


Wellbeing = Brain + Body

WHAT WE CAN DO?					RESOURCES
PRENATAL (Before Birth)	INFANTS (Birth to 17 months)	TODDLERS (18-29 months)	PRESCHOOLERS (30-48 months)	FOR ALL AGES	BOOKS
<p>Sing, talk and read to your baby while you are pregnant.</p> <p>Gently touch or rub your belly and tell your baby that you LOVE them.</p> <p>Take part in prenatal exercise. E.g., yoga, swimming.</p>	<p>Make infant massage part of your day for example, after a bath.</p> <p>Soothe and respond to your infant with love and nurturing kindness.</p> <p>Share smiles and show you care when your baby needs comforting.</p> <p>Skin to skin contact helps to create a special bond with your baby.</p> <p>Pick up and gently rock your baby.</p> <p>Imitate your child's actions and sounds.</p>	 <p>When you play with your toddler let them be the leader.</p> <p>Play Hide and Seek games.</p> <p>Sing songs together.</p> <p>Read stories together.</p> <p>Provide specific praise. E.g., "I like the way you turned the page."</p>	<p>Sing, read and tell stories together.</p> <p>Talk about things that happened throughout the day, especially positive experiences.</p> <p>Praise your child's actions when they do something you like.</p> <p>Praise your preschooler with high fives, hugs and pats on the back.</p> <p>Have your child tell you a story from the pictures in a book.</p> <p>Introduce new words to your child, by naming objects, actions and feelings.</p>	<p>Plan and take your child to an EarlyON Centre for other experiences.</p> <p>Tell your child you LOVE them.</p> <p>Play Face to Face games. E.g., Peek-A-Boo, Round and Round the Garden, Head and Shoulders</p> <p>Hug and respond in a loving way to your child.</p> <p>You cannot spoil a child with affection.</p> <p>Find time to play daily with your child.</p>	<p>Look at family pictures and talk about them with your child. Tell them your family stories.</p> <p><i>The Sharing Circle</i> by Theresa 'Corky' Larsen- Jonasson</p> <p><i>I Am Enough</i> by Grace Byers</p> <p><i>Yoga Babies</i> by Fearné Cotton and Sheena Dempsey</p> <p>SONGS</p> <p><u>Beautiful Noodle</u> by Tyler Check and Tristan Hernandez</p> <p><u>It's OK (Please just Say)</u></p> <p>VIRTUAL</p> <p><u>Video on Wellbeing For Children: Identity And Values</u></p> <p><u>Infant and Early Mental Health Promotion</u></p>
					<p>DID YOU KNOW?</p> <p>Wellbeing in the brain is an on-going process.</p> <p>We thank the team of dedicated professionals in the Etobicoke Brighter Futures Coalition that developed these IEMH Play Statements</p> <p>All rights reserved by the EBFC</p>

Positive physical touch provides opportunities for gentle and loving time together.