

Today, I will...



naître
ET
grandir

play their
favourite music
at mealtime.

Today, I will...



naître
ET
grandir

ask them about
their day while I
make dinner.

Today, I will...



naître
ET
grandir

tell my child
I love them.

Today, I will...



naître
ET
grandir

let my child
eat without
telling them to
"clean their plate."

Today, I will...



naître
ET
grandir

let them
decide what shirt
to wear, what game
to play, etc.

Today, I will...



naître
ET
grandir

tell them
I'm glad to be
their parent.

Today, I will...



naître
ET
grandir

sing songs
or nursery rhymes
to my baby.

Today, I will...



naître
ET
grandir

put down
my phone when
my child is
talking to me.

Today, I will...



naître
ET
grandir

praise my child
for good behaviour.

Today, I will...



naître
ET
grandir

set aside time
for free play
without structure
or rules.

Today, I will...



naître
ET
grandir

keep my
instructions short
and simple so that
my child understands.

Today, I will...



naître
ET
grandir

give them
a simple chore.

Today, I will...



naître
ET
grandir

point out
numbers that appear
on everyday objects,
such as phones, clocks,
and traffic signs.

Today, I will...



naître
ET
grandir

ask my child
to tell me about
what makes
them feel proud
and happy.

Today, I will...



naître
ET
grandir

ask my child
to show me
the way home.

Today, I will...



naître
ET
grandir

tell my child what
they're allowed to do
instead of what they're
not allowed to do.

Today, I will...



naître
ET
grandir

draw shapes
on my child's back
with my fingers.

Today, I will...



naître
ET
grandir

include my child
in conversations at
the dinner table.

Today, I will...



naître
ET
grandir

whisper words
in their ear and
have them guess
what I'm saying.

Today, I will...



naître
ET
grandir

use bath time
as an opportunity
to teach them
body parts.

Today, I will...



tell them they mean the world to me when I tuck them into bed.

Today, I will...



imitate the sounds my baby make to encourage them to communicate.

Today, I will...



take a moment to tell my child what they're great at.

Today, I will...



take the time to play outside with my child, regardless of the weather.

Today, I will...



let them choose what we'll have for dinner one night of the week.

Today, I will...



let them choose an item at the grocery store.

Today, I will...



rock them in my arms the way I did when they were a baby.

Today, I will...



ask them to tell me a story.

Today, I will...



read aloud to them from cereal boxes, signs, and magazines.

Today, I will...



bring my child along to do a good deed, such as dropping off a clothing donation.

Today, I will...



let my child
decide what they
want to wear.

naître
ET
grandir

Today, I will...



naître
ET
grandir

play cards,
catch, or other
games with my
child that involve
taking turns.

Today, I will...



naître
ET
grandir

ask them to
make a drawing
and then mail it to
someone they love.

Today, I will...



naître
ET
grandir

present them
with two new
foods and let them
choose the one they
want to try.

Today, I will...



naître
ET
grandir

give my child
a mini massage
before bedtime.

Today, I will...



naître
ET
grandir

teach them a
new nursery rhyme.

Today, I will...



naître
ET
grandir

suggest staying
in PJs all day long!

Today, I will...



naître
ET
grandir

ask everyone in
the family to name
their favourite
colour, food, etc.

Today, I will...



naître
ET
grandir

ask my child
what their favourite
part of the day was
and then tell them
about mine.

Today, I will...



naître
ET
grandir

go for a walk
with my child
and ask them to
name all the
colours they see.

Today, I will...



naître
ET
grandir

**encourage my
children to help
each other.**

Today, I will...



naître
ET
grandir

**take the time
to tell my child
about something
they did that made
me proud.**

Today, I will...



naître
ET
grandir

**walk at their pace
and take the time
to notice the things
around us.**

Today, I will...



naître
ET
grandir

**take the time to
name the things my
baby sees and the
emotions they seem to
be experiencing.**

Today, I will...



naître
ET
grandir

**tell my child
I love them, with
all their strengths
and weaknesses.**

Today, I will...



naître
ET
grandir

**take my child
to story time at
the library.**

Today, I will...



naître
ET
grandir

**ask them to help
me set the table so
they feel useful and
grown up.**

Today, I will...



naître
ET
grandir

**crouch down so
I can look my child
in the eye when
talking to them.**

Today, I will...



naître
ET
grandir

**set aside
quality time with
each of my children
so they all feel
special.**

Today, I will...



naître
ET
grandir

**set aside a few
minutes before
dinner to play
with them.**

Today, I will...



naître
ET
grandir

put up my child's
drawings so
they know that I'm
proud of them!

Today, I will...



naître
ET
grandir

tell my child to
hop like a frog to
their bedroom or
the bathroom.

Today, I will...



naître
ET
grandir

sing one of
their favourite
songs while
replacing the lyrics
with silly words.

Today, I will...



naître
ET
grandir

make an effort
not to make my
eldest feel pressured
to be perfect; it's not
their job to be the
model child.

