

Community Resources

Babies are born ready to learn and when you are looking, talking, reading, singing, and playing with them, you are giving them the best start in life. Licensed day cares embrace and practice all of these ideas. Community resources are available to support you in making the most of these important years.

Early Childhood Services

Information on Early Learning and Child Care Facilities, Preschool Autism Services, other Community Resources

658-3039

<http://web1.nbed.nb.ca/sites/ECS/Pages/ASD-S.aspx>



Family and Child Education ASD-S (FACE)

Provides developmental support to children and families age 0-8

1-855-383-5437

<http://facenb.ca/main.html>

Family Resource Centres

Information, education, and resources for parents and caregivers

Saint John: 633-2182

<http://www2.frc-crf.com/saint-john/>

Sussex: 1-800-573-8800

<http://www2.frc-crf.com/sussex/>

St. Stephen: 465-8181

<http://www2.frc-crf.com/st-stephen/>

Public Health

Promotes healthy lifestyles and healthy families – immunizations and early screenings

Sussex: 432-2003 or 1 800 545 8008

Saint John: 658-2454

St. George: 755-4022

St. Stephen: 466-7504 or 1 888 476 3555

Grand Manan: 662-7024

Saint John Free Public Library

Library cards and programs for babies, toddlers and preschoolers

Children's Department for the Fundy region:
643-7239

<http://www.saintjohnlibrary.com/main.html>

Talk With Me

Early Language Services

Services to promote early speech and language development

1-877-492-8255

<http://web1.nbed.nb.ca/sites/ECS/Pages/Talk-With-Me-ASD-S.aspx>

It's All About
**THE FIRST
5 YEARS**



www.asd-s.nbed.nb.ca

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Early Childhood Development

*You are your child's first
and best teacher. Raising a
child is a wonderful and
challenging experience.*

*By engaging with your child
from birth, you will
help them reach
their full potential.*

Look at me because...

Making eye contact creates a stronger bond between us. Before I can talk, being face to face helps you understand my feelings and interests.

When you look at me:

- I understand how you are feeling.
- I am encouraged to talk to you.
- I know you think I'm important.

Babies recognize eye contact as early as the first week of life.

Talk with me because...

That's how I learn to talk. When I am first learning to talk it helps if you keep your language simple and talk slowly. I learn the most from our conversations when we talk about what interests me.

When you talk with me:

- I learn more words, especially when you repeat them often.
- I am learning how to have conversations by taking turns listening and talking.
- I am learning that words are powerful. I can tell you how I feel and what I need.

The more words a child knows, the more prepared they are to succeed in school.

By 5 years, a child's vocabulary can predict their educational success and outcomes at age 30

(Feinstein & Duckworth, 2006)

Read with me because...

You are teaching me that reading is fun and important. Start reading to me when I am a baby. Show me pictures in a book and point out signs in our neighbourhood. Use funny voices to keep me interested. I love reading the same book over and over again.

When you read with me:

- I am learning new words.
- I am learning that the words on the page have meaning.
- I am developing my imagination.

Once babies become mobile, reading to them becomes more challenging.

Don't give up!

Even reading a few pages at a time will encourage a love of reading. Soon you will find them asking for more!

Sing with me because...

Music offers a special way to connect with me. Sing your own silly made-up songs during daily routines. I also love it when you sing me your favourite songs.

When you sing with me:

- I am learning new words and rhymes.
- I am hearing the sounds of words in a new way.
- I can dance and move to the music to develop coordination and strength.

Children often communicate and interact during music long before they can say any words.

Play with me because...

It teaches me that I am loved, important, and fun to be around. It is how I learn about the world around me and how to get along with others. Playing builds self-confidence, independence, and creativity.

When you play with me:

- I am solving problems and learning how things work.
- I am getting stronger when I run, jump, and kick a ball.
- I am trying out new words and developing storytelling skills by pretending.

The New Brunswick Curriculum Framework for Early Learning and Child Care

is implemented in all early learning and childcare facilities approved by the Province of New Brunswick. It emphasizes that play is essential to childhood and provides support on how to maximize the potential of play for children's care and learning.

For information on licenced early learning and childcare facilities in your area, visit the ASD-S website.

