



# Comfort Play & Teach:

A Positive Approach to Parenting™

## Every Day

### Mother's Day

Mother's Day provides a wonderful opportunity for mothers and caregivers to be playful and to nurture the child within them as they celebrate with their families! Here are some simple **Comfort, Play & Teach™** suggestions that might encourage mothers to rediscover their childhoods and share special memories along with special moments with their children.



#### Comfort

##### If you do this:

- Look at books together about mothers and their babies, like *The Runaway Bunny* by Margaret Wise Brown
- Make some popcorn, cuddle up under a blanket and watch cartoons together for a little while

##### Your child will:

- Begin to express her feelings and talk about her special relationship with you as you read a cherished story together
- Tell you which programs are his favourites and feel happy that you share his interests

#### Play

##### If you do this:

- Go to a neighbourhood park or playground and play on the swings, seesaw and slide
- Create a family scrapbook together, using photos and craft materials like crayons, paper, scissors and glue

##### Your child will:

- Practice physical skills like climbing and balancing as you laugh and play together
- Express his thoughts and ideas as he joins you in creating a keepsake that you will both look at and talk about

#### Teach

##### If you do this:

- Share stories from your childhood (e.g., favourite games, holidays, friends)
- Play some fun games together like Lotto, Snakes and Ladders and Dominoes

##### Your child will:

- Develop listening skills and ask you questions as she learns about the special things that you remember
- Learn about numbers and counting and practice social skills like turn-taking as he enjoys this time with you



For more information visit [www.investinkids.ca](http://www.investinkids.ca)

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