

# OUR ACTIONS, A IN THEIR SUCCESS

Helping our little ones thrive and enjoy learning.

## Early reading



## Healthy lifestyle habits



## Games



## Affection and sense of security



## Self-esteem



## My personal



My name: \_\_\_\_\_



# Message to parents

## You're a + in your child's life!

Here are a few simple things you can do on a daily basis to help your child thrive:

- + Read and tell stories
- + Cook and eat as a family
- + Ask questions about their day
- + Dance to the beat of the music
- + Tickle and hug
- + Congratulate efforts and learning
- + Explore the park and the neighbourhood
- + Sing nursery songs and invent rhymes
- + Play outside
- + Give them a chance to meet other children
- + Go to the library
- + Ask about the colours, shapes, flavours and textures of food
- + Encourage them to feed, dress and wash themselves
- + Console them when they're upset
- + Help them express their needs and emotions
- + Play games that require patience (puzzles, board games)
- + Give them the opportunity to make choices



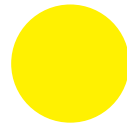
### For more ideas

Visit [JPSESTRIE.ca](http://JPSESTRIE.ca)

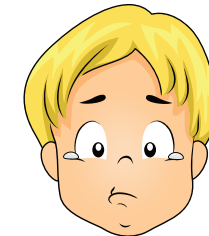
Inspired by an initiative of the Regroupement lavallois pour la réussite éducative

## Game zone

### Colours and shapes



### Emotions



### Animals



### Numbers



Thanks to the financial contribution of:

