



# Comfort Play & Teach

In partnership with the Phoenix Centre for Children and Families, IMHP will now host a range of the

## Comfort, Play & Teach Parent Resources at

[www.IMHPromotion.ca](http://www.IMHPromotion.ca)

Comfort, Play & Teach (CPT) materials were originally created by experts through Invest in Kids to communicate the science of early childhood development, translated into activities and experiences that are practical, easy-to-understand, and easy-to-do to help support a child's development.

Compelling research evidence consistently emphasizes that when parents comfort, play with and teach their children in a positive manner, it enhances children's development. Knowing a child's typical skills and emerging skills can help you provide appropriate experiences to enhance development. Comfort, Play & Teach is just the place to start.

The **Comfort, Play & Teach** family of resources includes:

### Ages and Stages - Developmental Milestones

Typical and emerging skills broken down by age range and developmental domain (i.e., Social, Emotional, Language, Intellectual, Fine, and Gross Motor) with suggestions for parents to comfort, play and teach their way to healthy development.

### Activities for Parents and Caregivers

Great ideas to promote development through a range of theme-based experiences. These activities highlight areas of learning and play under categories of: Creative art, Excursions, Language and Literacy, Cooking, Science and Nature, Music and Movement, Dramatic Play, and Physical Movement.

### Parenting Moments

IMHP has developed a series of information sheets for parents with everyday strategies for dealing with common topics and issues that arise during the early years. We post new topics with information relevant to caregivers of infants and toddlers (0 - 36 months) and preschoolers (36 - 48 months).



Parents provide comfort to their children through words, physical presence and touch. Comfort is more than relief from distress. When it is provided with overall warmth, responsiveness and sensitivity to children's wide-ranging interests and needs, it is strongly related to infants' forming attachments to their parents and to toddlers' willingness to accept parents' guidance and requests.



Play is the "work of children" and parents are an essential play "partner" for their children. When parents play with their children, they learn to explore and discover the world and their role in it.



Teach is how parents help their children learn, both intellectually and interpersonally. When parents teach their children, they learn to communicate, solve problems and relate to others.