

Understanding the Early Years

UEY OTTAWA

WE ALL HAVE A ROLE TO PLAY IN OUR CHILDREN'S GROWTH

What can I do to help my child succeed in school? This is a question that many parents ask themselves as their children begin school. There are many simple things that all parents can do each day to help their children develop a love of learning.

The first six years of a child's life set the foundation for future learning and success. The more we can help

our children develop their knowledge and skills, the better we can help them be successful! Family, neighbourhoods and communities all influence a child's development.

While most children living in Ottawa enter school ready to learn, some do not. We want to ensure that all of the children in our community come to school with the skills they need to learn most effectively.

WHAT CAN I DO TO HELP MY CHILD LEARN AND GROW?

You are your child's first and most important teacher. By reading, writing, playing, listening and talking with your child each day, you will help your child develop the skills they need to succeed.

HERE ARE SOME SUGGESTIONS

CHAT WITH YOUR CHILD

Talk about anything and everything – as much as possible about things you are doing and thinking. Ask lots of questions about your child's day. Answer a lot of questions about yours.

Chat



5 ft/pi

READ WITH ME

Find a special time each day to read with your child. Talk about the story and encourage questions. Ask your child to try reading some of the words – use praise often. Read everything – books – street signs, recipes, newspapers.

Read



Write

LET'S WRITE TOGETHER

Make a space in your home filled with paper, pencils, crayons, and markers for your child to practise writing letters and words. Encourage and help your child to write a sentence and spell the words.



4 ft/pi

MATH IS EVERYWHERE

Collect rocks together and ask your child to sort them – big and small, rough and smooth, shiny and dull. Ask your child to give you a specific number of items. Have your child tell you how many of something he or she wants, such as "How many crackers do you want, one or two?"

Math



Genius

CREATIVE GENIUS

Share imaginary stories with your child – you tell one and have your child tell one to you. Make up plays and skits with your child to perform. Paint, draw, cut, tape, glue – every day. Use items from the recycle box to create crafts together – there are treasures in there!



3 ft/pi

LISTEN

Listen to your child is saying and encourage your child to listen to others. Even when you are busy, what your child is telling you is important – take the time to hear it!

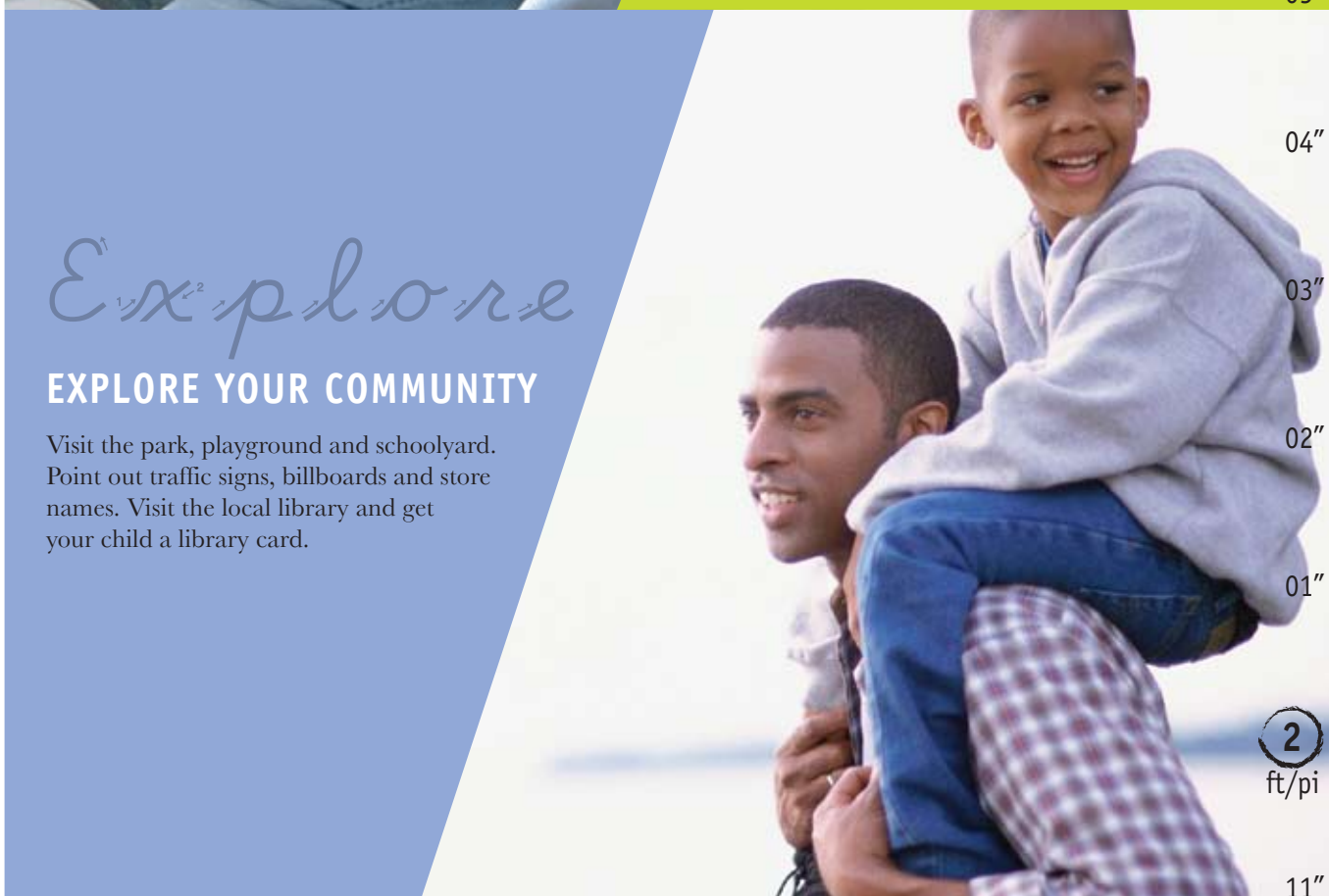
Listen



Explore

EXPLORE YOUR COMMUNITY

Visit the park, playground and schoolyard. Point out traffic signs, billboards and store names. Visit the local library and get your child a library card.



2 ft/pi

ENCOURAGE! PRAISE! CELEBRATE!

Praise your child's drawing, painting, writing and reading. Find a special place in your home to display your child's work. Encourage your child to put on and take off his or her own shoes and jacket or get dressed in the morning. Say "great job" regularly.

Encourage



LOOKING FOR OTHER ACTIVITIES TO DO WITH YOUR CHILD?

Check out these resources for more information and ideas on fun activities that you and your child can do together:

- Ottawa Public Library — www.bibliottawalibrary.ca
- Ontario Early Years Centres — www.ontarioearlyyears.ca
- City of Ottawa — www.ottawa.ca
- The Incredible Directory, produced by the Parent Resource Centre — www.parentresource.on.ca

Understanding the Early Years (UEY) helps communities across Canada to better understand the needs of young children and families, and thereby determine the best programs and services to meet those needs. Parents, teachers and others interested in the well-being of Ottawa's children will use the information that is gathered to address specific issues and enhance children's lives. Together, we can use this information to build the best programs and services for young children and their families.



The Understanding the Early Years (UEY) initiative is funded by Human Resources and Social Development Canada. For further information, visit www.hrsdc.gc.ca



For more information on UEY in Ottawa, please contact Success By 6 at 613-228-6700 or by e-mail at info@successby6ottawa.ca

1 ft/pi

ALIGN THE BOTTOM OF THIS GROWTH CHART 11 INCHES OR 27.5 CENTIMETRES FROM THE FLOOR.