

LOVING

Spending time with your 2-to-5-year-old will help the two of you bond. Your job is to create memorable moments.



With your child

- **Dance** to their favourite song
- **Talk** about things that interest them
- **Watch** an educational program

Show them love by respecting their boundaries

"It's okay if you don't want a hug."



"I put your favourite snack in your backpack."



Find ways to make them smile

Arguing is normal. When you lose patience, try the following:

- **Close your eyes and take a few deep breaths.** Take a break if you need to, then go back to your child.
- **Explain your emotions:** "Your behaviour (breaking something, yelling, hitting, etc.) made me angry."
- **Propose solutions:** "We can do this together! I'll put away a toy and you put away a toy."



Sometimes, you may lose your temper and yell. Try saying "I'm sorry for yelling, I was tired of repeating myself."

When you're short on time

Be decisive

"We can look at a book together, but you're going to show me the pictures."




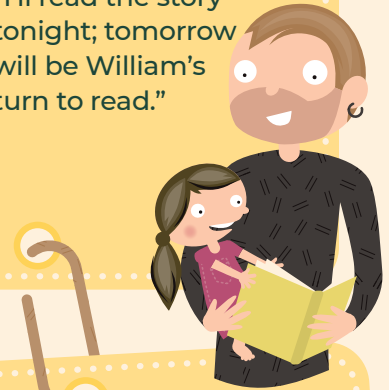
Make chores fun

Sing songs on the way to the grocery store, or get your child involved in the task: "Will you help me fold the towel?"



Share the routine

"I'll read the story tonight; tomorrow will be William's turn to read."



Quality time can happen in just **30 seconds**: Stop cooking and listen as your child shows you their drawing.

At times, your child may seem to prefer their other parent. Try saying "I would love to help you next time!"

As a parent...



How do I show my affection?



How do I feel when I'm in conflict with my child?

How do I take care of myself and my loved ones?