

Parenting

What would a parenting program teach us?

- The laws of the country about the treatment of children.
- How to be a more effective parent.
- What other parents have found helpful.

We are new to Canada and do not speak English yet. Where can we go to learn about parenting programs?

- Local immigrant serving agencies
- Multicultural and Settlement Workers in Schools
- Neighbourhood Houses
- Community Centres
- Churches
- Families and friends
- Provincial government

Canada Food Guide

See website for translated versions of the Guide at <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

“Parenting”

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Answers to Commonly Asked Questions

Parenting

As parents/caregivers, what can we do daily to prepare our child for school?

Sleep

- A student who has had a good night's sleep is more alert, has more energy, and can learn better.
- Research shows that many children and youth are not getting enough sleep each night.
- Most children and youth require 8 to 10 hours of sleep each night. Younger children need more sleep than older.



Healthy Food

Healthy food choices mean limiting how much sugar or fat a person eats. The Canada Food Guide provides many suggestions. (See back of brochure for website)

Breakfast and Lunch

- Bread, eggs, cheese, beans, rice, etc.

Snacks

- Fresh fruit and vegetables.

What can we do with our child after school?

- Talk about what happened at school that day.
- Look at picture books together.
- Prepare for the next day's work.
- Ask them to help make dinner.
- Play sports or go to a community centre.
- Limit TV and/or video games to no more than 1 to 2 hours a day.



How can we be more consistent and positive with our child?

Children need rules and boundaries. Decide on what is acceptable and unacceptable behaviour for your household.

Talk with your child about your rules. Remember:

Be clear
Be firm
Be consistent

If there are several behaviours that need improvement, deal with one at a time.

When behaviour improves, even a little bit, let your child know that you notice, and give praise for the effort.