

# Parenting in KFL&A



**Listen, respond and connect with your child.**

**Tip:** Spend time with your child doing something you both enjoy.



**Let your child play. Help them grow. Keep them safe.**

**Tip:** Play builds healthy brains! Give your child freedom to play.



**It's okay to take care of yourself. It's part of parenting.**

**Tip:** Take a walk. Connect with a friend. You matter too.



**Help your child recognize and work through their emotions.**

**Tip:** Encourage your child to use their words to tell you how they feel.

For more parenting tips, visit: [kflaph.ca/parenting](http://kflaph.ca/parenting)

In partnership with local community agencies.