

## Capsule 5

## Self-expression is a must

### In day-to-day life

- ▶ Children experience a range of emotions but are not always able to express them properly.
- ▶ Children need to learn to recognize and name their emotions and feelings before entering school. You must guide your child in this learning.
- ▶ You are your child's model. Don't hesitate to talk to him or her about your feelings. It will then be easier for your child to name his or her own feelings.
- ▶ Being in contact with other children or other adults will help your child's social development. Join play groups to encourage your child to make friends.

### Did you know that...?

- ▶ Parents play an important role in teaching their children how to have healthy relationships.
- ▶ A child who develops empathy will learn to treat others gently and politely.
- ▶ Positive gestures must be reinforced. Children will certainly continue to look for this kind of positive attention.

### Suggested activities

- ▶ The "Wheel of feelings" (Activity 5) will provide an opportunity for your children to express themselves and verbalize their experiences.

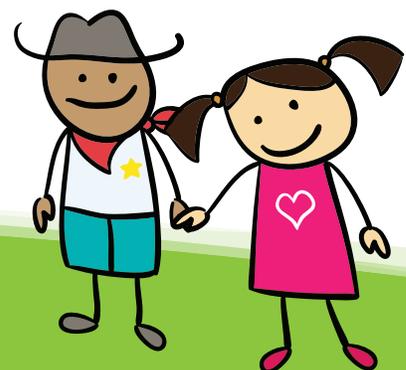
### Discoveries to make:

#### Six Easy Steps to Solve Problems

1. Define the problem.
2. List possible solutions.
3. Assess the advantages and disadvantages of each solution.
4. Choose a solution that is acceptable for all people involved.
5. Apply the solution.
6. Assess the results.



Source: [www.stephaniemilot.com](http://www.stephaniemilot.com)



# Capsule 5 for parents

## Self-expression is a must

Children must be able to express their needs and ideas in order to have conversations with others, to learn, and to develop. Even parents who speak little or no French can prepare their children to attend school by talking to them in their mother tongue. What is learned in one language can help in learning another language.

### Quick Tips

- ✓ Ask your children open-ended questions. This will allow them to express themselves freely while developing this ability. Here are a few examples:  
*How...? Why do you think that...?*  
*In what way...? Can you guess why...?*  
*What would happen if...? What comes to mind when...?*  
*What could you do...? When...?*  
*What does...? Can you tell me ...?*
- ✓ Singing is an excellent way for children to express themselves. If your child is shy and does not speak much, singing can be liberating for him or her.
- ✓ Teach your children to recognize and name their own feelings and other people's feelings, such as joy, worry, sadness, and frustration. They will then be better equipped for life in school.
- ✓ Allow your children to express themselves without interrupting or correcting them. This will help develop their self-esteem. Rephrase what they say to model good communication.



### Available resources

#### In the community:

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

#### On the Internet:

- [www.librairieeducentre.com](http://www.librairieeducentre.com)
- [www.archambault.ca](http://www.archambault.ca)
- [www.renaud-bray.com](http://www.renaud-bray.com)
- [www.scholastic.ca](http://www.scholastic.ca)
- [www.tfo.org](http://www.tfo.org)
- [www.investirdanslenfance.ca](http://www.investirdanslenfance.ca)
- [www.coindespetsits.com](http://www.coindespetsits.com)
- [www.educatout.com](http://www.educatout.com)
- [www.petitmonde.com/](http://www.petitmonde.com/)
- [www.naitreetgrandir.net/fr](http://www.naitreetgrandir.net/fr)

