

# LEARN

Children aged 2 to 5 have **EVERYTHING** to learn.

Your job is to help your little one when they encounter new challenges.



## Help your child...

### Share

- Suggest they lend a different toy if the toy someone asks for is their favourite.



### Be patient

- Play games that involve taking turns, such as making a drawing together.
- Ask your child to wait: "I'm on the phone. Go play by yourself and we'll make dinner together afterwards."

### Win and lose

- Instill in them a love for play and develop their team spirit: "Well done, everyone, good game!"
- Acknowledge their progress: "Great job! Thanks to your hard work, you're getting better at throwing the ball!"

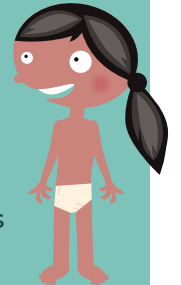


### Adapt

- Expose them to different situations: have them meet new people and go to new places.

### Understand privacy

- It's normal for your child to touch their private parts. Simply encourage them to go somewhere where they can be alone and undisturbed.
- Teach them not to touch other people's privates. For example: "You can touch your own penis, but you can't touch mine or anyone else's."
- Help your child set boundaries: "If you don't want to give or receive hugs or kisses, you have the right to say no."



### Resolve conflicts

- Be open and let your child express themselves: "What's going on?"
- Don't take sides. Stick to the facts: "So, you both want the green truck."
- Distinguish between your child and their behaviour. Say: "I won't allow the use of hurtful words," instead of, "You're being mean."
- Encourage kids to come up with solutions together.



# What my child can do...

Explore their surroundings, dance, jump, name the parts of their body, play at the park with friends, play with blocks, draw, imitate animals, look at picture books, have someone read them a story...

**From age 2**

Climb, make action figures talk, name their emotions and the emotions of others, repeat a rhythm, make a noodle necklace, play with modelling clay, make up stories...

**From age 3**

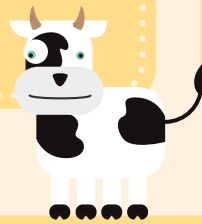
Do chores, play hide-and-seek and tag, count, sing the alphabet, play pretend (restaurant, grocery store), name their favourite animal or meal, play guessing games...

**From age 4**

**From age 5**

Explain their preferences, recognize the letters in a word or read words in a book, talk about their day, role-play...

**Let your child follow their desires and even get bored! They'll develop autonomy and creativity.**



## As a parent...

**How do I react when my child is experiencing difficulties?**

**How do I adapt to new situations?**

**How I react when faced with a challenge?**

