



A FATHER IS FOR LIFE

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**INTERACTING WITH YOUR CHILD
ALSO MEANS **EXPLORING,**
PLAYING AND **HAVING FUN** TOGETHER**



Play is the main source of learning, communication and pleasure for children. By playing with his child, a father teaches him to take risks while respecting set boundaries.

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AMIS DES PÈRES
AU SEIN DES FAMILLES



FATHER FRIENDLY
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1, 2, 3... **ACTION!**

DID YOU KNOW THAT...

- Fathers commonly play with their children in ways that are physically challenging and stimulating. By playing in this way, they help children become stronger, more agile, and develop better balance. Physical games thus stimulate children's motor development.
- Playtime also provides opportunities for children to learn new words, understand the effect of their actions, manage their emotions and strengthen their emotional bond with their father.
- We can have fun at any age! Play can be adapted to a baby's needs and abilities and become more active and complex as the child grows older.



STRENGTHENING **MUSCLES**

0-6 MONTHS

Place your baby on his belly, hands at shoulder height, and then use a toy to try drawing his gaze from left to right, up and down. Your infant will have to work his neck, back and arm muscles to keep an eye on the toy. This game will help him hold his head up so that he can eventually manage to sit and then walk a few months after that!

4-5 YEARS

Hold your child by the legs while he walks on his hands for a few minutes, imitating a wheelbarrow. By using all his muscles in this way, your child will improve his posture and avoid quite a few pains over time.

PLAYING HELPS MOTOR DEVELOPMENT



BUILDING HAND-EYE AND HAND-FOOT COORDINATION

(also helps identify the dominant side)

12-24 MONTHS

With your toddler, make stacks of various objects to build higher and higher towers. Placing one object on top of another without knocking them down will develop his dexterity. This will help him when it comes to learning to eat with utensils. See how much fun your child has knocking the towers down afterward!

2-5 YEARS

Learning to hit an object with one's foot is no easy task! Take advantage of any opportunity to practice this movement: have him kick a soccer ball, a pebble in the street or even a pile of dead leaves in the yard. This will help your child improve his coordination, and you'll be able to tell sooner whether he is left- or right-handed.

DEVELOPING BALANCE

12-30 MONTHS

Ask your child to walk putting one foot in front of the other, on a line drawn on the ground, or on the edge of the sidewalk. Hold his hand the first few times to help him keep his balance, then, as he becomes more confident and agile, let him practice without any support. Learning to control his body in space will help your child become more skilled in his everyday movements, on the playground or in any sports he plays.

2-5 YEARS

Gradually introduce your child to cycling. By practicing on a trailer attached to your bicycle or on a bicycle with training wheels, he will learn, little by little, how to keep going on the bicycle by himself.



ADVICE FROM THE PROS

TO LEARN MORE

FATHERING- TIPS FOR INTERACTING WITH YOUR CHILD

Children's motor skills are constantly developing. Any kind of game can teach new skills. By observing what your child is capable of and encouraging him to go beyond his limits, you will be helping him flourish.

Ferland, F. (2014). *Le développement de l'enfant au quotidien : de 0 à 6 ans (2^e éd)*. Montréal : Éditions du CHU Ste-Justine.

<http://www.editions-chu-sainte-justine.org/livres/child-development-180.html>

"When I get home from work, I become a playground for my children."

"I'm not the kind of father who plays make-believe, I'd rather go for a walk in the woods with my child to show him real things in nature."

"I like to encourage my child to go beyond his limits... to challenge him. He surprises me every time."

The aim of *A Father Is for Life* is to raise fathers' and mothers' awareness of the importance of fathers in the family.

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