

# HELPFUL



**LIKES TO HELP AND BE USEFUL**

# Small size illustrations

## SETS CLEAR LIMITS



© FOR ME AS A PARENT... CECOM - HRP/2011

HAS CLEAR LIMITS FOR THE CHILD SO HE/SHE KNOWS WHAT IS AND IS NOT ACCEPTABLE



PARENTING SKILLS (9-24 MONTHS) 2B #08

## ENTERTAINS GROUPS



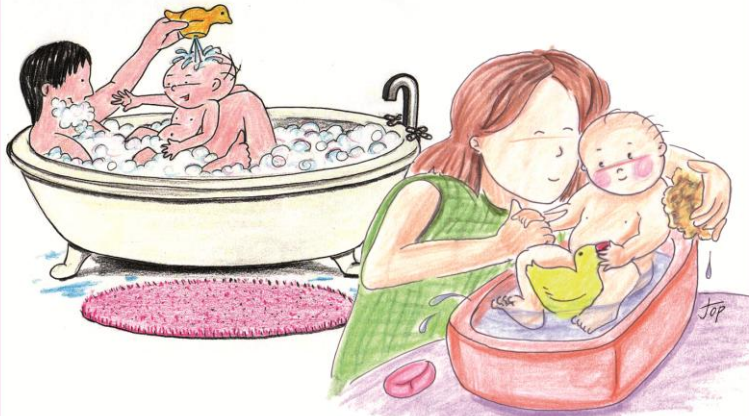
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CAN ENTERTAIN AND AMUSE A GROUP OF CHILDREN



PARENTING SKILLS (2-5 YEARS) 2C #15

## WATER PLAY



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PLAY IN THE WATER, IN THE TUB, THE WADING POOL

SHARED PLEASURES (0-2 YEARS) 3A #03

## HELPFUL




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LIKES TO HELP AND BE USEFUL

CHILDREN'S QUALITIES (6-11 YEARS) 1B #01


# Summary sheets

**FILMS OR TV**




WATCH A MOVIE OR A TV PROGRAM THAT YOU ENJOY  
SELF-CARE ACTIVITIES 4 #01

**REST AND SLEEP**




FIND A BABYSITTER SO THAT YOU CAN HAVE TIME TO RELAX AND SLEEP  
SELF-CARE ACTIVITIES 4 #02

**WALK**



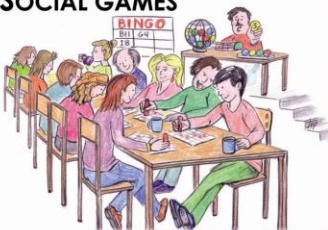
GO OUTSIDE AND TAKE A WALK  
SELF-CARE ACTIVITIES 4 #03

**MUSIC**




LISTEN TO MUSIC, SING OR PLAY AN INSTRUMENT  
SELF-CARE ACTIVITIES 4 #04

**SOCIAL GAMES**



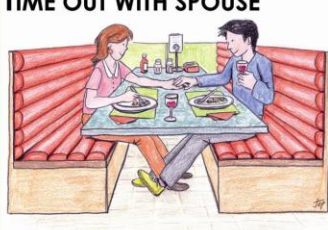
GO OUT TO PLAY CARDS OR BINGO  
SELF-CARE ACTIVITIES 4 #05

**INTIMACY**



SNUGGLE, BE CLOSE AND FEEL GOOD WITH YOUR SPOUSE  
SELF-CARE ACTIVITIES 4 #06

**TIME OUT WITH SPOUSE**



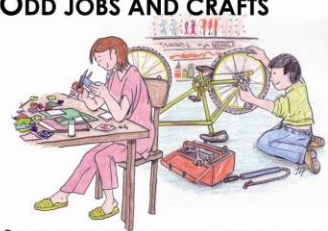
GO OUT AND TAKE TIME TO BE WITH YOUR SPOUSE  
SELF-CARE ACTIVITIES 4 #07

**TIME WITH FRIENDS OR FAMILY**



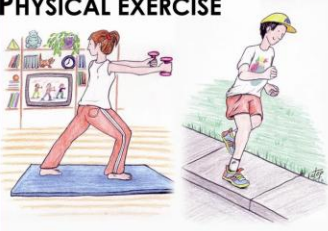
SPEND TIME WITH FAMILY OR FRIENDS  
SELF-CARE ACTIVITIES 4 #08

**ODD JOBS AND CRAFTS**



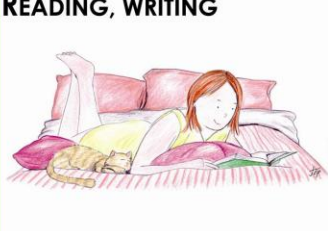
DO ODD JOBS OR CRAFT ACTIVITIES (SCRAPBOOK, DECORATION, DRAWING, NEEDLE WORK, MECHANICS, WOODWORK)  
SELF-CARE ACTIVITIES 4 #09

**PHYSICAL EXERCISE**



PHYSICAL EXERCISE (WORKOUT, JOGGING, WEIGHTS, YOGA)  
SELF-CARE ACTIVITIES 4 #10

**READING, WRITING**



WRITE OR READ (BOOK, NEWSPAPER, MAGAZINE, CROSSWORDS)  
SELF-CARE ACTIVITIES 4 #11

**COMPUTERS**



COMPUTER ACTIVITIES: SURFING THE INTERNET, E-MAIL, ON LINE CHATING, GAMES  
SELF-CARE ACTIVITIES 4 #12