

All About Me

When you help your child learn about and appreciate self, you are helping your child build confidence to attempt new things.

Confidence is an invaluable gift you can nurture in your child that will be felt forever.

Even learning to read requires that a child be confident enough to try to read new words and new word combinations.

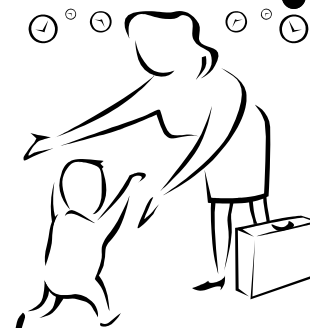


For every negative comment children are told they need to hear at least 8 other positive ones to feel good about themselves.

How can you help?

With your children:

1. Notice the little things your children do well and tell them about it.
2. Help your children discover things that are the same and unique about themselves and other children.
3. Use a tone of voice that you too would like to be spoken to in.
4. Take the time to listen and talk, play and laugh together.



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 **Ontario**
Early Years
Literacy

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Mirror, Mirror

Say rhyme with your child looking in the mirror and acting out the motions.

I look in the mirror and who do I see?

A very wonderful, special me!

(Point to self)

With pretty eyes all shiny and bright,

(Point to eyes)

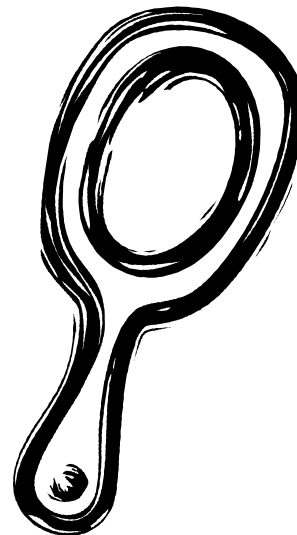
My smile shows my teeth, all pearly white.

(Smile and point to teeth)

It certainly is great to be

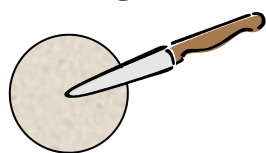
This very wonderful, special ME!

(Hug self)



Your Face on a Bagel

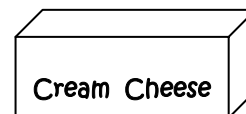
Use whole wheat bagel.



Spread with



or

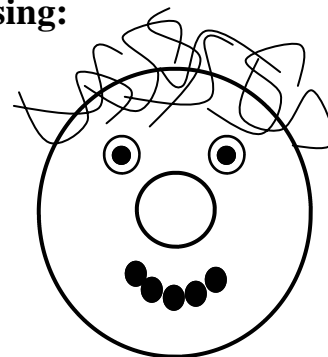


Look in mirror.



Create your face on the bagel using:

- olives
- raisins
- parsley
- sun-flower seeds
- grated carrot
- alfalfa sprouts



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