

What's Special About Me at this Age?



Character Building

- I am developing habits, good and bad. I need you to notice my habits, such as being lazy or slow to respond, and correct them. I can be expected to respond to your corrections. I know there are consequences for not obeying.



Communication

- I know many words. I know what I want and I can express myself well.
- I am starting to draw. I may draw images to communicate ideas or feelings.
- I am becoming more social. I want to engage with other children in groups.
- I like to repeat short songs and chants. I also like to play rhythmic games, such as juggling, skipping, and hop-skotch.
- I have questions about everything. Encourage me to answer my own questions by thinking carefully.



Skill Building

- My long-term memory is stronger now. I can tell stories about experiences and memories. I especially remember unusual events and may talk about them often.
- I am more independent. I can go to the bathroom on my own. I can choose activities. I can organize my toys. I can clean up.
- I like to carry puppies. I like to help look after babies and younger children.
- I can be responsible for small tasks and complete them on my own.

Applying Inuit Values

Survival



Description

Survival involves *ilirkusiniq*, always maintaining good habits. In the past, we based our good habits on the rules and procedures of *inunnguiniq*, which were developed over centuries by our ancestors. We would have been lost without them.

Discussion

In the past, we had rules for proper eating, sleeping, physical activity, and attitudes. We had procedures for becoming skilled, respecting others, and working for good of others. What guidelines are there for parents today? How do parents know what to do? Who can help and advise them? We have so many conveniences today, but our children not becoming able human beings. We all need a plan to follow. Without such guidance, parents experience a lot of stress. To survive today, we still need the principles and values of *inunnguiniq*.

Reminders

- ✓ Expose children to a wide variety of healthy foods. They will prefer some foods over others.
- ✓ Keep them active to help them develop strong muscles. They should *aninguaq*

Inunnguiniq

Childrearing Advice from Inuit Elders

2 1/2 to 3 Years



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CENTRES OF EXCELLENCE FOR CHILDREN'S WELL-BEING

Children and Adolescents with Special Needs

About this Age

This is an important transition time. At this age, children are becoming able to learn the principles and values of *inunnguiniq*.

At this age, children begin to nurture relationships. They learn how to address different people and how to show respect. They appreciate special events with people. For example, they look forward to a parent coming home, visits from relatives, and new babies.

They also begin to understand their emotions. They are learning to talk about their emotions and what causes them. Parents should talk about emotions with their child and support them to use proper words.

Children this age begin to notice what they are capable of on their own and what they need help with. They feel good about accomplishing small tasks and completing projects.

They begin to notice what needs to be done and do it without being asked. They can do special jobs, such as gathering wood or moss, putting things away properly, and doing dishes. They can take responsibility for small tasks.

They begin to pay more attention to details. For example, they can learn small motor tasks, such as using a small nail to split the leg bone for marrow. Children this age love to spend time with older siblings. They like to follow others.

What Parents Can Do

- **Talk about beliefs and values.** Begin to teach about expectations and what truly matters in life.
- **Teach about preparation.** Do this by creating ways for the child to help out when you plan and prepare for things. Talk about what you are doing.
- **Support learning by observation.** Create opportunities for the child to observe you do a task and then try it on their own.
- **Encourage perseverance.** Give children small tasks that challenge them. Don't help right away if they have trouble. Praise small successes, offer hints, and encourage them to try again.
- **Teach proper names.** Insist that children use proper names. Explain how to show respect to others.
- **Praise sharing and helping.** Notice when your child helps others or shares. Praise them for small things, such as passing a toy to another child.
- **Support social skills development.** Create opportunities for your child to socialize often, with and without parents.
- **Talk about emotions.** Discuss emotions openly and use proper words to teach the child how to talk about their emotions. Teach the child which emotions to express openly and which emotions to control, such as anger and jealousy. Help the child learn to control these feelings.

Parenting Skills to Practice for this Age

- Involve your child in work around the house. Find small tasks that the child can do to help you.
- Encourage your child to learn by copying the tasks you do, such as sewing or fixing things. Give them their own set of small tools and encourage them to play with tools while you work on the real items.
- Cook with your child. Give them opportunities to stir ingredients or measure and mix. Help them notice the process that creates the end result, such as the steps involved in making bannock or soup.
- Help your child talk about emotions. You can do this by making faces and asking your child to name what you are expressing. Ask them what they think made you feel that way.
- Ask questions! Pose questions that will encourage the child to think of solutions to various challenges.
- Keep your child active, with lots of time outside. Take them to playgrounds or out for walks. Encourage them to run, bike, slide, and skate.

Tips for Parents

- ✓ Children at this age are developing independence. Encourage this independence, while still keeping your child safe. Teach them to be safe and not cause others to worry about them. Set safety rules, such as not leaving the house without telling someone and not touching certain things without asking. Set clear limits, such as for bedtime. Teach them the sayings (*inusiagutit*) to guide them in life.