

12 Important Recommendations for Parents & Caregivers of Young Children

1. Hug and kiss your children every day and tell them that you love them.
2. Read stories and sing songs with your children.
3. Share your childhood stories and tell your children what you did in school.
4. Encourage your children to bring you their favourite book and ask them why it is their favourite.
5. Point out persons, items and places of interest in your environment, for example: policeman, street signs, doctor's office, hospital, bus driver, hairdresser, fire engine, supermarket, etc.
6. Limit television viewing to appropriate children's programmes only.
7. Be patient with your children even when you are tired. Remember they are young and learning to do a lot of new things.
8. Allow and encourage your children to be creative and play a lot with other children and also by themselves.
9. Select toys carefully and avoid guns and other toys that promote violence.
10. Always use car seats and seat belts for safety while travelling in your car.
11. Talk to your children about their experiences each day and share your experiences with them also. Discuss topics of interest and extend their language by asking open-ended questions such as: "What do you think?" and "Why do you think that?"
12. Encourage and model healthy eating habits, daily exercise, appropriate language, and polite behaviour.

