



Comfort Play & Teach:

A Positive Approach to Parenting™

Every Day

Strengthening Family Ties by Creating Your Own Traditions

Creating traditions and finding ways to celebrate the people, events and experiences that you cherish can build strong family ties, provide wonderful memories and positively influence the traditions your child will enjoy for years to come. Traditions contribute to your child's social, emotional and intellectual development as they give him security in who he is, as an individual and as a member of his family. Below are some ideas for making unique and special traditions from the **Comfort, Play & Teach™** moments enjoyed the most by your family.



Comfort

If you do this:

- Share songs, rhymes and lullabies with your infant, toddler or preschooler that you remember from your own childhood
- Turn mealtimes into special events such as weekend breakfasts, annual family picnics or barbecues

Your child will:

- Learn words and melodies through loving interactions with you that he will enjoy hearing and repeating again and again
- Look forward to these moments as a predictable part of a routine where she can share stories and favourite foods with her family



Play

If you do this:

- Make time in your busy schedule to enjoy various activities like games, movies, walks and visits to the library with your child
- Use craft materials to make decorations that can become a special part of your family's celebrations from year to year

Your child will:

- Enjoy relaxing and having fun with you as his sense of being part of his family and part of his community grows and grows
- Build confidence in her developing fine motor skills (e.g., cutting and drawing) while adding something she made to a memorable event



For more information visit www.investinkids.ca

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Teach

If you do this:

- Ask family members from each generation, or who live in another country, to show pictures, tell stories and share special memories with your child (e.g., scanned photos, e-mails and tape recorded stories are gifts that will be treasured)
- Talk about your beliefs and values to encourage your child's understanding of the traditions that are most meaningful to you

Your child will:

- Discover her roots and learn about different cultures as she receives and explores a variety of information about who her relatives are, where they live and what makes them unique
- Find out what is important to his family by listening, asking questions and sharing his thoughts on what the traditions mean to him



Canadian Association of Family
Resource Programs

1-866-637-7226 www.frp.ca/nfw



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