

## Capsule 3

# Developing your child's concentration powers

### In day-to-day life

- ▶ Daily physical activity is essential to your child's overall development.
- ▶ Children need to move. Plan outdoor playtime to allow them to use their energy.
- ▶ Allow your child to choose or organize a physical activity. You will be surprised and it will be fun.
- ▶ After playing, it is nice to go back to a quiet activity. Suggest that your children take deep breaths with their hands on their stomach. If necessary, invite them to listen to soft music to help them relax.

### Did you know that...?

- ▶ Any physical exercise provides oxygen for the brain and maximizes the body's energy.
- ▶ A healthy mind in a healthy body is in great condition to learn and develop.
- ▶ Children who develop gross motor skills are more inclined to choose an active lifestyle throughout their lives.

Source : [www.beststart.org](http://www.beststart.org)

### Suggested activities

- ▶ Using the "the big action dice" (Activity 3A), you can have fun with your children copying the actions shown on the dice.
- ▶ You will also find a card with 98 different ways to say "Very good" to your children. Don't hesitate to use this card, especially when you are doing an activities with them (Activity 3B). Source: [www.cccf-fesge.ca](http://www.cccf-fesge.ca)

### Discoveries to make:

Studies have shown that, in general, physical activity boosts self-esteem by:

- ✔ reducing feelings of anxiety, stress and depression;
- ✔ creating a feeling of optimism and well-being;
- ✔ providing an outlet to express feelings of anger, aggressiveness and joy;
- ✔ giving children a chance to socialize and discover their own abilities;
- ✔ enhancing creativity, problem-solving skills, and school performance;
- ✔ encouraging self-discipline;
- ✔ improving physical fitness, which is linked to mental health;
- ✔ having positive effects on behaviour and healthy lifestyle choices during adolescence and adult life. Young people are less inclined to want to smoke, drink alcohol, or take drugs.

Source: [www.beststart.org](http://www.beststart.org)



# Capsule 3 for parents

## Developing your child's concentration powers

Parents who play with their children strengthen family ties.

### Quick Tips

- ✓ Before reading a book or doing any activity requiring your children's attention, have them expend a bit of energy first, so that they are ready for a quieter activity.
- ✓ Encourage your children to exercise for at least one hour a day. This is as good for their brain as it is for their body. Walking, dancing, jumping, running are all good choices. The important thing is to move.
- ✓ Provide encouragement so your children remain focused. Words of support boost self-esteem.

### Available resources

#### In the community:

- ServiceOntario Health INFOline
- Regional Public Health Department
- Ministry of Children and Youth Services
- Local or school library
- Early Years Centre
- Community resource centre
- Teachers
- French-language bookstores

#### On the Internet:

- [www.phac-aspc.gc.ca/ch-se-fra.php](http://www.phac-aspc.gc.ca/ch-se-fra.php)
- [www.cccf-fcsge.ca/docs/cccf/rs005\\_fr.htm](http://www.cccf-fcsge.ca/docs/cccf/rs005_fr.htm)
- [www.librairieducentre.com](http://www.librairieducentre.com)
- [www.tfo.org](http://www.tfo.org)
- [www.ldac-taac.ca](http://www.ldac-taac.ca)
- [www.investirdanslenfance.ca](http://www.investirdanslenfance.ca)
- [www.naitreetgrandir.net/fr/](http://www.naitreetgrandir.net/fr/)
- [www.eatrightontario.ca/fr/ressources.aspx](http://www.eatrightontario.ca/fr/ressources.aspx)
- [www.activehealthykids.ca/francais.aspx](http://www.activehealthykids.ca/francais.aspx)
- [www.jeunesenforme.ca](http://www.jeunesenforme.ca)

