having him sit on a chair for two or three minutes. Always use the same chair in the same spot.

If your child doesn't stop:

- Have him go to his room to think about things for two or three minutes.
- When the time is up, tell your child again why he was punished. Show him that he can correct his behaviour. Explain that you are unhappy about what he did, not unhappy with him.

Your child will learn if the message is clear and consistent.

If you were too harsh (it happens to everyone), tell your child. He will understand, even if he is only 2 years old.

It's important to give your child credit for his good behaviour. Say things like "You're such a good boy!" When punished too often, children become aggressive and see themselves as bad.

What about spanking?²

It's best not to hit your child because:

- He may think that it's okay to hit anyone who doesn't behave the way he wants.
- He may think that it's okay to hit someone who's smaller.
- He may become afraid of the person who hit him and not love that person anymore.
- He may become afraid of adults.

Spanking is often done out of anger. Find another way to discipline your child. Have him sit on a chair or send him to his room, for example.

2. The following is based on Canada, Department of Health and Welfare, *Nobody's Perfect*, program (Ottawa: Department of Health and Welfare, 1988).

A few tips

Helping your child to speak better³

It's important to listen to your child and to answer her. She has her very own way of putting sentences together. This is normal: she's learning. Also, there are different ways of saying the same thing.

When your child makes mistakes, it is better to not correct her and not make her repeat the correct pronunciation of words. Simply answer her immediately, using the right word or the correct sentence structure. Don't let her feel that she made a mistake. Here are some examples:

Your child doesn't pronounce a word right

Child: *I see a wabbit.*

Adult: *You see a rabbit? Where do you see a rabbit?*

Child: *I went to the tore.*

Adult: *You went to the store.*

Your child doesn't use the right word

Child at the zoo: *Look at the big dog.*

Adult: *That's a lion. It's much, much bigger than a dog.*

Child: *The puppy is shouting.*

Adult: *You're right, the puppy is barking.*

Your child doesn't say words in the right order

Child: *I milk like.*

Adult: *You like milk.*

3. Guy Labelle and Roland Pelchat, *L'intervention langagière*.

You want to increase your child's vocabulary

You are looking at a picture book together.

Child: *Cat.*

Adult: *Yes, the cat is sleeping in the basket.*

Another example

Child: *Cat.*

Adult: *Yes, that's a cat.*

Adult: *What is the cat doing?*

Child: *The cat is sleeping.*

Adult: *Where is the cat sleeping?*

Things to avoid⁴

Your child may feel frustrated when:

- her questions aren't answered.
- she is told to be quiet.
- the answer she gets is beside the point (e.g. child at the zoo: "Are giraffes nice?"; adult: "Don't step in that puddle!").
- she feels that you are paying more attention to how she is saying things than to what she is saying.

4. Paule Aimard, *L'enfant et son langage*, 3d ed. (Villeurbanne: Simep, 1982), p. 55.

At this age

Your child is asserting himself. He often say things like "I can do it by myself." He likes to do small chores.

He expresses himself by throwing tantrums, crying and laughing.

Your child watches you and does as you do. He imitates his brothers and sisters. He says "no" often. He is centred on himself. He does not want to share his toys.

Your child talks a lot. He likes to listen to someone reading a story. He likes to talk about the characters with you. He is learning new words and is starting to make sentences.

Does your child:

	✓	Age
• understand certain requests (e.g. "Please go sit down.")?	<input type="checkbox"/>	_____
• understand the meaning of:		
- up/down?	<input type="checkbox"/>	_____
- inside/outside?	<input type="checkbox"/>	_____
- turn the page?	<input type="checkbox"/>	_____
• ask simple questions (e.g. "Where baby.")?	<input type="checkbox"/>	_____
• point to things in books and name them?	<input type="checkbox"/>	_____
• play longer with the same toy?	<input type="checkbox"/>	_____
• stack four to seven blocks?	<input type="checkbox"/>	_____
• pick books at the library?	<input type="checkbox"/>	_____

Things you can do with your child

- Tell your child what colour things are ("the apple is red," "the shirt is blue," etc.).
- Make up stories with your child, using pictures.
- Teach your child songs (e.g. "The Farmer in the Dell").
- Draw with your child (draw the sun, houses, etc.).
- Tell your child the same story again and again. Let him say the words that come up often (e.g. the name of a character or of the character's dog).
- Let your child pick a book at the library.
- Include your child in family reading and writing activities (e.g. reading the newspaper, writing letters, etc.).
- Teach your child how to use children's scissors.
- Familiarize your child with the words and images around him:
 - in the car, say the names of streets or stores
 - teach him the first letter of his name and have him look for it in books, on cereal boxes and so on
 - teach him the meaning of certain pictures or symbols (a stop sign, a restaurant logo, etc.)

