

# Kids Can

**Reach for the stars!**  
**10 ways to build  
confident kids**

**Be lovable, capable  
and unique**  
**Shaping  
self-worth**

**Grow**  
**through  
problems  
and stress**



# Dear Parent:

*grandparent* *foster parent* *involved adult* *caregiver*

You are the biggest influence in shaping your child's self-worth.

You play a vital role in helping children become resilient.

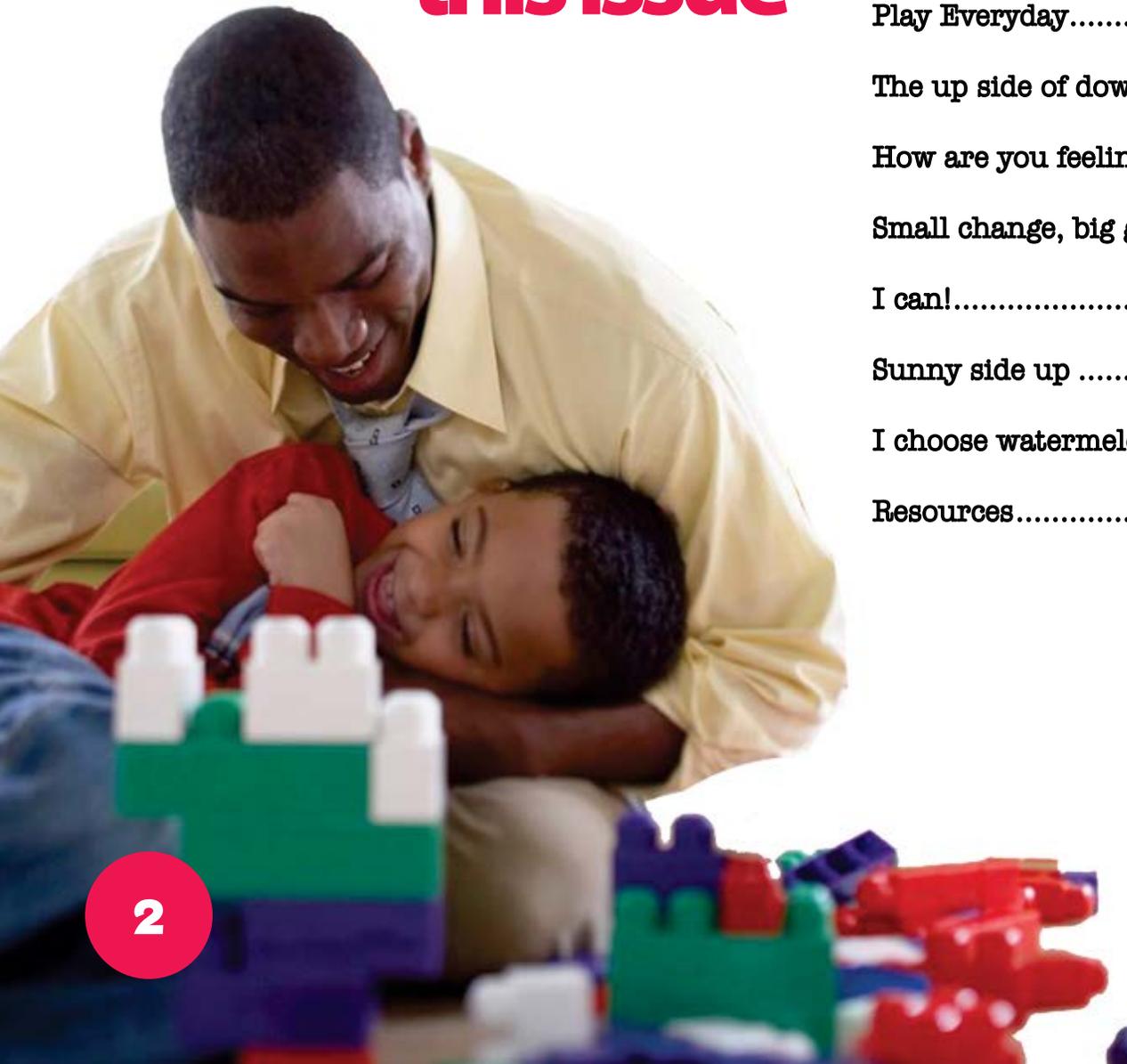
When a child feels loved, valued, and supported they are better able to handle the challenges of growing up.

## Resilience:

**The ability to handle life's ups and downs in positive ways.**

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Through life experiences and relationships, **kids can** learn skills that will help them bounce back from stress and challenges.

As a parent or caregiver you can help your child:

Learn to express their feelings

Make good choices

Handle life's ups & downs

Find solutions

Cope with challenges

Learning these skills takes practice and patience.

Build self-esteem & confidence

Adapt to change

Turn the page and start this important journey with your child.

# It all begins with trust.

A positive relationship with your child is the most important way to build trust. It's where the ability to take on life's challenges begins.

**Kids learn to trust through:**

Getting lots of loving care.

Feeling safe.

Having routines.

Having limits set and knowing what to expect if rules are broken.

Having someone who refuses to give up on them no matter what.



