

Positive Thoughts = Healthy Experiences + Supportive Environments

WHAT WE CAN DO?					RESOURCES
PRENATAL (Before Birth)	INFANTS (Birth to 17 months)	TODDLERS (18-29 months)	PRESCHOOLERS (30-48 months)	FOR ALL AGES	
<p>Have positive thoughts towards your baby, thinking for e.g., “I love you”, “I can’t wait to hold you” and “I can’t wait to meet you.”</p> <p>These thoughts will begin a healthy emotional start to life from the womb.</p> <p>Ask for support from your doctor or nurse if you are feeling overwhelmed, sad or worried.</p> 	<p>Respond quickly and sensitively to your infant’s body language, so that they feel their needs are being met. For e.g., if they are smiling, dance with them.</p> 	<p>When playing with your toddler, share your thoughts of joy and pride. For e.g., “I like the way you gave me a block.”</p> 	<p>Help your child celebrate their uniqueness. E.g., provide creative materials with accurate texture of hair and colour of skin</p> <p>Have open and honest conversations about biases and diversity. Answer questions appropriate to your child’s age and development. E.g., if they are asking you questions, they are ready to talk about it. Answer questions truthfully and openly. If you don’t know the answer, say you’ll find out.</p>	<p>Plan and take your child to an EarlyON Centre for other experiences.</p> <p>It is through you that your child will begin to foster independence and gain self-esteem because they feel love.</p> <p>Build positive connections with your child. E.g., “I love spending time with you.”</p> <p>You cannot spoil a child with affection.</p> <p>Name your own emotions. It’s ok to talk about them and why you are feeling that way, “I feel frustrated because you won’t put on your coat.”</p>	<h3>BOOKS</h3> <p>Look at family pictures and talk about them with your child. Tell them your family stories.</p> <p><i>Dream Big Little One</i> by Vashti Harrison</p> <p><i>Black is a Rainbow Colour</i> by Angela Joy</p> <p><i>I Think I Am</i> by Louise L. Hay and Kristina Tracy</p> <h3>SONGS</h3> <p><i>May You Be Happy</i> by Betsy Ross</p> <p><i>So Many Colors, So Many Shapes</i></p> <h3>VIRTUAL</h3> <p><i>What if it Never Stops Raining</i> by Nancy Carlson</p> <p><i>Be Positive</i> by Cheri J. Meiner</p> <p><i>You Are Not Your Thoughts (school age children)</i></p> <h3>DID YOU KNOW?</h3> <p>Thoughts can control how you feel and behave.</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 thoughts can help build positive self esteem