



Say Something Positive!

Say something positive to each other, daily!

In a world where saying "no" is usually a lot easier than saying "yes," it is important to bring up children who don't feel that negativity has a higher value than positivity. Encouraging words can have a truly lasting effect on children, years and years after you've said them, so we should choose to use phrases that will make them feel good about themselves inside and out, things that will stick with them as words that got them through tough times.

Whether you want to tell them how great they were at their soccer game, or how much you love spending time with them, here are 66 positive and encouraging things to say to your child on a daily basis.

66 Positive Things to Say to a Child:

1. *I'm grateful for you.*
2. *You make me proud.*
3. *Your words are meaningful.*
4. *You have great ideas.*
5. *I love being your parent/caregiver.*
6. *You don't have to be perfect to be great.*
7. *Your opinions matter.*
8. *You are important.*
9. *You are loved.*
10. *I believe you.*
11. *I believe in you.*
12. *This family / Our day care group wouldn't be the same without you.*
13. *You are valuable.*
14. *You can say no.*
15. *You can say yes.*
16. *I know you did your best.*
17. *You were right.*
18. *I accept who you are.*
19. *We can try your way.*
20. *You are helpful.*
21. *You are worth it.*
22. *You make me happy.*
23. *I love your creativity.*

**You
 are
 loved.**

24. *Being around you is fun.*
25. *I can't wait to hear about it.*
26. *Don't be afraid to be you.*
27. *You're making a difference.*
28. *I'm excited to spend time with you.*
29. *You are interesting.*
30. *I love seeing the world your way.*
31. *It's good to be curious.*
32. *I love the way you tell stories.*
33. *What you did was awesome.*
34. *I admire you.*
35. *That's a great question.*
36. *Your friends are lucky to have you.*
37. *I trust you.*
38. *That was a really good choice.*
39. *Seeing you happy makes me happy.*
40. *Being your parent is my favorite job.*
41. *I learn new things from you every day.*
42. *You make me better.*
43. *You are a good boy/girl.*
44. *Thank you for being you.*
45. *I'm so glad you're here.*
46. *You look great.*
47. *I understand you.*
48. *Watching you grow up is the best.*
49. *That was really brave.*
50. *I forgive you.*
51. *I appreciate you.*
52. *We all make mistakes.*
53. *Yes, me too.*
54. *You are very good at that!*
55. *You can try again tomorrow.*
56. *Nobody is perfect.*
57. *I love how you said that.*
58. *Not everyone will like you, and that's OK.*
59. *You did that so well.*
60. *I'm listening.*
61. *That's a very fair point.*
62. *You are beautiful inside and out.*
63. *I love you.*
64. *I could never stop loving you.*
65. *You are enough.*
66. *You make my heart full.*

Don't forget - words have power! Use them wisely.

Positive Discipline Strategies

Help guide children through their upsets, stresses, anxiety or anger **with 3 simple steps:**

(To help put this into context we'll use the example of a child who is struggling with going to daycare or school.)

1. SAY WHAT YOU SEE

Using objective observations, describe the what the child is doing, saying, feeling or thinking without questions, teaching, fixing or judgement. *Get down to the child's level and simply describe exactly what you SEE.*

The beautiful part about doing this, is that you need not know ahead of time what you will say. Everything you need to SAY WHAT YOU SEE is right there in front of you.

This step is crucial; it immediately allows you and the child to connect and understand each other.

Before daycare/school you could say things like...

"Looks like you feel really unsure about going to daycare/school today."

"You don't want to go to daycare/school. You're upset and you're crying. This is hard for you."

"You wish you could stay home with me all day long."

2. If you see something you don't like, name a CAN DO.

There is always something the child CAN DO in every situation. Your boundaries/rules are like walls; they are what they are. But in order to help children cooperate, you need to flip the situation from negative to positive.

Offering a CAN DO gives the child a sense of control when they feel very out of control with emotions and decisions.

Before daycare/school you can offer lots of CAN DOs...

"You can take something with you to help you feel safe."

"You can choose the clothes you wear today."

"You can walk into daycare or get a piggy-back ride."

3. If you see something you do like, name a STRENGTH.

When the child does something well, go ahead and name those STRENGTHS. Children act in accordance with who they believe they are.

The more you point out the STRENGTHS in your child, the more they will believe that is who they are, and the more they will show you those STRENGTHS. (This is SO TRUE!)

Before daycare/school you would say things like...

"You calmed yourself enough to walk into daycare/school. That shows you're in control of your feelings."