## Here's how you can build trust with your child:

- ♥ Give your child lots of hugs.
- ♥ Make house rules.
- ♥ Have routines: regular bedtime, dinner time and other activities that they can expect and count on.
- ♥ When you are going out let your child know where you are going and when you will be back (be back on time).
- ♥ Tell your child that you support them no matter what.
- ♥ Be aware of little opportunities to connect, such as during meals, car rides or when doing chores.
- ♥ Schedule time with each child where the two of you play together.

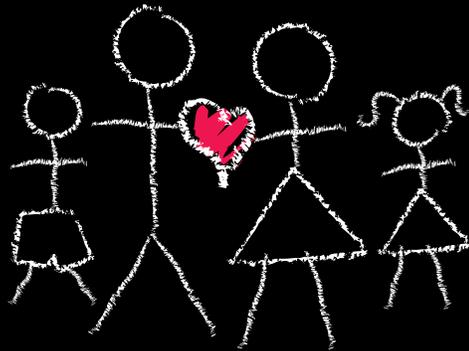


## Activities

- Together make a family code of conduct that you can hang on the wall. Choose from the list on the next page or develop your own.
- Trust game – Put a blindfold on your child and have them navigate a pillow obstacle course through you giving them directions. Change roles and let your child lead you.
- Create a Support Tree with the people who are important in their life, for example grandparents, friends, relatives, neighbours, pets, community group leaders, daycare provider...

# Our Family Rules

- ♥ Think about others
- ♥ Keep your promises
- ♥ Share
- ♥ Say I love you
- ♥ Listen to each other
- ♥ Do your best
- ♥ Say please, thank-you and excuse me
- ♥ Tell the truth
- ♥ Laugh at yourself
- ♥ Hug often
- ♥ Use kind words
- ♥ Help each other
- ♥ Move and play every day
- ♥ Try new things
- ♥ Be grateful
- ♥ Dream big
- ♥ Respect one another
- ♥ Laugh out loud



Your child is having a temper tantrum at the mall. What is the best plan?

- Tell your child you are leaving them there, walk away to where they can't see you and leave them to cry it out.
- Punish your child by taking away their favourite toy.
- Offer to get your child a treat if they stop crying.
- Say, **"This is not the way to behave."** Gently pick them up and take them back to the car or a quiet place.

Best answer is 'D'.

Let your child know what behaviour is okay before you go out. Tell your child what will happen if they misbehave and follow through with what you say.

An immediate consequence is better understood. For example, **"Stop crying or we are going home,"** rather than, **"Stop or you won't go to Jane's party next week."**

You have an appointment and your child doesn't want you to go. What is the best plan?

- Wait until your child is distracted and sneak out.
- Tell them where you are going and what time you will be back. Give them a hug goodbye and leave.
- Try to comfort their crying. If they are afraid, take them with you.

Best answer is 'B'

Trust is built with honesty and going through the experience of having mom or dad leave and return as promised. Give praise when you return. **"I know it was hard for you to let Mommy go, but you did it and I'm very proud of you."**

visit

**durham.ca**

search: **'positive discipline'**, **'connecting with your child'**



# Good for you!

A child with good self-esteem believes that they are lovable, capable and unique.

- ★ Family is the biggest influence in shaping a child's sense of self-worth.
- ★ Parents are the first and most important teacher in a child's life.
- ★ Kids need help discovering their talents.
- ★ Feeling special does not mean feeling better than others, it means feeling good about one's self.

Here's how you can build self-esteem with your child:

Show that you feel good about yourself.

Have a positive outlook.

Value your child's uniqueness.

Give praise when your child does something well.

Parents often see their role as saying 'no'. Instead, look for things that they are doing right.

Avoid comparing your child with other children.

Show faith in your child and their capabilities e.g. **"I know you can do it."**



*You're such a good helper!*



*I love that you say please and thank you*

visit

**durham.ca**

search: 'guidelines for development'



## Activities

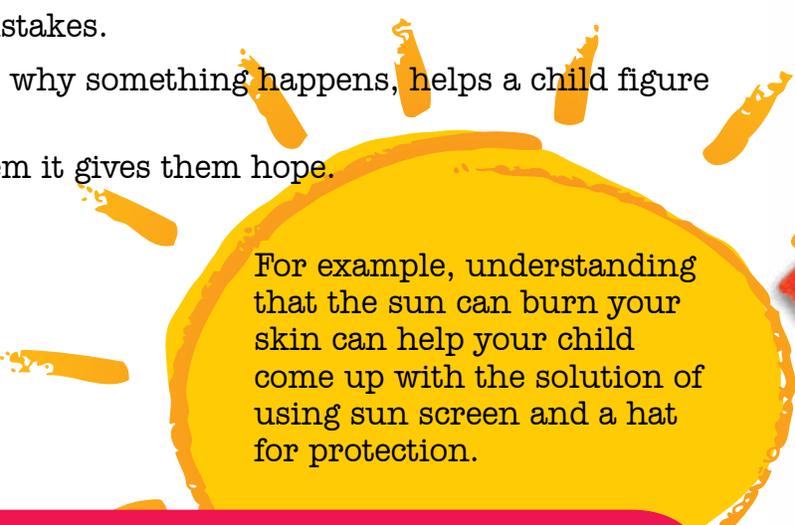
- Create a Wall-of-Fame showcasing talents and achievements.
- Go on a 'treasure' hunt looking for things to praise in your child.
- Identify one thing your child shows a strength or interest in, e.g., sports, music, animals, arts and crafts... Find a community program or activity that provides ways to explore their talents.
- Give your child a task and praise them when they follow through on it.



