

Ideas for Your Strong Start Visit

Use these suggestions to get the most out of your experience in a StrongStart BC program:

- Introduce yourself to the StrongStart BC facilitator and help your child introduce themselves.
- Sign in and out every day that you attend.
- Allow your child to observe an activity or group experience before participating.
- Help your child learn by experience – teach them to help themselves, interact with others independently and create using their own ideas. Offer assistance or instruction when necessary, such as when your child uses something for the first time or needs help resolving a conflict.
- Be alongside your child at all times throughout the visit.
- Offer to write down your child's words to describe the pictures they create.
- Ask your child open-ended questions about their experiences.
- Encourage your child's effort frequently – especially after a disappointment.
- Relax, learn and have fun with your child and other families.