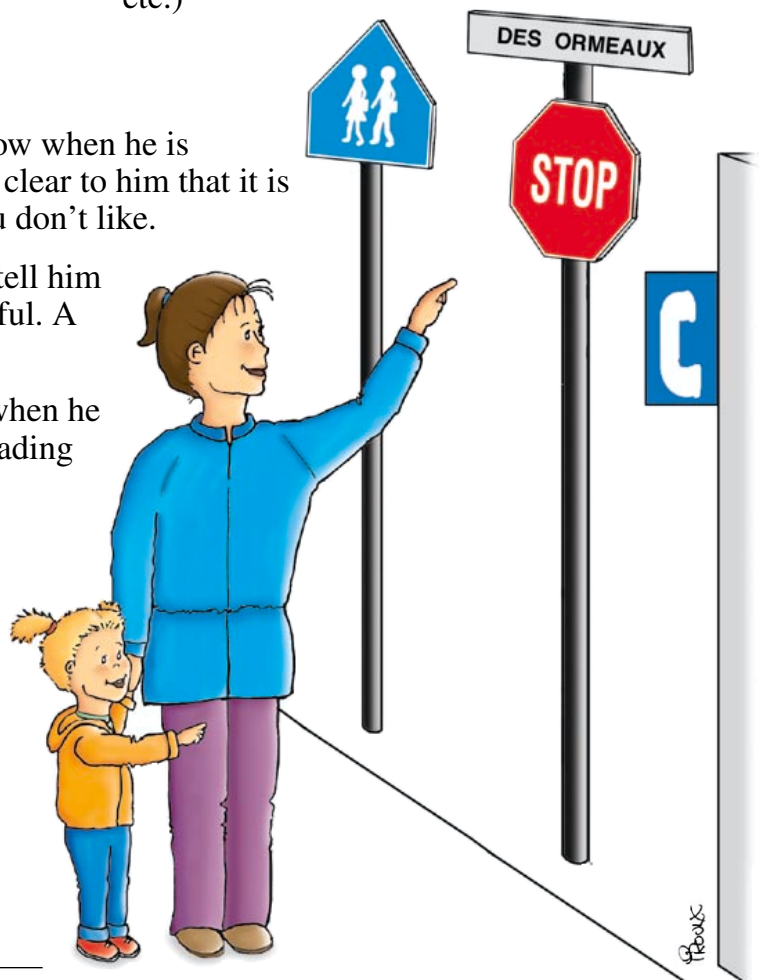
Things to keep in mind

- Your child needs rules. It's good to let him know when he is behaving badly, to explain why and to make it clear to him that it is his behaviour, and not him personally, that you don't like.
- Your child needs encouragement. It's good to tell him that you are proud of him and that he is beautiful. A child who feels loved is a confident child.
- Your child understands that reading is useful when he sees you read. It's good to spend some time reading and to encourage your family to read often.

Soon

- Your child will reject rules more and more. This is normal. His anger isn't aimed at you.
- Your child will learn to express what he wants using words rather than anger.
- Your child will sing songs to entertain you.

Comments



At this age

Your child is becoming independent. She understands everything you say and is able to carry on a conversation. She continues to learn new words.

She is discovering the power she has over her parents and the people around her. She likes to be with other children. She enjoys spending time with family (e.g. aunts and uncles, grandparents).

Your child is applying what she has learned so far. You can see what you have taught her.

Does your child:

	✓	Age
• recognize familiar symbols (a stop sign, a restaurant logo, etc.)?	<input type="checkbox"/>	_____
• recognize at least four colours?	<input type="checkbox"/>	_____
• often do things on her own?	<input type="checkbox"/>	_____
• put on and take off her clothes in her own way?	<input type="checkbox"/>	_____
• put away her toys?	<input type="checkbox"/>	_____
• tell you what she saw?	<input type="checkbox"/>	_____
• look at books on her own?	<input type="checkbox"/>	_____
• form sentences with two, three or four words?	<input type="checkbox"/>	_____
• talk to herself when playing?	<input type="checkbox"/>	_____