# Discovering solutions

Children who are able to find solutions to little problems do better when life's big problems come along.

- ✓ Problem-solving gives children a chance to think things through, discover that they are resourceful and capable.
- ✓ Children can learn a lot from making mistakes.
- ✓ Understanding how something works or why something happens, helps a child figure out solutions.
- ✓ When a child finds a solution to a problem it gives them hope.



For example, understanding that the sun can burn your skin can help your child come up with the solution of using sun screen and a hat for protection.

## Kids can solve problems.

- ♥ Help your child see a problem as exciting.
- ♥ Help them to say what the problem is.
- ♥ Give them a chance to solve the problem.
- ♥ Offer help before the problem becomes frustrating.
- ♥ Encourage trying different solutions when one doesn't work.
- ♥ Praise steps in the right direction.
- ♥ Remember, practicing problem-solving is more important than getting things perfect.

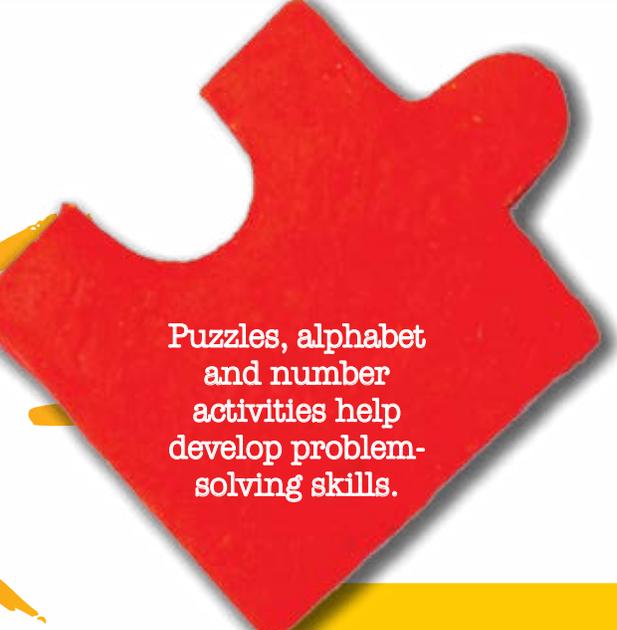




**Your child can't find their shoe. What is the best plan?**

- a. Find it for them.
- b. Tell them they can't go out because they lost their shoe.
- c. Help them retrace their steps to find it.

Best Answer is 'C'. If they can't find their shoe, don't find it for them. Help them figure out where it might be.



Puzzles, alphabet and number activities help develop problem-solving skills.



## Activities

- Look for problems that your child can solve, for example, **“How are we going to get to the library?”**
- When your child asks a question such as, **“What is one plus one?”** Instead of giving them the answer, help them figure it out.
- Have your child identify the steps in making their favourite healthy recipe and get them to help make it.
- Talk about how things work, such as a toy, or an airplane in the sky – get them to come up with ideas.
- Hide a toy and have your child find it by giving clues. For example, hide a bear behind the curtain and then give your child a clue such as, **“The bear is hiding behind something that is white”** and continue to give clues until the child finds it.

# Who cares?

Empathy is understanding and caring about how another person feels.

- ♥ When children know that they are cared for, they in turn care for others.
- ♥ Learning to identify and express feelings in a healthy way is a key step in developing empathy.
- ♥ Empathy involves kindness, cooperation and friendship. These qualities are important for preparing your child for school.
- ♥ Children who stand up for other children that are being treated unkindly tend to be happier and more resilient.

Here's how you can help your child learn empathy:

- Teach your child to be aware of how their words and actions affect others.
- Teach your child to ask: Am I being kind? Am I being fair? Am I hurting anybody?
- Praise your child for sharing and being kind. "You are being so kind and I'm proud of you."
- Provide opportunities for your child to share, care, help and serve.
- Young children mimic the actions they see around them. Role model the behaviour you want them to develop. Be happy for a neighbour who gets a new car. Be sad for a relative who broke their ankle.
- Teach your child to treat others the way they would want to be treated.
- Apologize to your child when you are wrong.



*I'm sorry I yelled at you. That wasn't very kind. We should always treat each other with kindness.*

Your child is playing with a toy that another child would like a turn with. How can you help your child learn empathy?

- a. Tell your child to give the toy to the other child.
- b. Tell your child to play with it as long as they are having fun.
- c. Tell your child that someone else wants to play with the toy and encourage them to think of others by sharing.
- d. Let the children figure it out on their own.

Best answer is 'C'.

Helping your child identify how others might be feeling, and encouraging them to think about their own thoughts and actions can help your child develop empathy.



