


A young girl in traditional Toqimilita'nej attire, smiling, with other dancers in the background.

Toqi milita'nej

Let's Play Together

A Guide for Parents of 4-Year Olds

The background features several diagonal stripes in various shades of blue and purple. Scattered across the entire background are numerous paw prints of two types: small, dark blue paw prints and larger, light blue paw prints. The text is located in the bottom-left corner.

Let's Play Together; A Guide for Parents of 4-Year Olds
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Introduction

Did you know that play is the way your child learns? This means it's easy to help your child learn about their world—just play together!

This booklet looks at 5 big areas in which your child learns and develops:

- physical health and well-being
- emotional development
- communication skills and general knowledge
- social development
- language and thinking skills

For each area, this booklet suggests tips for healthy development and ways to help your child learn through play. You will also see books you can read together that match each of the areas.

Every child learns at their own pace. Try a variety of the activities to see what your child is ready to learn today.

Your child will learn best when you are having fun together.

Enjoy!



Tips to Keep Me Active and Healthy

- Run, jump, climb, and teach me traditional dance — indoors and outdoors
- Create a bedtime routine for me. I need at least 10 hours of sleep each night.
- Draw with me using a variety of tools—pencils, crayons, markers, and chalk.
- Let me practice taking care of myself—dressing, hand washing, brushing my teeth.
- Take walks with me. Give me time to explore the places and things that interest me most.



Froggy Gets Dressed (1994)

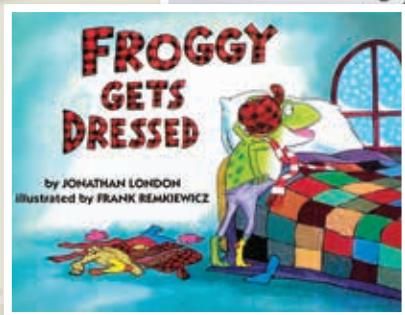
Author, Jonathan London

Singily Skipping Along (2014)

Author, Sheree Fitch

Walqupaqtek (2012)

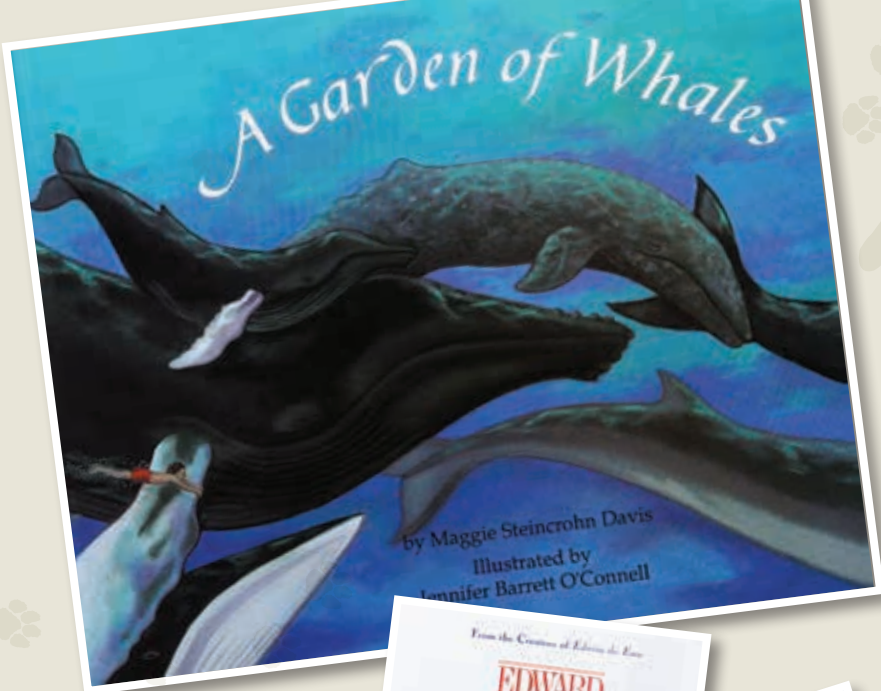
Author, Robert Munsch



Tips to Help Me With My Feelings

- Help me to find the words to explain my feelings and solve problems.
- Encourage me to ask other children to play.
- Let me tell you how I feel when I am upset.
- Tell me stories about my community and our family.
- Show me positive ways to cope with things that are disappointing or that make me angry. I learn a lot from watching you.





