



HELLO PARENTS,

We often say that children grow so quickly. We notice children's growth as their clothes and shoes no longer fit. As time passes, children will continue to physically and mentally develop. One of the joys of being a parent is watching your child grow up from a tiny newborn into a toddler, and then a full-on child with a school bag on their back. In this newsletter, you will find activities that will extend our understanding of how children grow.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

SO BIG!

Infants continue to grow in size, develop physical skills and increase their ability to interact with the world. Many of these new skills that they are learning will be useful when they eat solid food.

DIRECTIONS:

- Let your infant self-feed as much as possible.
- Cut the food into pieces small enough for the baby to handle. For example: pieces of ripe banana, well-cooked pasta, etc.
- Encourage finger feeding and make comments. For example, you may say: "You are big now, you are eating by yourself".

[Click here](#) for more activities.

[Click here](#) for more information.

TODDLERS (19 MONTHS – 2.5 YEARS)

THE ROAD TO POTTY

MATERIALS:

- Construction paper
- Pencils
- Scissors

DIRECTIONS:

- Trace and cut out foot shapes from construction paper.
- Design a fun path that takes your child from their room to the potty or to the bathroom.
- Try making the path out of bright colours so that at night they can also follow it.
- Every time your child feels like going to the washroom, they will see the path and remember to go potty!

[Click here](#) to read "A Potty for Me!" by Karen Katz.

PRESCHOOLERS (2.5 – 5 YEARS)

HOW MUCH DID I CHANGE?

MATERIALS:

- [Click here](#) to read "How Kids Grow" by Jean Marzollo.
- Paper and markers
- Two photographs of your child (one baby picture and one current photograph)

DIRECTIONS:

- After you read the book "How Kids Grow" by Jean Marzollo, engage your child in a discussion about how they have grown since they were babies.
- Let your child describe how they can tell that they are growing.
- Ask your child to look at their sets of photographs and describe how they have changed.
- Record children's comments on the paper to begin a display about their growth and development.

[Click here](#) to read "I Like Myself" by Karen Beaumont.

JK/SK (4 – 6 YEARS)

MYSELF AS A BABY

MATERIALS:

- Items from when your child was a baby. For examples: cards, photographs, clothing, footwear and/ or stories from parents or grandparents.
- A box
- Markers

DIRECTIONS:

- Let your child decorate the box.
- Fill the box with items you collected.
- Talk about the significance of some items and what they mean to both you and your child.
- Encourage your child to investigate their early growth and development by asking questions such as:
 - Where was I born?
 - What day of the week was it?
 - What did I weigh when I was born?
 - What did the doctor/nurse say when I was born?
 - What did I eat and drink when I was a baby?
 - What was my favourite food then? Has it changed?
 - What was my favourite toy? Has it changed?
- Finally ask your child to answer the following questions:
 - Would you like to be a baby forever?
 - Why? Why not?
 - What is positive about growing up?

[Click here](#) for more activities.

SCHOOL-AGERS (6 – 12 YEARS)

GLOW AND GROW

MATERIALS:

- Two small baskets · Paper · Pen

DIRECTIONS:

- Cut slips of paper and write these questions: "What is one thing that I accomplished today? How do I feel about it, and why?"
- Place them in one basket.
- Fill out one or two pieces of paper every day, and place them in the other basket.
- At the end of every week take the pieces of paper out of the basket and review your accomplishments. Celebrate how much you have grown and what you have learned.

[Click here](#) for more information about growth charts.



Immigration, Refugees and Citizenship Canada
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A TIP FOR TODAY

- Document your child's growth, starting from a newborn by taking their pictures every few months.
- Make a memory scrapbook together with your child.
- Measure your child using a growth chart.
- Talk with your child about your own childhood.