

August 2025



Caterpillar

Caterpillar, caterpillar, on my arm, on my arm.
Crawling, crawling, crawling, spinning, spinning,
spinning.
Butterfly, butterfly.

Caterpillar, caterpillar, on my nose, on my nose.
Crawling, crawling, crawling, spinning, spinning,
spinning
Butterfly, butterfly.

Caterpillar, caterpillar, on my head, on my head.
Crawling, crawling, crawling, spinning, spinning,
spinning.
Butterfly, butterfly.

Caterpillar, caterpillar, on my tummy, on my
tummy.
Crawling, crawling, crawling, spinning, spinning,
spinning.
Butterfly, butterfly.



I'm a Little Teapot

I'm a little teapot short and stout
Here is my handle, here is my spout
When I get all steamed up hear me shout.
Just tip me over and pour me out



Building Social Relationships

Your Preschooler (36 months to 48 months):

Preschoolers are at an age where they are beginning to play with other children, instead of just playing alongside each other. After playing with you and other responsive and caring adults, playing with one's peers is a natural social progression. However, concepts of turn-taking and sharing are still difficult for a child who really wants a particular toy to play with on his own. You are still a very influential play partner and can help your child regulate his feelings, learn to be patient and offer strategies he can use when he does have to wait for a toy.

- Redirection is your ally. Your child may want to play with a toy that another child is using, and it can be tough for your preschooler to understand that she needs to wait her turn, however long that might be. In the same way caregivers within school or child care settings help a child redirect attention to another activity you can do the same at home. It is important that you continue to help your child move on to another activity at home when what she wants is not available. Home is a great place to practice these skills that will be important at school or in social settings with other children.
- Part of being social is developing empathy and understanding other people's perspectives. When you read books to your child, talk about how the characters are feeling in the book, or ask your child why he feels the character acted that in that way. You can help your child problem solve through role-play by acting out a problem in a book, or a problem from school and act out ways to resolve it.



Visit the Parent page at www.IMHPromotion.ca for more tips and resources.



Be available for your child when he is playing with other children. This way, he can come to you with problems, and he knows you'll be there for him.



Create play-dates with your child's friends. By increasing the amount of social get-togethers, you give your child the opportunity to learn how best to play and work with others.



Give directions to your child using positive language. Give her praise when she demonstrates good behaviour instead of focusing on bad behaviour.

PAINTING WITH ICE CUBES

What you will need:

- 1 cup of water
- Red, yellow, green, blue food coloring
- Short Popsicle sticks
- Ice cube tray

What to do:

1. Pour your water into your ice cube tray evenly
2. Add just a tiny drop of food coloring to different cubes and mix well. Get your child to help.
4. Talk to your child about colours and how they can mix them to make more colours.
5. Place a short popsicle stick into each ice cube mold
6. Freeze for about 4 to 6 hours or overnight.

When cubes are frozen, take them out and start painting.



Dad's Role in Play

Play is one of the best ways that you, as a dad, can bond with your child.

The Importance of Play

Playing is how your child learns and experiences their surroundings. You can provide lots of opportunities for your child to play with or without you. Participating in your child's play can make fun and positive memories for the both of you. Playing is a fun way to understand and bond with your child.

Different Roles for Dads During Play

When your child is playing on their own you can watch, cheer on, or play side-by-side without being directly involved. You both can be the entertainer or teacher in different circumstances. Take turns leading the play - where you each follow the other's lead.

Rough and Tumble Play

Children often enjoy rough and tumble play. It is important however to recognize when your child is finished playing. For example, when your baby is feeling overwhelmed they may turn away or stop laughing. Your older child may lose interest and need breaks or to play something different. It is also okay for you to say when you are done. This way no one gets hurt.

Risky Play

Dads are more likely to allow their children to take risks. Most children enjoy testing their limits and try playing in a way that might seem unsafe. As the adult, you need to be aware of the risks and be ready to step in when play becomes dangerous. It is important to not step in too early as risky play gives your child the opportunity to test their abilities, problem-solve, and take risks that help develop confidence, independence and resilience.

For more information about *Nobody's Perfect*, or to download this document, please search "Nobody's Perfect Tipsheets" on Canada.ca



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Things to do This Summer

It is fun to plan things to do over the summer.

Here is a list of a few things you can do with your children:

- Park/Play ground
- Go on a picnic
- Nature walk
- Scavenger hunt
- Bike ride
- Splash pad or Swimming
- Play date/Visit family or friends
- Crafts
- Baking/cooking together
- Watch a movie/go to the movies
- Build a fort
- Play board games
- Zoo
- High Park (zoo)
- Bubbles/Sidewalk Chalk
- Playing sports
- Playing catch or Frisbee

The most important thing is to have fun and spend time together!

There are so many things to do. What can you put on your list?

Scavenger Hunt

☐☐☐☐☐☐☐☐☐☐☐☐

Growing Healthy Together Prenatal Program

This program offers prenatal education, nutrition information, healthy snacks, one-to-one health and nutrition counselling, and peer support to pregnant women experiencing a variety of risk factors linked to low birth weight, including low income, newcomer status and poor nutrition.

The Growing Healthy Together program encourages healthy pregnancies to reduce the number of infants born with low birth weight, and supports breastfeeding and positive parenting. This program is delivered at various community locations in partnership with agencies throughout Scarborough.

This is a FREE program and registration is required.
To register please call **416-438-3697, extension 14349.**



Quick Icebox Sandwiches

Ingredients

- 1 package (3.4 ounces) instant vanilla pudding mix
- 2 cups cold whole milk
- 2 cups whipped topping
- 1 cup miniature semisweet chocolate chips
- 24 whole graham crackers, halved



Directions

- Mix pudding and milk according to package directions; refrigerate until set. Fold in whipped topping and chocolate chips.
- Place 24 graham cracker halves on a [baking sheet](#); top each with about 3 tablespoons filling. Place another graham cracker half on top. Wrap individually in plastic; freeze until firm, about 1 hour. Serve sandwiches frozen.

Taste of Home

Your feedback is very important to us!

Please feel free to share ideas, resources and/or concerns with:

Divisional Manager: Jessie (416) 755-9215 Ext. 242 jessiec@wsncc.org

Bridlewood Site-Supervisor: Barb barbs@wsncc.org

For general enquiries please contact us at:

Bridlewood EarlyON (416) 491-1466 bridlewood@wsncc.org

2555 EarlyON (416) 266-8289 2555@wsncc.org

West Scarborough EarlyON (416) 755-9215, wsearlyon@wsncc.org