Edward the Emu (1998)

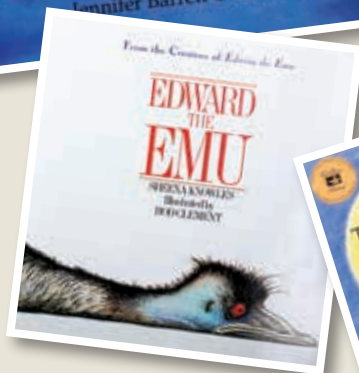
Author, Sheena Knowles

A Garden of Whales (1993)

Author, Maggie Steincrohn Davis

The Kissing Hand (2007)

Author, Audrey Penn



Tips to Help Me Communicate

- Talk with me about the pictures and ideas in the books we read together.
- Listen to me when I talk to you—even when I ask lots of questions.
- Ask me about the best part of my day—and give me time to answer.
- Help me learn to use my imagination and play pretend games like house, dress-up, school.
- Help me read the signs we see in our neighbourhood—STOP, Walk, Main Street, Corner Store.



A Promise is a Promise (1988)

Authors, Robert Munsch
and Michael Kusugak

Elui'tmasimk (1988)

Authors, Robert Munsch
and Michael Kusugak

Read Me a Story, Stella (2013)

Author, Marie-Louise Gay



Tips to Help Me Play With Others

- Invite another family to do something together.
- Offer me a few choices in the things we do and the clothes I wear. This helps me practice making decisions.
- Talk to me about what we are doing and what will happen next.
- Ask me to do simple tasks at home like setting the table and helping to prepare family meals.
- Eat a meal together as a family today.



A Boy, a Dog, and a Frog (2003)

Author Mercer Mayer

Such a Little Mouse (2015)

Author Alice Schertle

You are Helpful (2008)

Author, Todd Snow

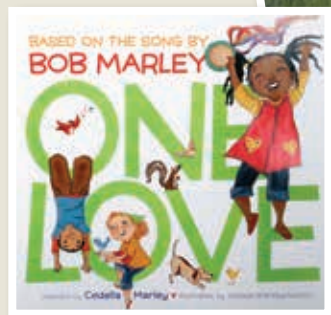
Chicken, Pig, Cow (2008)

Author, Ruth Ohi

Tips to Help Me Understand My World

- Read with me every day in my first language.
- Count with me. Talk about shapes and colours with me.
- Take me out to gatherings, the library, and other interesting places in our community.
- Teach me about ceremonies.
- Sing and make up songs with me.
- Let me sort and match things—socks, spoons, shells, rocks.





One Love (2011)

(Based on the song
by Bob Marley)

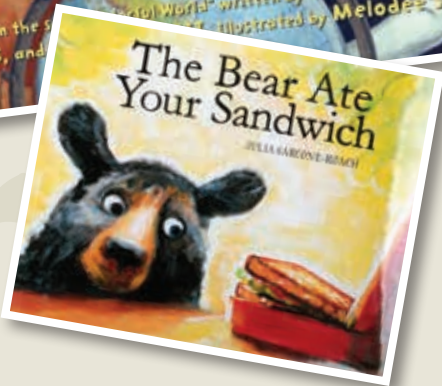
Author, Cedella Marley

Colorful World (2011)

Authors CeCe Winans, Keith Thomas,
and Alvin Love III

The Bear Ate Your Sandwich (2015)

