



Literacy Coalition
of New Brunswick^{Ltd.}

Let's Learn!

A parent's guide to giving your child a great start



Brought to you by McCain

A great New Brunswick company helping families!

THANK YOU, MCCAIN



AMESSAGE TOPARENTS

**You are the most important person in your child's life.
You are your child's first teacher!**

**Learning... is love and fun.
Learning... is talking, reading, playing.**

You are your child's role model - be your child's hero.

**Talk in the morning and all day.
Read the news, a book or magazine.
Be an example to follow.**

Be happy and healthy - for yourself and for your child.

Enjoy your child - parenting is an adventure!





LET'S READ!

Read for fun – Read to learn – Read to rest

IT'S FUN - words, pictures, numbers and stories.

Soon your child will read to you!

It's sharing - it's adventure.

IT'S LEARNING – animals, birds, people and places.

Point to and talk about the pictures.

DID YOU KNOW THAT YOU COULD BE A TEACHER?



IT'S BEDTIME

A time for love – stories, songs and hugs.

Be close together – Be happy – Be quiet!

IT'S MAGICAL!

BE A READING FAMILY

A little time in the morning – throughout the day –

Add the minutes

15-30 minutes each day –

that's good but more is better!

GO TO YOUR LIBRARY – IT'S FREE –

books and family fun!



LET'S TALK!

MORE NEW WORDS EVERY DAY!

Tell FAMILY STORIES - about grandparents, aunts and uncles,
brothers and sisters.

TALK ABOUT:

- 🔍 the fun you had yesterday,
- 🗑 what you'll do today,
- 🔍 friends, trees and flowers,
- 🔍 cooking and eating,
- 🔍 playing and shopping.

SO MANY TIMES TO TALK:

- 🔍 getting dressed,
- 🔍 play times,
- 🔍 bath time,
- 🔍 in the park and the car,
- 🔍 putting toys and books away.



GETTING UP, MEALTIME, BEDTIME - the most special times for families!

Listen as your child tells you stories and asks questions.

TALKING IS SHARING!



Tip:

**Use a FUNNY voice – see
them laugh – and laugh
with your child!**





LET'S RHYME!

STORIES AND SONGS

Young children love to rhyme!
Look at your child.
Clap the beat.
Be silly, have fun.
Speak slowly and learn new words too.

RHYMING POEM

by Sheree Fitch

I stuck my toes
In my nose
And I couldn't get them out.
It looked a little strange
And people began to shout

"Why would you ever?
My goodness- I never!"

They got in a terrible snit
"It's simple," I said
As they put me to bed
"I just wanted to see
if they fit."

*Used with permission by the author from
the book Toes in My Nose: And Other
Poems.*





LET'S SING!

It doesn't matter how you sing -
you are a singing star to your child!

ANYTIME, ANYWHERE

in the car, in the kitchen, in the park and at the beach!

Songs with movement and dance -

LEARNING RHYTHM and **WORDS!**

SONGS WITH A MESSAGE

This is the way we
wash our hands,
wash our hands,
wash our hands.

This is the way
we wash our hands
before we
start to eat!



The best songs are the ones you make up.

Children love their very own songs and songs that tell a story.

Funny songs and quiet ones too,

Songs for waking up, for bath time and going to sleep,

SING THEM TOGETHER and **FEEL THE LOVE!**





LET'S COUNT!

THINK OF EVERYTHING you can count with your child -
fingers, toes, ears and nose - peas and carrots too.

Lots to count outdoors - friends in the park,
cars and trucks, birds and dogs, even stars!

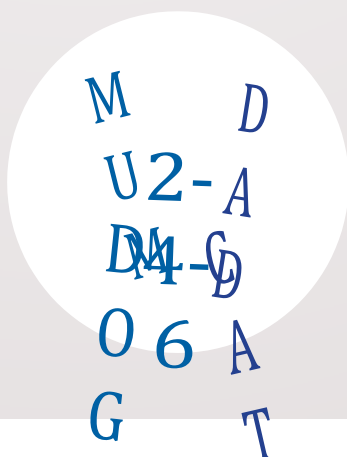


And at the grocery store -
4 tomatoes, 3 cartons of milk

COUNTING RHYME

One, two, three, four, five.
Once I caught a fish alive.
Six, seven, eight, nine, ten.
Then I let it go again.
Why did I let it go?
Because it bit my finger so.
Which finger did it bite?
The little finger on the right.

LEARN TOGETHER with
NUMBERS and **LETTERS** on the fridge -
a word a day or numbers in a row.





LET'S DRAW!

This is how very young children learn - **scribbles, lines and circles**.
Scribbles become letters, words, sentences, and faces, trees and animals!

**Your child is telling stories,
sharing ideas and feelings too.**

**Marking and drawing every day -
crayons, pencils, markers and chalk -
it's all good.**

**Say to your child -
tell me about your picture.**





LET'S PLAY!

Children **GROW** and **LEARN** when they play.
It makes them **STRONG** and **SMART** -
talking, singing and dancing,
new words, new games, new friends,
blocks, trucks, dolls and puzzles.

IMAGINE - Dress up
like a favourite character or an animal.

