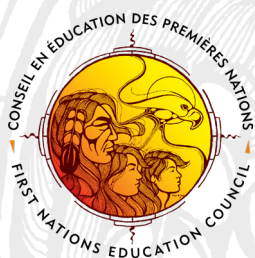


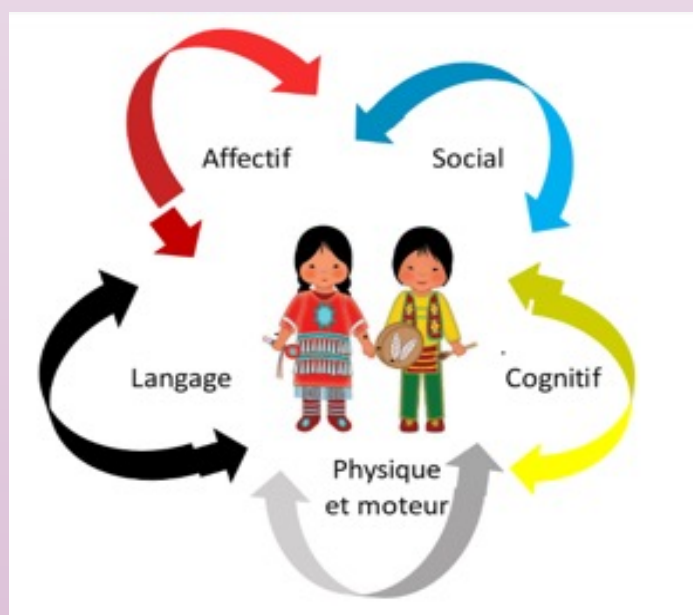
Did you know?



SPECIAL PRESCHOOL EDITION

The FNEC officially launched its new First Nations Preschool Cycle Program in October 2023. This program, developed in collaboration with your children's teachers and various specialists from the communities and our team, aims to meet children where they are, and support them in developing their skills. Based on a holistic vision of the child, the program encourages parental involvement in each child's learning journey. In this special edition of *Did You Know?* dedicated to preschool education, we introduce the Cycle Program and put you at the heart of your child's development.

The Cycle Program is divided into five principal areas of child development: physical and motor, emotional, social, language and cognitive.



Physical and motor development comprises two principal areas: motor skills and healthy lifestyle habits. Here are a few ways to help your child develop in this area:

- Create an obstacle course and show your child how to do it (jumping, crawling, balancing, turning, climbing, etc.).
- Ride bicycles and take walks in the forest together.
- Have your child smell the aromas from the foods you cook.
- Allow your child touch different fabrics of their clothing.
- Encourage your child to observe the colours and shapes of everyday objects, etc.
- Let your child play with different types of utensils and containers (opening/closing, screwing/unscrewing, etc.).
- Involve your child in meal preparation (cutting, holding, rolling, sprinkling, etc.).
- Make crayons, glue, string, tape, etc. available to your child.
- Teach your child good hygiene practices (toothbrushing, handwashing, etc.) with the help of rhymes or games.
- Find different ways of calming down that work for your child and explain them to your child's teacher.

I'M INVOLVED!

cepn-fnec.ca/involved

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