## Activities

- Have your child choose some of their toys to give away and decide where you could take them.
- Read a story with your child and help them identify what each character is feeling. For example in 'Goldilocks and the Three Bears' when baby bear is being treated unkindly, ask your child, "**How would you feel if someone broke your chair and ate your porridge?**"
- Singing a song with your child like, 'If You're Happy and You Know It', can help create emotional awareness. Show different emotions like being happy, sad, or angry and sing, "**If Mommy's happy and you know it clap your hands.**" "**If Mommy is sad and you know it rub your eyes.**" "**If Mommy is angry and you know it stomp your feet.**"
- Find an opportunity to show kindness. "**Grandma isn't feeling well, how does that make us feel?**" "**Sad.**" "**What can we do to help her feel better?**" Help your child come up with ideas, such as making a card or calling Grandma, and help them follow through.

# Wait for it!

The ability to wait for things, finish what we start and focus on goals begins with self-control.

- Children who are able to wait are more dependable, better adjusted and do better in school and social settings.
- Waiting for or earning things makes children more appreciative when they get them.
- Rewards to promote good behaviour can send the wrong message to your child. Children should learn to do things just for the sake of being kind and good.
- Children learn self-control when they see it role modeled.
- Developing patience and impulse control leads to happier kids.



## Here's how you can help your child learn self-control:

- ♥ Teach your child ways to enjoy waiting e.g. in the line at the grocery store play "**I spy with my little eye**".
- ♥ Role model patience. Sing a little song like "**Count to eight, it helps me wait. 1-2-3-4-5-6-7-8!**".\* Ask your child to sing it with you.
- ♥ Praise your child for waiting.
- ♥ Teach your child to say excuse me when they want someone's attention and to wait for a response
- ♥ Teach your child to ask permission for things, e.g., before turning on the TV or having a snack.
- ♥ Have your child complete other tasks before they are given screen time.

\*Reaching In...Reaching Out

- Ensure your child's screen time does not exceed the recommended amount.
- For those under 2 years, screen time (e.g., TV, computer, electronic games) is not recommended.
- For children 2–4 years, screen time should be limited to under one hour per day; less is better.
- **Google:** 'behaviour guidelines early years' for more information.



## Activities

- Play “**Red Light-Green Light**” with your child. When she hears you say, “**Green light,**” she moves forward. When she hears, “**Red light,**” she must freeze.
- Do an activity, such as a board game, where your child has to wait for their turn.
- Play some music and have your child dance. Instruct your child to freeze when the music stops and hold their position until the music starts again.
- Plant a seed or a bean and wait for it to grow.
- Track your child's success. Set up a chart for your child using stickers or checkmarks.

*It was really hard for you to wait for your turn, but you did it! You are getting better at waiting.*



# Play Everyday

**Everyone experiences stress at times and being able to deal with it is the key to developing resilience.**

- Lots of free play helps children cope with stress.
- Children learn from experience. Parents need to help them cope with stress, not avoid it.
- Learning to deal with small stressors, like going to a new playgroup or a sleepover, helps prepare a child for bigger stressors, such as going to a new daycare or moving.
- Extra support is needed when children have a lot of ongoing stress.
- Too much stress can cause children to be irritable, become angry, cry, complain of tummy pains or other aches.
- By managing stress in positive ways children learn that it doesn't last forever and that they are capable of handling it.





Feeling unloved

Moving to a new home

Dentist

New sibling

## Some causes of stress for children...

New daycare

Starting school

Feeling left out

Busy schedules



## Here's how you can help your child learn to handle stress:

- Help your child understand why they are stressed and give them ways to deal with it.
- Try to minimize harmful kinds of stress, such as parents arguing in front of the child.
- Your job as a parent is not to get rid of stress but to support your child in dealing with it.
- Ensure that your child's life is not too busy. Give them some down time.
- Play, Play, Play! Set aside time to play with your child.

take a  
nature walk

cuddle

pet your pet

talk

run, jump,  
throw a ball

## Stress Busters

sing and  
dance

blow bubbles

have a nap



# Activities

- Turn up the music and dance with your child.
- Exercise their imagination. Put on a costume and use a hairbrush as a microphone.
- Draw a picture together of how you are feeling.
- Use activities such as play dough, water play and painting to help your child open up and tell you how they are feeling.
- Spending time around animals can be calming. Provide an opportunity to play with a pet or go to the pet store and watch fish swim.

## Play Dough Recipe

1 cup white flour

½ cup of salt

2 tablespoons cream of tartar

1 cup water

1 tablespoon cooking oil

food colouring of choice or for extra colour and a great smell try adding a packet of fruit-flavoured drink mix. Make sure it's the kind without sugar or sweetener or it will make the dough sticky.

- Mix flour, salt and cream of tartar in a medium pot
- Stir in water, oil and food colouring or flavoured drink mix
- Stir over medium heat
- When mixture forms a lump that you can't stir any more, remove from heat
- Let cool, just a bit, until you can hold the lump in your hand
- Knead until the mixture forms a smooth ball
- Play, play, play then store in an airtight container



# The up side of downs

**There is something to be gained from loss. Children who learn to cope with loss in positive ways are happier and healthier.**

- Kids experience ups and downs and there is value in both.
- As caregivers we want to protect our child, but allowing them to feel the pain of loss helps them develop important life skills.
- Learning to handle defeat rather than always focussing on winning gives children a more realistic outlook on life.
- When a child experiences loss and works through it, they learn that they can get through other hard things.
- Having the experience of losing something gives them confidence that they can cope with other losses.
- Avoiding a problem doesn't build the same strength as working through it. Just as climbing a mountain builds muscle strength, conquering challenges builds character strength.