"You choose three special things to take with you to daycare/school today. You know how to help yourself feel safe."

In a situation like this, after the day at daycare/school is golden time to really drive home the strengths because he/she accomplished something HUGE by getting through the day.

You could say things like...

"Wow. You got through the whole day at daycare/school. That was so hard for you, but you found a way stay calm. That shows you're patient!"

"Wow! You conquered another day of daycare/school. That shows you know how to overcome challenges!"

"This morning you knew exactly how to express all your emotions. You handled that!"

Taken in-part from the militarywifeandmom.com



Craft Ideas

Melted Snowman Shape Craft Collage

This is a great way to teach young children about shapes, and give them an opportunity to practice their fine motor skills.

Materials: blue/white/black/brown/orange construction paper, scissors, glue sticks.

1. Cut out squares from the white construction paper. Depending on age and skill level, children can do this themselves.

2. Cut out small circles from the black construction paper (for the coal mouth). Then cut out larger black circles for the eyes.
3. Cut out a triangle from the orange construction paper for the carrot nose.
4. Cut out rectangle branch arms from the brown construction paper.



This is pretty much a 'free-for-all' craft. There is no right or wrong way to make your melted snowman. Older children may try to make it look more like a snowman with a face, and younger children will likely just enjoy gluing the shapes!

Source: mominspiredlife.com

Popsicle Stick Snowflake Ornaments

Materials: popsicle sticks, glue gun, Cropadile (or instead of punching a hole for the hanger, you can just glue the hanger on the back), sparkle pipe cleaners (cut in half), white paint, glitter glue.

1. Hot glue three popsicle sticks together to make a snowflake. Make a small hole with the Cropadile at the end of one stick (optional).
2. Paint the snowflakes white. Note; with younger children, you can do steps 1 & 2 in advance so that the snowflakes are ready for them to decorate.
3. Use the glitter glue to decorate! You can also get creative and decorate with other materials such as "jewel" stickers, buttons, beads, stickers, etc.

Source: notsoidlehands.com



Winter Hats

Materials: [hat template](#), colours (crayons, watercolour paints, markers—whichever is appropriate for the age of the child), cotton balls, white glue, scissors.

1. Print out as many copies of the template as you need. Your child can do more than one.
2. Let your child colour the hat. Colouring outside the lines is encouraged and fun!
3. Cut out the hat.
4. Put glue on the brim and the pom-pom of the hat, and add cotton balls.



Source: easypeasyandfun.com

Handprint Christmas Tree Cards

Materials: cardstock cards, green/yellow/brown cardstock, scissors, glue dots, rhinestones, pencil or pen.

1. Trace your child's hand on the green cardstock. Cut it out. Repeat for each card you want to create.
2. Cut out a rectangular tree trunk from the brown cardstock.
3. Using the glue dots, glue down the tree (fingers facing up!) and the tree trunk.
4. Have the child place glue dots and rhinestones on the card to decorate the tree.
5. Cut out a star for the top of the tree, using the yellow cardstock, and glue it on.

Source: blitsy.com

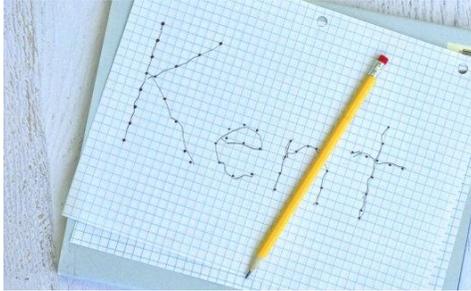


Activities

Writing your own name, and writing it properly is a big accomplishment for children. Help give them confidence early with some of these fun activities to help practice name-writing.

Dot-to-Dot

This is an especially useful technique for older children who have learned some incorrect writing techniques. Create a series of dots and number from where they start. Your child needs to follow the dots in order. Start with lots of dots and as your child gets more practice, remove dots.



Trace Rainbow Letters

Give your child a handful of crayons. They get to trace their name over and over again. Each time using a different crayon. You will be surprised at how fast your child will become an expert at writing letters with this technique.

Highlighter Letters

Write the letters of their name with thick lines using a bright highlighter marker. Your child can trace the letters with a goal of staying inside the line of the highlighter markings. As they become a more confident writer, make the letters thinner and smaller.



