

CONNECT, PLAY AND LEARN EVERY DAY WITH YOUR CHILD

STRONG CONNECTION LEADS TO HAPPIER KIDS, WRITES ALISON HILBORN

The years between infancy and age six are some of the most important in a

child's life. As the early years initiative chairperson for Halton Our Kids Net-

work, I work with other early years professionals who support families with

young children.

Here's why it's important to connect and play with your young children every day, with ideas about how to help your little one develop and learn.

You're already interacting with your child in many beneficial ways, from walking together, to reading at bedtime, to letting them help with chores. Activities like this help children develop many important skills. And it's not just about ABCs and 123s - being ready for life, including school, involves physical, emotional, social, communication and problem-solving skills.

And a strong connection leads to happier, healthier children.

As a parent, you are your child's first, most important and favourite teacher. You give them confidence to explore their world, identi-



ALISON HILBORN
Column

fy and express their feelings, get along with others and learn. Children are at their best when they feel connected to someone who cares about them.

Research tells us that adults shape the way children think, feel and act right from birth. When we care for each other, we show that we like each other. And it's never too early to start. Throughout the day, find small ways to connect with your little one through play, cuddles and laughter. Bring your full attention each time. Sing songs while in the car or during bath time. Ask your child about their feelings and listen to what makes them happy, sad or scared.

As Dr. Seuss said, sometimes you won't know the

value of a moment until it becomes a memory. Connect, play and learn every day!

Next time: Risky play - what it is and why it's more than OK!

Alison Hilborn is the OKN early years initiative chairperson and Acton Hub co-ordinator. Reach her at CPLE@haltoniparent.ca. Learn more at haltoniparent.ca/CPLE. Discover more about family relationships at ourkidsnetwork.ca/First6Years. This column is based on information provided by Halton early years professionals. Halton has many helpful resources. If you have concerns about your child, contact a health-care provider.



halton.ca ☎ 311



Help shape Halton's future.

Provide your input on our draft Strategic Business Plan.

Halton Regional Council has developed a draft Strategic Business Plan to guide our work over the next four years. We are asking residents to provide input on this important plan and help shape Halton's future.

One way to provide input is at one of our open houses. Come out and learn more about the plan, ask questions, engage with others in your community and participate in a facilitated workshop.

Thursday, April 25, 2019

Open house: 6:30 – 7:00 p.m.
Workshop: 7 – 8:30 p.m.
Mold-Masters Sportsplex,
221 Guelph Street, Halton Hills

Strategic themes

Planning and Growth Management

Transportation and Infrastructure

Community Well Being

Environmental Sustainability and Climate Change

Effective Government

Upcoming Public Open Houses

- Tuesday, April 30 – Milton
- Monday, May 6 – Burlington
- Thursday, May 9 – Oakville

Can't attend an open house? You can also provide input online. To learn more and get involved, visit halton.ca.

041119

Help prevent wind-blown litter

We can all work together to reduce our collective impact on the environment. Please keep the following tips in mind to help keep neighbourhoods clean on windier days:

- Put materials at the curb by 7 a.m. the day of collection, not the night before.
- Consider using a clear plastic bag for curbside recycling collection.
- Place heavier recyclables on top of loose materials.
- Put shredded paper, napkins and paper towels in the Green Cart, with the lid latch secured.

Visit halton.ca for more waste tips and curbside collection information.



Gary Carr
Regional Chair

Meetings at Halton Region, 1151 Bronte Rd., Oakville, L6M 3L1
Visit halton.ca for full schedule.

April 17 9:30 a.m. Regional Council



CONTRACTOR - 7 years!
Thanks for your support!

QUALITY BATHROOM RENOVATIONS



Dave LoDuca Cell: 416-989-7809