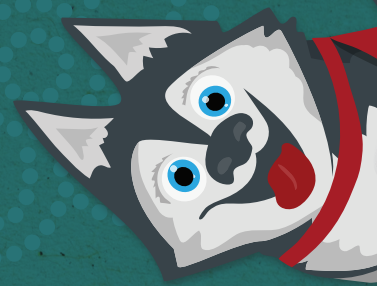


Ideas for Caregiver Engagement with a Child



● **Imagine!**

Encourage imaginative storytelling by playing “pretend” with your child. For example, you can each take on roles as a teacher, caregiver, or a Métis voyageur from long ago.

● **Get on their level!**

Find out about the things your child is interested in to help guide discussions and play. Taking an interest in their interests will help you both to connect.

● **Model teamwork!**

Children love to feel like they are a valued part of a team. Encourage them to tidy a space after playing, and frame “doing their part” as a positive action. You can even make a game or sing a song to encourage positive association with a task!

● **Model kindness!**

Look for opportunities to demonstrate kindness and community while engaging with your child. For example, ask a child playing alone if they would like to play with you.

● **Let them lead!**

Let your child take charge in play. This shows them that you value their ideas. If they get stuck on what to do next, make a few suggestions they can choose from.

● **Get silly!**

Don't be afraid to take a break from a structured setting and allow your child to play freely and explore their creativity. Body breaks – such as taking five minutes to dance or play a physical game like soccer – can get some of the wiggles out!

● **Say “yes”!**

Be intentional about saying “yes” to things when possible: “Yes” to playing a game together. “Yes” to

dessert first (sometimes). “Yes” to staying five more minutes.

● **Play a game!**

Play a game you already know, or make one up on the spot. I Spy, What Colour Is It?, or 20 Questions are a few games that require no equipment or preparation.

● **Tell a story!**

Métis families have always used storytelling to pass down important knowledge about culture, history, and family. Some stories share important life lessons; some pass down important family knowledge. Some stories describe Métis heroes from long ago, and some make people laugh. Pick up a book, or create your own unique story. Does your have a special message?

● **Use discussion prompts!**

Discussion prompts are a fun and useful way to engage in discussion with your child by asking questions you may have never asked them before. This encourages safe, open communication between child and caregiver. Here are a few ideas to get you started:

- ❖ If you could be any animal, what would you be and why?
- ❖ What makes you smile?
- ❖ What would you like to know how to do?
- ❖ What do you do when you are afraid?

● **Give them the attention they deserve!**

Put distractions aside for a moment and intentionally engage with your child. Look at them when they speak. Demonstrate play. Giving your child the attention they crave will show them that they are seen, valued, and loved.



Early Years

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