Things you can do with your child

- Write letters to family or friends with your child.
- Encourage your child to talk on the phone with friends or her grandparents.
- Frequently ask your child to tell you her first name, last name and age.
- Teach your child road safety rules (e.g. what to do at a stop sign).
- Do cut-out activities with your child. Play with construction sets.
- Introduce your child to playing cards. Ask her to name the colours and to sort the cards in order. This will help her learn her numbers.
- Go to the park with your child. Encourage her to play with other children.
- Make cookies with your child. Let her touch the dough.
- Read a book with your child. Follow the words with your finger. Use certain expressions (such as "at the bottom of the page", "at the top of the page," and "on the left"). Let your child guess the ending of the story.
- Help your child put what she understands and feels into words.
- Take your child to the library, community centre and other places.

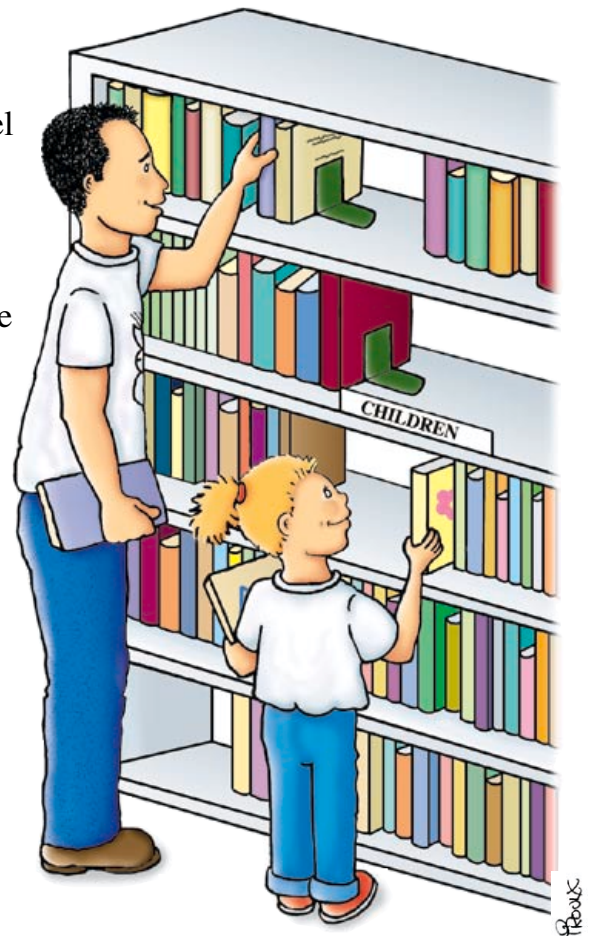
Things to keep in mind

- Your child needs to ask questions. It's good to repeat the answers often. This will help her learn new words and feel important.
- Your child needs to talk with you in order to develop language skills.
- Your child needs to do things on her own. Let her do these things and praise her efforts.

Soon

- Your child will be able to pay attention for longer periods of time.
- Your child will participate more actively in certain activities.
- Your child will use words to express what she wants.
- Your child will make up stories. She will include you in her games. She will play pretend. You can play with her. She learns a lot through these games.

Comments



A few tips

Why read or make up stories with your child?

It's important to read with your child on a regular basis. Reading with you is enjoyable for your child and a way of learning things.

He is getting ready to learn to read.

Your child has fun. He plays with the words and the pictures. He imitates the characters. He guesses how the stories will end.

Your child is learning new words. He is starting to make sentences. He can, with some effort, tell you how an event happened. He can concentrate and listen for a certain period of time. In other words, he is learning to communicate.

The art of communicating⁵

Good communication between you and your child will make everything that's connected with discipline a lot easier.

If your child doesn't understand your message, i.e. get what you mean, he can hardly do what you are asking him to do.

To improve communication between you and your child:

- Make sure you have your child's attention. If he is watching TV, he will not remember what you said.
- Remember to keep your message short and specific. ("The ball stays outside."; "Feed the cat before supper.")
- Set clear family rules. It is easier to get your family to follow the rules if they are clear. Your child will understand a rule better if you always apply it the same way.
- Teach by example. Actions speak louder than words. ("I don't like to hear the kids use dirty words so I had to start by cleaning up my own language.")

5. The following is based on Psychology Foundation of Canada, *Yes, You Can!: Positive Discipline Ideas for You and Your Child*. Parenting for Life Series. [Toronto], [1995?].

Preventing accidents

- Keep matches out of reach. Use a child-resistant lighter. Don't break the child guard.