## Here's how you can help your child learn to handle loss:

- Let your child experience loss. If a pet or a grandparent dies be honest with your child about what has happened. Give them a chance to express their feelings and allow them to be a part of the rituals around loss.
- Allow your child to experience disappointment. It helps prepare them for life.
- Help your child see things in different ways by focussing on the positives.
- Role model how to behave when losing a sports game or facing any disappointment. Your response will guide your child's response.



## Activities

- Go outside with your child and find a tree that is losing its leaves. Discuss how when the leaves on the ground compost they make the soil healthier.
- Check with your local library for books that deal with loss.
- With the loss of a pet or a loved one, help your child find meaningful ways to remember them, such as planting a garden or creating a scrapbook.
- Play the 'Chutes & Ladders' game and talk about life's ups and downs.
- Tell a story from when you were little about how you coped with a loss.



# How are you feeling?

**Kids can** build good social skills such as working together, helping others and developing friendships by learning to express their feelings in healthy ways.

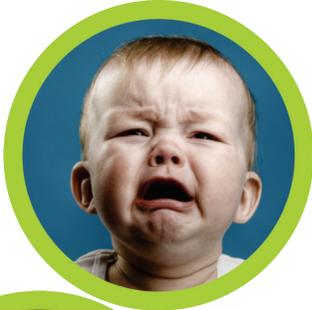
- All feelings are normal.
- Feelings, like fear, can be real or imaginary.
- Children need to learn to express their feelings in ways that do not hurt themselves or others.
- Everyone feels anger, frustration, fear or jealousy from time to time.
- Being comforted over and over teaches your child that people recover from bad feelings.





## Here's how you can help your child deal with their feelings:

- Be an example in the way that you express your feelings.
- Allow your child to say how they feel.
- Let them know that you understand how they feel.
- Talk about good ways to deal with those feelings.
- Remind them of past successes.



Your child won't go to bed because she thinks there's a monster in the closet. What is the best plan?

- Go to bed, I don't want to hear another word from you.
- Don't be silly there's nothing to be afraid of.
- I understand, thinking that would be scary. Let's go check out your closet.

Best answer is 'C'. Don't dismiss a child's feelings; help them to work through their fears.



## Dealing with anger:

When your child gets angry you could say something like, **“It’s okay to be mad, but it’s not okay to hit. Hitting hurts people.”**

Teach them ways to calm down:

- Taking a deep breath.
- Making a quiet spot for them to sit.
- Blowing bubbles.
- Opening their hands while counting their fingers.
- Repeating a fun chant like **“1-2-3- calm, cool me”**.



## Dealing with frustration:

- When your child is frustrated you could say something like, **“Learning to tie your shoe is hard. It takes practice. Being upset is okay, but throwing your shoe is not. You might break something.”**
- Use one of the calming tips.
- Remind them about a time when they did a good job. **“Remember the alphabet puzzle? You tried and tried and now you can put it together all by yourself.”**
- Visit [durham.ca](http://durham.ca) and search: **‘guidelines for development’** to make sure the tasks are right for their age.
- Break tasks into small steps.
- Show your child how to tie a shoe, assist them in looping the laces then guide them as they try to do it.





## Dealing with fear:

- When your child is afraid you could say something like, **“I can see you are afraid of the spider. Sometimes they can be scary. Let’s think about what we could do instead of screaming and running away?”**
- Find ways to help your child cope with their fear, e.g., teach them the ‘Eensy Weensy Spider’ song, find story books with friendly spiders (Charlotte’s Web) at the library, make pipe cleaner spiders in fun colours, or go on a spider hunt at the park looking for webs and spiders at a safe distance.
- Give your child time to make small steps. This helps them to let go of their fear.



## Dealing with jealousy:

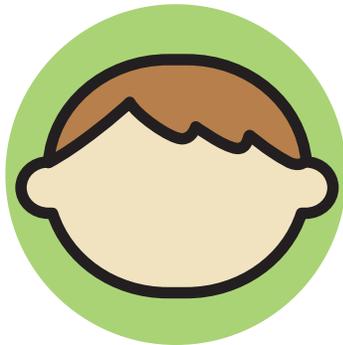


- Get down to your child's level and suggest she ask Mary for a turn when Mary is done playing with the doll.
- Set rules with your child such as:
  - Share with others.
  - Show kindness and respect.
  - Don't take what someone else is playing with.
  - No stealing. Set consequences for not following the rules, visit [durham.ca](http://durham.ca) and search 'positive discipline' for ideas.
- Tell your child about something you really wanted. Explore solutions for something they want:
  - Earn it.
  - Ask for it as a birthday gift.
  - Go to the play centre and share the toys there.

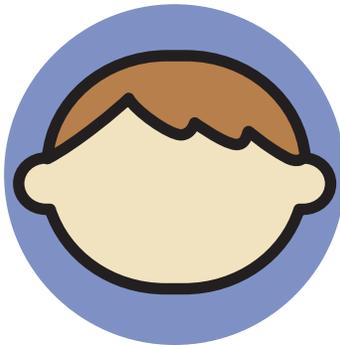
Are you sad Anna has the doll? It's okay to want toys that other people have but it's not okay to take them. We must treat people and things the way we'd like to be treated.