“Ring around the rosie” and “hide and seek” -
the whole family is playing together!



LITTLE CHILDREN LOVE TO DANCE -
play some music and dance with your child.

Kick the ball, bounce the ball,
soon a game of catch.

Build a snowman, then a sandcastle.



Tip: Be creative –
two sheet over a chair to
make a tent, build a pillow
fort or create a house with a
cardboard box.



LET'S GO OUTDOORS!

So much fun - so much to see and learn!

Even babies love to be outdoors.

TALKING, DISCOVERING, BEING HAPPY TOGETHER!

IT'S GREAT - seeing, smelling, touching, hearing -
flowers, animals, birds and clouds.

NEW WORDS EVERY DAY -

learning colours, counting ducks, collecting leaves!

Walking, running, swimming -
sand in a pail, a balloon in the sky
What a wonderful world!

I LOVE MY WORLD- Spring, Summer,
Fall and Winter.

**I CARE ABOUT MY
WORLD.**





LET'S MAKE SOMETHING!

COOKING - learning **WORDS AND NUMBERS**- having **FUN!**

Make a **SNACK** - **FRUITS** and **VEGETABLES**.

Count and mix them up.

MAKE A **MEAL** with your children –
and clean up together too!



Macaroni, tomatoes and cheese

1. Cook 1 cup of macaroni and drain.
2. Add 1 can of diced tomatoes to macaroni.
3. Put macaroni and tomatoes in baking dish.
4. Cover with cheese.
5. Bake at 350F for 20 minutes.

Serves 4

IT'S PLAYTIME - Time for playdough

1/4 cup salt

1 cup flour

1/4 cup water

1. Measure everything.
2. Mix the flour and salt in a bowl.
3. Add the water.
4. Pat and roll the dough until it feels like clay
(you may need to add more water).





LET'S LEARN TOGETHER!

TECHNOLOGY - HOW EARLY, HOW MUCH?

Songs and books, singing and reading stories together - FIRST!

TWO GOOD RULES : 1. Watch with your child.

2. Always be involved with your child.

REMEMBER it's your DECISION - it's your CHOICE -

WHAT THEY WATCH, WHEN, AND FOR HOW LONG.



TV and handhelds - apps - **LESS IS BETTER!**

MANY PARENTS WAIT until 2 years

1 or 2 programs a day -

2 to 4 years - 1 hour a day maximum.

It's OK to say NO, and -

it's OK to enjoy a little technology with your child.

IT'S ALWAYS YOUR CHOICE.

Good choices are www.cbc.ca/parents and
<http://music.cbc.ca/#/Kids-CBC>



DEVELOPMENTAL STAGES

Watch for these milestones:

By Age 1, most children...

- Look at books,
- Pat pictures,
- Begin to talk, saying single words like “Ma” or “Da”,
- Turn pages of board books.



By Age 2, most children...

- Like to play with number and letter shapes,
- Say 2 to 4 word phrases,
- Scribble, draw and paint,
- Enjoy making their very own marks.



By Age 3, most children...

- Like the same book over and over again,
- Act out stories from books,
- Add 2 to 4 new words a day,
- Name familiar objects.

By Age 4, most children...

- Sit still for longer stories,
- Pretend to read to dolls and animals,
- Can say or remember whole sentences,
- Draw, colour and write.



To learn more about these stages please visit:

www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/en/HealthyPeople/LovingCare1to3Years.pdf



YOU ARE LEARNING TOO!

Your child is learning and you are learning too! For lots of different reasons, many parents need help with reading, writing, math and using computers.

You are NOT ALONE!

There are FREE adult learning classes and tutors all over New Brunswick!
The classes are small and you work at your own pace.

Think about what a great example you will be setting for your child!
When you learn, you can help your child learn too!

Call our Learn Line: 1-800-563-2211

We will connect you with a FREE program in your area!





Resources for Parents

Born to Read

Born to Read gives a bag of books to every baby born in New Brunswick.

www.borntoreadnb.com

Talk with Me Program

Offers free information and training to parents, community partners and the general public. It helps prevent communication and learning difficulties for all children from birth to 5 years of age.

To find out more on the programs and services in your area, contact your local school district:

Anglophone North School District: 1-888-623-6363

Anglophone East School District: 856-3617

Anglophone South School District: 1-877-492-8255

Anglophone West School District: 453-3316

Public Libraries

Our libraries have excellent programs for children and parents!

www.gnb.ca/libraries | (506) 453-2354

Family Resource Centres

Family Resource Centres offer programs and activities for parents and their children ages 0 to 6.

www.frc-crf.com/home.cfm | Email: info@frc-crf.com

Bathurst: (506) 545-6608

Campbellton: (506) 753-4172

Chipman: (506) 339-6726

Fredericton: (506) 474-0252

Grand Falls: (506) 473-6351

Miramichi: (506) 622-5103

Moncton: (506) 384-7874

Caraquet: (506) 727-1860

Richibucto: (506) 524-9102

Saint John: (506) 633-2182

St. Stephen (506) 465-8181

Sussex: (506) 433-2349

Woodstock: (506) 325-2299



1-800-563-2211



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