Staying healthy

- Go to the dentist on a regular basis.
- Go to the park often.

At this age

Your child makes up stories and plays make-believe. She tells you about her adventures and is discovering the world through play.

Your child feels all kinds of emotions. She wants to make friends and can tell the difference between good and bad behaviour.

Your child is very curious and asks lots of questions. She can make longer sentences and is learning new words.

Does your child:

	✓	Age
• use new words?	<input type="checkbox"/>	_____
• know how to ask questions ("where?", "when?", "why?")?	<input type="checkbox"/>	_____
• say her first and last names?	<input type="checkbox"/>	_____
• fear:		
- the dark?	<input type="checkbox"/>	_____
- animals?	<input type="checkbox"/>	_____
• make up a story based on a picture?	<input type="checkbox"/>	_____
• know how to tell events in the right order?	<input type="checkbox"/>	_____
• tell the end of a familiar story?	<input type="checkbox"/>	_____
• know the difference between a drawing and a word?	<input type="checkbox"/>	_____
• "write" messages?	<input type="checkbox"/>	_____
• use the pedals when riding a tricycle?	<input type="checkbox"/>	_____
• use children's scissors?	<input type="checkbox"/>	_____
• express her emotions?	<input type="checkbox"/>	_____
• draw a stick figure?	<input type="checkbox"/>	_____
• have friends?	<input type="checkbox"/>	_____
• know her colours?	<input type="checkbox"/>	_____

Things you can do with your child

- Make a quiet-time corner for your child and stock it with books, puzzles and cassettes.
- Tell your child about the stories and books you loved best as a child ("I remember Snow White and Little Red Riding Hood.").
- Ask your child to describe a character based on a picture (the colour of the character's hair, how the character is dressed, how the character is feeling).
- Ask your child to tell the story you have just read together in her own words.
- Ask your child to describe the pictures in a catalogue.
- Show your child's drawings to the rest of the family. Put them on display.
- Cut out pictures and paste them on a sheet of paper. Make up a story with your child based on these pictures.
- Tell your child why you are making a grocery list ("so I don't forget anything").
- Write your child's first name on her drawings. Ask her to "write" words on her drawing.
- Ask your child to undress by herself and to put on certain clothes.
- Ask your child to put an object where you tell her ("inside," "behind," "beside").
- Do puzzles with your child.