# Activities

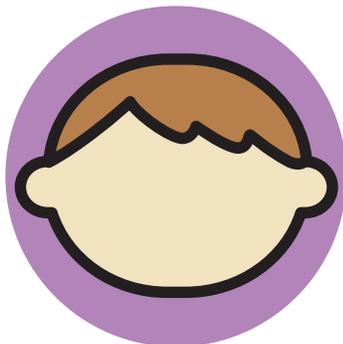
- Look at faces in story books, magazines, neighborhood newspapers... Ask your child, “**How do you think this person feels?**” Help or direct when needed. “**Do you think they are sad? What could they do to feel better?**”
- Draw or connect the faces:



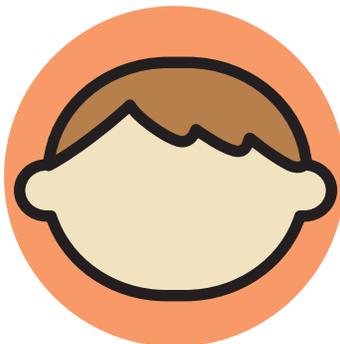
I'm happy



I'm sleepy



I'm sad



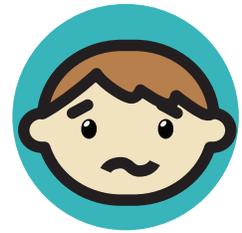
I'm angry



I'm sick



I'm afraid



# Small change, big gains

Children who learn to deal with small changes are better able to cope with big changes.

- Change happens, children may move, start school, or new siblings may join the family.
- Children need support in preparing for change.
- Dealing with change, both positive and negative, can be very stressful for kids.
- The more skills your child has going into new situations the more confident they will be.
- Learning to deal with change takes practice.

*I can count to 25*

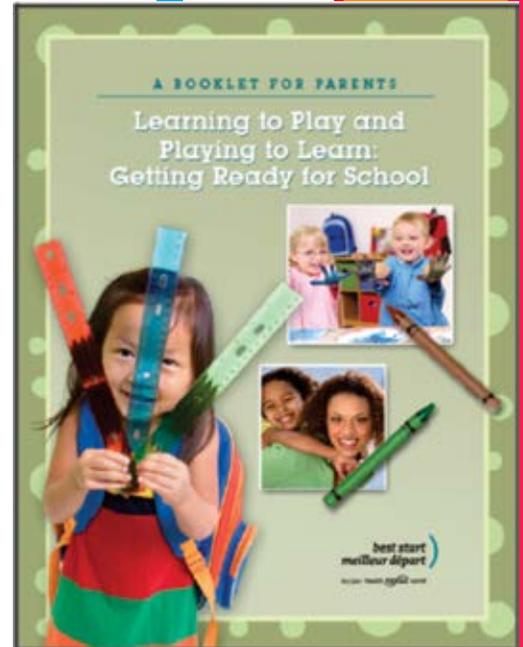
*I can dress myself*

*I wash my hands after going to the bathroom*

*I can share*

## Here's how you can help your child learn to cope with change:

- Involve your child in the steps leading up to a change.
- Find the positives in changes. For example, new friends they might meet at school, or a room of their own in the new house.
- The unknown can be scary. Explain to your child what is happening. For example, show them on a calendar how many days until moving to a new home. Provide opportunities for your child to practice dealing with change. Introduce your child to new situations such as going to a community program or an Early Years Centre.
- Mastering something helps a child feel in control. You can help by:
  - Showing your child ways to get organized. For example, have them help put the spoons in the drawer or put away the laundry.
  - Giving your child opportunities to try things on their own. For example, buttoning up their shirt. Encourage your child to ask for help when needed.
- Help your child develop thinking, personal and social skills. **Google: 'beststart getting ready for school'**



# A

*I know the alphabet*

## Activities

- Play 'school' with your child focussing on learning letters and numbers.
- Try out programs available for children in your community.
- Explore your local library and read stories about change with your child.
- Visit a new park.



# I can!

**Children who have confidence in themselves and their abilities tend to lead happier and more productive adult lives.**

- Having confidence helps children cope with challenges.
- Children who have confidence have a strong belief in their abilities and are more likely to try new things.
- Success builds confidence. As children grow they learn that they can make things happen.
- Any task a child begins and completes builds confidence.
- Being confident also involves the ability to say, “**No**” or “**I don’t like that**”, when they feel unsafe.



# Activities

- Let your child lead and direct the play, such as 'Simon Says'.
- Build a tower of blocks.
- Take your child bowling or to any activity where they can gain new skills and feel the excitement of accomplishing something.
- Play games that allow them to feel good about learning new skills. For example, play basketball and as they get more balls in move the basket further away to build confidence

5-6 year olds can:

- Feed the pet
- Match socks

4 year olds can:

- Help set the table
- Help with grocery shopping

Children feel good when they contribute to family life. Give them small tasks to do.