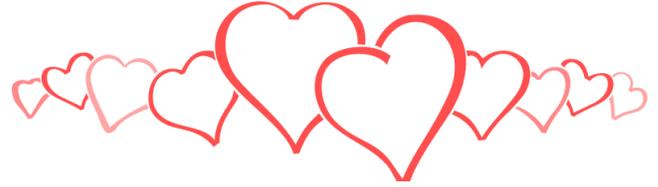
Adapted from: kidsactivitiesblog.com

Melting Snowpals

Have the children stand up straight and tall, pretending to be snowpals outdoors in the icy cold. Then dance among them, pretending to be a ray of warm sunshine. As you touch the snowpals, have them slowly begin to "melt", sagging their bodies until finally they slide down to the floor. Repeat, and take turns being the ray of sunshine!

Heart Line-Up

Cut five different sizes of hearts out of posterboard or cardstock. Mix up the hearts and place them in a pile. Let your child line up the hearts from smallest to largest, or largest to smallest.



Songs and Fingerplays

I'm a Friendly Snowpal

Sung to: 'I'm a Little Teapot'

I'm a friendly
Snowpal,
Big and fat.

(Stretch arms out at sides.)

Here is
My tummy,

(Point to tummy.)

Here is
My hat.

(Point to top of head.)

Here's my mouth
All smiley,

(Point to mouth.)

Here's my nose

(Point to nose.)

Im all snow
From my head
To my toes!

(Point to head, then toes.)



Snowflakes Rhyme

Snowflakes, snowflakes,
Dance around.

(Dance fingers.)

Snowflakes, snowflakes
Touch the ground

(Touch floor.)

Snowflakes, snowflakes,
In the air.

(Dance fingers upwards.)

Snowflakes, snowflakes,
Everywhere!

(Dance fingers outward.)



Be My Valentine

Sung to: "Mary Had a Little Lamb"

You're a special
Friend of mine,
Friend of mine,
Friend of mine.
You're a special
Friend of mine.
Be my valentine!



Tasty Treats

Easy Baked Chicken Nuggets

1 lb boneless, skinless chicken breast

$\frac{1}{4}$ cup flour

$\frac{3}{4}$ tsp salt

1 tsp garlic powder

1 tsp paprika

$\frac{1}{8}$ tsp cayenne pepper

$\frac{1}{8}$ tsp black pepper

Oil for drizzling (could be coconut oil, avocado oil—any high fat oil with a high smoke point)



1. Cut chicken into small chunks, about 1-1 $\frac{1}{2}$ inches. Place in a bowl.
2. Mix flour with seasonings.
3. Sprinkle flour and seasoning mixture over chicken and mix well to coat thoroughly.
4. Melt oil and drizzle over chicken. Mix to coat lightly.
5. Bake in preheated 450F oven until chicken's internal temperature reaches 180 degrees, or about 14 minutes.

Note: the smaller you cut the chicken, the faster it will bake. Cutting them too small will result in crispy pieces; cut them smaller than commercial nuggets.

Source: wholenewmom.com

Healthy Sea Turtle Snacks

These can be incorporated into an ocean-themed unit, or just for fun!

Green apples

Green grapes

Goldfish crackers

Mini chocolate chips

Jam



Slice a green apple and some grapes in half. Lay them on the plate to make the turtle's shell and feet. Put dots of jam on two mini chocolate chips and "glue" to a whole grape for the head. Cut a little grape tail to lay at the back of the turtle. Sprinkle goldfish crackers on the plate.

Source: craftyrecipes.com

Peanut Butter Breakfast Bites

5-6 cups Peanut Butter Whole Grain Cheerios (can substitute classic Cheerios or plain Whole Grain Cheerios)

1 cup crunchy, natural peanut butter (no added sugar)

$\frac{1}{2}$ cup honey

1 tsp vanilla

1. Pour the Cheerios into a medium bowl.
2. In another bowl, measure the peanut butter, and microwave for 40 seconds.
3. Stir peanut butter and add honey; microwave for another 30 seconds.
4. Add vanilla and mix until well-combined.
5. Pour the peanut butter mixture over the Cheerios and mix well together with a spoon until all the cereal is coated.
6. Spoon out bite-sized portions and place on a greased, foiled pan.
7. Let sit and solidify, about 3 hours, before eating.

Source: sixsistersstuff.com



Holidays: A Reminder for Parents

If you are planning on taking holidays this winter, please remember to let your Child Care Advisor know.

Alanna@totlot.ca or 613-727-0010 x2

Desiree@totlot.ca or 613-727-0010 x3

If you would like your Provider to receive paid vacation time this holiday season, please remember to initial and comment for any "paid vacation days" on your child's sign-in sheet. Thank you!