



KARIBOU

My Advice to Daddy and Mommy

Role of Accompanying Parents During the Period

- ▶ Wait outside the activity room until the instructor invites you to enter for the beginning of the period.
- ▶ Pay close attention to his instructions and explanations so that, if needs be, you can repeat them to your child in your own words.
- ▶ Take part in the activities and perform the movements of the start-up routine with your child.
- ▶ Help your child perform the movements and activities. Have fun together!
- ▶ Don't hesitate to ask the instructor for help or more detailed explanations.
- ▶ Congratulate and applaud your child at each achievement, however small.
- ▶ See to the safety of the other children by acting quickly if your child pushes, bites or hurts one of them.
- ▶ Help the instructor keep the group in line; do not let your child play with items that have been put away, hidden or set aside.
- ▶ When asked, help the instructor set up or put away equipment, and encourage your child to do the same.
- ▶ Be patient. Do not overly insist on making your child redo a movement until he succeeds.
- ▶ Play and have fun with your child!

The primary objective
is simply **to have fun!**

Particular Situations

- ▶ Do not insist too much if your child refuses to perform an activity or a movement. Suggest an easier alternative using the same equipment in the same area of the room or sit with your child to one side of the room and watch the other children play. Let your child return to the activity when he is ready. Come and participate yourself to the activity.
- ▶ If your child is inconsolable or is throwing a tantrum, don't hesitate to leave the room for a few minutes to help him calm down.
- ▶ If you feel that you must discipline your child, do not raise your voice in front of the other children. If needs be, leave the room for a few minutes.



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