2-3 year olds can:

- Help pick-up toys
- Help sweep the floor



## Here's how you can build confidence in your child:

- Give your child tasks that they are capable of and show your support and approval when they do them.
- Teach your child to learn from their mistakes.
- Help your child to set goals, such as sleeping through the night. Make a chart that lets them monitor their own success.
- Encourage your child to face challenges and take risks.
- Express faith and confidence in them and their capabilities.
- Create opportunities for them to take responsibility for their actions.
- Help your child to see things that they are good at.
- Give your child chances to succeed.
- Praise your child's good qualities and find humour in the funny things they do.
- Show interest in the things that interest them.



# Sunny side up

Problems are easier to solve when a child can think positively about them.

- Children learn to have a positive outlook from positive adults.
- Being positive is contagious.
- Every child's temperament is unique. Some children need more help looking at things positively. Visit [durham.ca](http://durham.ca), search 'child temperament'.
- A sense of humour is important in developing positive thinking.
- Optimism helps a child develop a sense of hope.



It's sad our snowman is melting, but it means spring is coming.

Here's how you can help your child develop a positive outlook:

- Acknowledge the positive things you see in your child such as when they are in a happy mood. "**I love hearing you laugh**", or "**You have a great smile**".
- Speak positively about the future.
- Show your child positive ways to think about situations and experiences. Look for positives in negative situations.



It's good for the flowers that it's **raining today**. **What can we do instead of our picnic? An indoor picnic might be fun!**

Your child doesn't get invited to a birthday party and says that nobody likes him. The best response would be?

- a. You have to be nicer to people.
- b. Maybe he was only able to invite a couple of friends.
- c. I know you must be disappointed and that's okay. Lots of people like you. Remember when you were invited to Jimmy's birthday?

The best response is 'C'. Help your child see other positives in their life.

- Discussing with your child how to make friends, or giving your child possible reasons why people might not be invited is also beneficial.
- Give your child time and support to let go of feelings of disappointment.
- Identify something your child can do to enjoy the rest of the day.

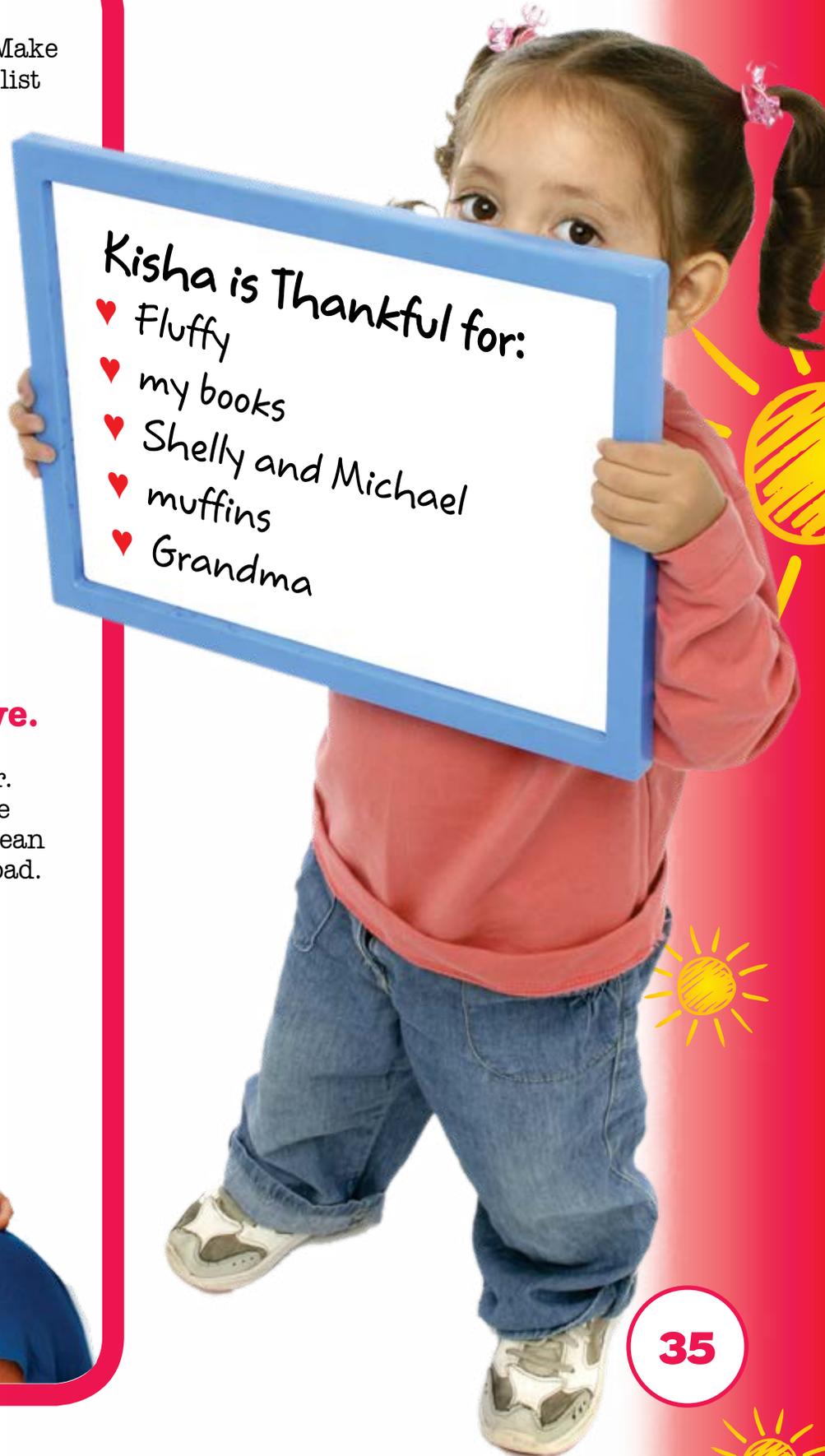


visit  
[reachingin  
reachingout.com/  
resources-  
parents.htm](http://reachinginreachingout.com/resources-parents.htm)



