

# Let's Learn!

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



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A great New Brunswick company helping families!  
THANK YOU, MCCAIN

## A MESSAGE TO PARENTS

**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 is good –  
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, MEAL TIME, BED TIME** - 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.

MUM DAD  
2-4-6  
DOG CAT



# 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 -  
on a board - on the floor - in the car.**

**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 rosy" 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 sheets 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 play dough

- 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 two programs a day -

2-4 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](http://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](http://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](http://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](http://www.gnb.ca/libraries) | (506) 453-2354

### Family Resource Centres

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

[www.frc-crf.com/home.cfm](http://www.frc-crf.com/home.cfm) | Email: [info@frc-crf.com](mailto: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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