

Parent Guide

What is a “Parents et petits” playgroup?

A playgroup is an opportunity for families with children ages 0 to 5 to gather. Every week, parents and their children meet up to chat and to play and learn some French in an informal setting.

Our Goals:

- To help children develop physical, cognitive, social, affective and language skills;
- To enable new friendships, for kids and their parents;
- Promote healthy eating, physical activity, pre-literacy and creativity.
- Promote the developpement of language and cultural identity



- Inform families on francophone ressources and programming available in the community;
- Reinforce parental skills and accompany parents in developping healthy parent-child relationships while playing, learning and socializing.
- Have fun in French!

The facilitator for « Parents et petits » in your region :

Tel:

Email :

Schedule :



Your role as a parent

Programming

The playgroups can be programmed around a theme (animals at the farm, spring, the ocean...), around a excursion (a walk to the park, a visit to the fire station...) or a celebration (birthday, Christmas, Mother's day...)

Organized activities can include crafts, songs, games, dances, stories or cooking.

Why join a "Parents et petits" playgroup?

The routine helps the child anticipate their environment, to learn from repetition and develop their vocabulary as well as fosters a sense of security and belonging.

Gathering in a circle allows the child to develop their listening skills and become familiar with social rules and how to integrate themselves in a group.

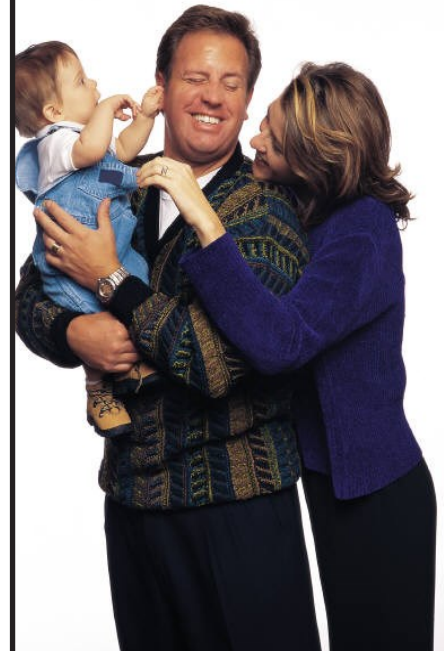
Free play encourages the child to call on his or her imagination, reinforces their self-esteem and promotes their sense of independence.

Literacy activities help us help our children develop language and eventually reading skills.

Language, culture and identity building reinforce a sense of belonging of the child to his or her family, culture and community.

The snack : a healthy snack is offered to the children, parents can also bring a snack or beverage if they like.

The schedule: The playgroup usually has 20 meetings. The details (days, time, length, location...) can be obtained from the facilitator of the group.



A parent at the playgroup always accompanies their child/children because **the parent's participation in the activities and tasks during the gathering.**

When a parent is not franco-phone, the rule of thumb is to try a few words and to follow along as much as possible. The facilitator may speak only French, but will attempt to repeat important words to accompany anglo-phone parents in helping their child learn French.

Supervision remains the responsibility of the parent.

Your interests, ideas and suggestions are always welcome and remain at the heart of the playgroup's program! Please speak with the facilitator to give them your ideas.



For more information, please communicate with:

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