# Activities

- **Positive Frames:** Make a, 'What I'm thankful for' list or picture. If your child is having difficulty, help them identify things such as: their dog, apples, home, new shoes, etc.
- Talk to your child about a situation they are experiencing. Help them develop positive thinking. For example, a friend breaks their arm. "**What is something nice we can do?**" Sign the cast, make a card...
- Read hero tales, e.g., 'The Little Engine that Could'.
- **Help your child develop perspective.** Reassure them that most problems don't last forever. Help them see that because one thing is bad doesn't mean everything in their life is bad.



# I choose watermelon.

Having the chance to make decisions gives a child a sense of control over their life and lets them know that there are options.

## Allowing a child to make decisions:

- Helps them feel that somebody is listening to them and trusts them to make good choices.
- Increases their confidence in their own skills and abilities.
- Makes them more responsible.
- Improves their ability to judge risks.
- Helps them feel that their values and wants are respected.
- Helps them see that there are things that they must accept and things they can choose to change.



## Here's how you can help your child develop decision-making skills:

- Provide opportunities for your child to make choices.
- The choices offered need to be safe and realistic.
- Involve your child in decisions that affect them.
- Don't give them a choice when there's no real option or an adult decision is needed.
- Give them choices that are appropriate for their age.
- Two choices are enough and parents should be happy with either option.
- Guide them in making good decisions e.g. healthy eating choices.
- Give them chances to succeed, praise them when they try and celebrate wise choices.

Your child is riding their tricycle and complains about wearing their helmet. What is the best plan?

- a. Put the helmet back on your child and tell them that they can't ride their tricycle without it.
- b. Take the helmet and tricycle away from your child.
- c. Engage the child in an activity that helps them learn why wearing a helmet is important.

The best answer is 'c'. It's often necessary to take control and insist on certain behaviours as in answer 'a', but it is better for a child to understand why something is important and learn to make good decisions. Check out '[helmet safety](#)' at [durham.ca](#) for more ideas.

Safety first! Don't give children choices that may impact their safety such as not wearing seatbelts, or bike helmets.



Please choose a pair of pants and a shirt to wear today.

## Activities

- Go on a healthy food hunt at your local grocery store.
- Play, 'Where would you like to go?'. Help your child learn that there are lots of choices in this world by: identifying places they would like to go for a holiday (cottage or beach trip etc.), places that they could go on a weekend (movies, grocery store, the arena, park etc.), places they could go today (play centre, library, friend's house etc.).
  - Use everyday experiences to talk about choices:
    - At a crosswalk have your child identify all the choices – stop, go, wait – and decide which one they should do.
    - Visit the fruit and vegetable section of the grocery store and have your child select one fruit or vegetable that they would like to buy and take home. Do activities with your child to help them learn which choices are best. See [Canada's Food Guide](#) and [Healthy Eating resources](#).





Everyone can become more resilient. It takes practice. Together with the support of family and community, **Kids Can** be better prepared to face life's challenges.

# Resources

## **Durham Health Connection Line**

1-800-841-2729

905-668-2020

[durham.ca/mental health](http://durham.ca/mental%20health) or [durham.ca/kidscan](http://durham.ca/kidscan)

**'Growth and development'**

**'Connecting with your child'**

**'Positive discipline'**

**'Helmet safety'**

## **Check out resources in your community such as:**

Local Libraries

EarlyON Child and Family Centres

Parks and Recreation

## **Reaching In...Reaching Out**

This website provides parents with information and activities to help children bounce back from life's challenges. See link below.

<http://www.reachinginreachingout.com/resources-parents.htm>

## **Screen time guidelines**

For healthy growth and development the time children spend watching TV or playing on the computer should be limited. See below link for healthy limits.

[www.durham.ca/physicalactivity](http://www.durham.ca/physicalactivity). Then look for the tab "Sedentary Time".

## **Best Start**

Learning to play and playing to learn is a parent resource to help prepare your child for kindergarten. See link below.

[http://www.beststart.org/resources/hlthy\\_chld\\_dev/pdf/school\\_readiness\\_english\\_fnl.pdf](http://www.beststart.org/resources/hlthy_chld_dev/pdf/school_readiness_english_fnl.pdf)



References available upon request





*Talk to a  
public health nurse*

## **Durham Health Connection Line**

**1-800-841-2729**  
*or*  
**905-668-2020**

**MONDAY TO FRIDAY**

*durham.ca*

*Leading the way  
to a healthier*

# **Durham**



**HEALTH  
DEPARTMENT**

Durham Health Connection Line  
905-668-2020 or 1-800-841-2729

**durham.ca/kidscan**



If you require this information in an accessible format, contact 905-668-2020 or 1-800-841-2729