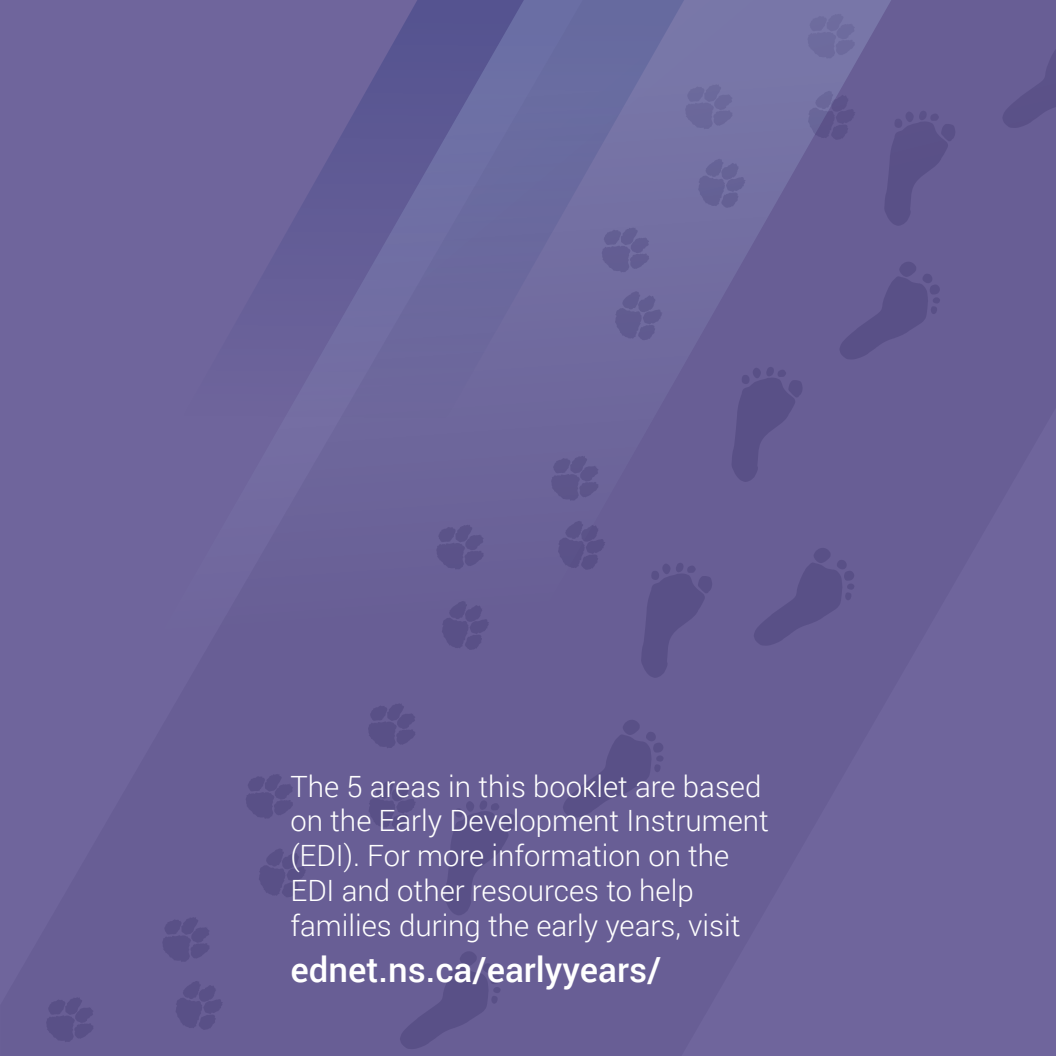
Author, Julia Sarcone-Roach





If you try some of these ideas each day, your child will build the skills to help them learn and develop.

*But more importantly, **you will have fun together!***

The background features three diagonal stripes in shades of blue and purple. Scattered across the entire background are various icons of paw prints and human footprints, some in a darker shade and some in a lighter shade, creating a playful and child-friendly aesthetic.

The 5 areas in this booklet are based on the Early Development Instrument (EDI). For more information on the EDI and other resources to help families during the early years, visit

ednet.ns.ca/earlyyears/