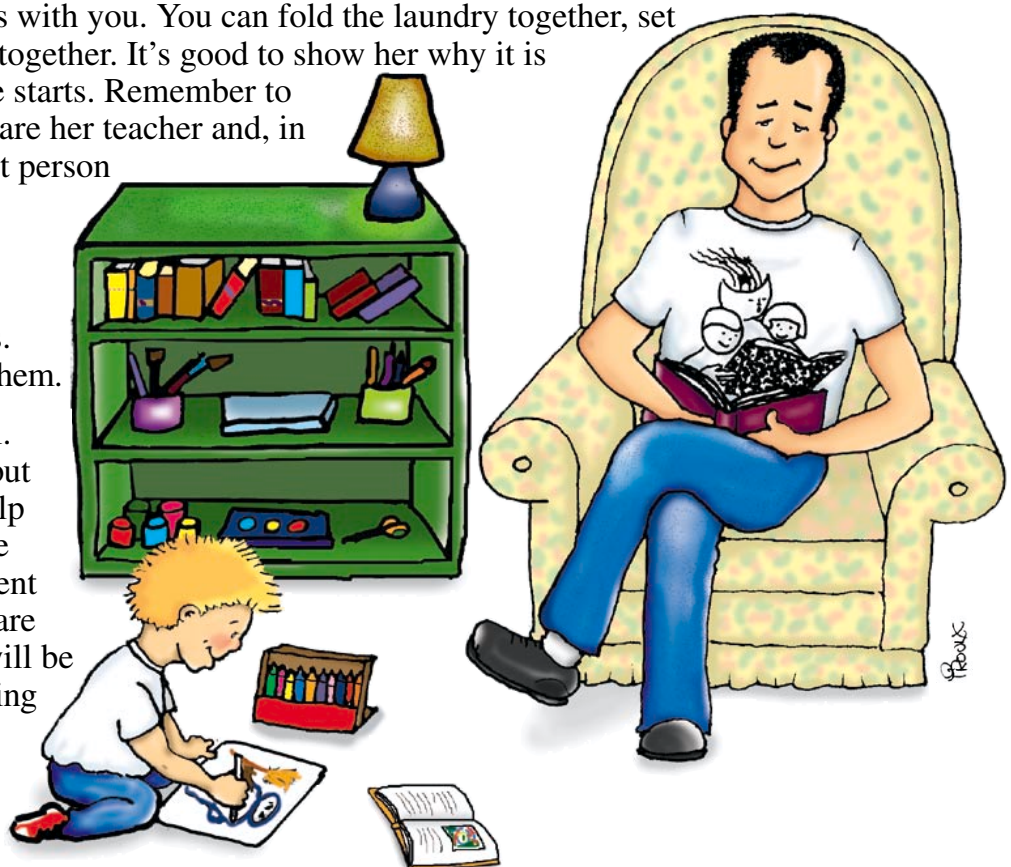
Things to keep in mind

- Your child likes to do things with you. You can fold the laundry together, set the table or clean her room together. It's good to show her why it is important to finish what she starts. Remember to thank her for her help. You are her teacher and, in her eyes, the most important person in the world.

Soon


- Your child will have friends. She will enjoy going to see them.
- Your child will go to school. She will meet other adults but she will still need you to help her with her homework. She will need your encouragement and will be happy that you are taking interest in her. She will be proud that you are participating in school activities.


Comments




Nurturing a love of reading in your child


It's at home that your child will learn to enjoy books and reading. There are simple things you can do to spark his interest. You can become his guide to the world of books.


 Read with your child on a regular basis. As a baby or toddler, he will listen to the sound of your voice and look at the pictures and the colours. Later, he can participate. It's good to ask him questions that he can answer and to read the same books over and over. This will allow your child to show you what he has learned.


 If you have trouble reading:


- tell him a story based on your own or someone else's life. He will enjoy hearing about his grandparents and other members of the family.
- tell him a story based on the pictures in a book.
- listen to a story tape with your child.


 Remember that the older children in your family can read stories to their younger brothers or sisters. This will allow them to practise and also to set an example for the small ones.


 Let your child see you read on a regular basis.


 Read out loud from the newspaper, magazines, product labels, recipes, etc.


 When walking along the street or riding in the car, read signs and say the names of stores.


 Show the pictures on cereal boxes, yogurt containers and cans to your child and explain what they mean.


 Encourage your family to read every day.


 Leave books and magazines where your children can get them.

 Make a reading corner for your child and stock it with books, paper, crayons and puzzles.
















 Go to the library as a family. Ask for help when choosing books. Your child will be able to pick books on his own when he is older.

 Give books to your child as presents.

 Read the words you write (in letters, a list, etc.) to your child. Tell him what a grocery list and a cheque are.

 Encourage your child to "write" then ask him to tell you what he has written.

How to become the best storyteller on the block

-  The books you read to your child should be suited to his age. Someone at your library can help you choose the right books. Your child will be able to pick books on his own when he is older.
-  Read with your child a bit longer every time. Start by reading for a few minutes, then for up to 20 minutes or as long as your child is interested. Reading must be relaxing and enjoyable.
-  As a baby, your child looks at the pictures and squeals to show that he likes something. It's good to encourage him, but you should also try to focus his attention on the colours and on your tone of voice.
-  Later, your child can guess words, describe characters and even imagine what happens next. It's good to ask your child questions.
-  Your child enjoys stories. You can liven up the story by explaining new words and imitating the sounds of animals and objects in it.
-  Read the same story over and over to your child. This will give him a chance to show you what he has learned. Follow the words with your finger. Repeat what your child says. It's good to use grownup words ("train" rather than "choo-choo"). Praise your child.
-  Focus on the pictures. Point to objects and ask your child to name them. It's good to repeat the word with the right pronunciation.
-  Name the things your child points to and explain how they are similar to or different from familiar things around the house.
-  Your child needs encouragement. Praise him with words like "good boy," "good job," or "good for you."
-  Use words such as "page," "read," "book," "picture," "word," "sentence," "left," "right," "top," and "bottom" often and give their meaning.
-  Ask your child to turn the pages.
-  Your child can participate in the story. He will pay closer attention. Stop in the middle of a sentence sometimes and ask your child to fill in the missing words ("And they lived happily . . ."). It's good to have him say the words that come up often or to mime or draw part of the story.
-  Ask your child to describe a character, what the character looks like and how the character feels in the story. Give your child examples.
-  Your child can guess the ending of a story by looking at a picture. He can say why things happen the way they do in the story.
-  Ask your child to describe the pictures and to tell a different story based on some of the pictures.

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