

Coltale's Top Tips

QUESTION: What should I do if my child isn't talking as much as other children their age?

ANSWER: Every child develops differently, but modelling language and reading together can help.

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April is Stress Awareness Month. So, Coltale's been reading "The Feelings Monsters" by Emily Hartmann. Talk about how the monsters feel. For example, scared when they hear a loud noise and proud when they learn a new skill.





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DID YOU KNOW?

Stress Awareness Month provides an opportunity to pause and reflect on how stress affects our well-being.

New habits like thumb sucking, hair twirling, or nose-picking may be signs of high stress levels in children.

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*calm
activity*

Create a calm corner with cushions. Practice slow breathing and squeeze a soft toy together. Use words like relax and breathe.



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**GET
ACTIVE**

Set up a healthy body obstacle course. Include crawling, jumping, and balancing!