Today, I will...



naître
ET
grandir

ask them to pay
attention to the
sounds they hear
around them.

Today, I will...



naître
ET
grandir

read a book with
my child, even if
they're only a few
months old.

Today, I will...



naître
ET
grandir

touch their shoulder
or hand to make sure
they're listening when
I talk to them.

Today, I will...



naître
ET
grandir

count my
baby's fingers or
toes out loud.

Today, I will...



naître
ET
grandir

use numbers
when talking to my
child (e.g., "Look!
There are three white
flowers on the lawn—
one, two, three!").

Today, I will...



naître
ET
grandir

encourage my
child to go play
instead of sitting in
front of the TV or
some other screen.

If my child...



naître
ET
grandir

is scared, I'll remind them of situations where they weren't afraid and of times they managed to overcome their fears.

If my child...



naître
ET
grandir

spills something, I'll let them clean it up without scolding them.

If my child...



naître
ET
grandir

is sad or angry, I'll ask them what's bothering them.

If my child...



naître
ET
grandir

has an argument with one of their friends, I'll explain to them that words can hurt.

If my child...



naître
ET
grandir

tells me they have nothing to do, I'll let them get bored so they eventually invent their own game.

If my child...



naître
ET
grandir

gets worked up, I'll give them a task that requires concentration, such as finding four things in the room.

If my child...



naître
ET
grandir

is upset, I'll tell them to take a deep breath and then blow on their finger as if it were a candle.

If my child...



naître
ET
grandir

is with me, I'll put my own worries aside and make the most of our time together.

If my child...



naître
ET
grandir

wants to climb a rock, roll around grass, or jump over a giant puddle, I won't try to stop them.

Today, I will...



naître
ET
grandir

Invite one of their friends over to play.

If my child...



naître
ET
grandir

has a good day or
makes an effort to
be better behaved,
I'll praise them.

Soon, we'll have fun...



naître
ET
grandir

having paper
snowball fights.

Soon, we'll have fun...



naître
ET
grandir

playing as a family
outside in the snow
and ending the day
with steaming mugs
of hot chocolate.

Soon, we'll have fun...



naître
ET
grandir

making music
by banging pots
and pans with
wooden spoons.

Soon, we'll have fun...



naître
ET
grandir

looking through
my child's baby
album together.

Soon, we'll have fun...



naître
ET
grandir

making crafts
using items from
the recycling bin.

Soon, we'll have fun...



naître
ET
grandir

organizing a picnic
with all the stuffed
animals in my
child's bedroom.

Soon, we'll have fun...



naître
ET
grandir

making up
stories and naming
the hero after
my child.

Soon, we'll have fun...



naître
ET
grandir

making easy
recipes together,
such as smoothies,
muffins, sandwiches,
or pasta.

Soon, we'll have fun...



naître
ET
grandir

using a straw
to blow bubbles
in the bath.

Soon, we'll have fun...



naître
ET
grandir

camping out on
our mattresses in
the living room.

Soon, we'll have fun...



naître
ET
grandir

taking my child's
favourite stuffed
animal on a stroller
ride to the park.

Soon, we'll have fun...



naître
ET
grandir

describing
all the things we
see in the sky.

Soon, we'll have fun...



naître
ET
grandir

inventing a story
based on one of my
child's drawings.

Soon, we'll have fun...



naître
ET
grandir

creating a
masterpiece by
having every family
member draw on a
giant sheet of paper.

Soon, we'll have fun...



naître
ET
grandir

playing
hide-and-seek.

Soon, we'll have fun...



naître
ET
grandir

eating a dessert
before dinner!

Soon, we'll have fun...



naître
ET
grandir

imitating the
sounds and
movements of
different animals.

Soon, we'll have fun...



naître
ET
grandir

picking up
my child under the
arms and swinging
them between
my legs.

Soon, we'll have fun...



naître
ET
grandir

reading books
at the park or
in the yard—even
in winter!

Soon, we'll have fun...



running around
together in the
yard, at the park,
or in the alley.

Soon, we'll have fun...



swapping seats
at the dinner table.

Soon, we'll have fun...



placing a bean
in a jar filled
with damp paper
towels and
watching it grow.

Soon, we'll have fun...



building forts
out of blankets
and pillows.

Soon, we'll have fun...



having a treasure
hunt in the house.

Soon, we'll have fun...



dancing like we
just don't care to
release pent-up
energy and simply
let loose.

Soon, we'll have fun...



making silly
drawings together.

naître
ET
grandir

Soon, we'll have fun...



picking out
books together
at the library.

naître
ET
grandir

Soon, we'll have fun...



leaping over
puddles on a
rainy day.

naître
ET
grandir

Soon, we'll have fun...



reading by
the glow of a
flashlight.

naître
ET
grandir

Soon, we'll have fun...



finding shapes
in the clouds.

naître
ET
grandir