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

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).