

PEDAGOGICAL POSTCARD 1 – READING TOGETHER

HINT

Picture books are a valuable educational resource for the growth path of children. Reading with them means **sharing an experience**, because “we are making this discovery together”, we are delving into this story together.

TIP

Choose a picture book you like and read it together with your child. Spending time together, reading stories, enriches your history and your bond, too: **"We have read that together."**

PEDAGOGICAL POSTCARD 2 – READING FOR

HINT

Children need time to get into their readings, they need adults who read out loud to them with passion in a slow, relaxed and unhurried manner. **Let's read for them**, not with the aim of finishing as quickly as possible, or keeping them busy for a while: when we read, we should help them with our presence to actually enjoy the story.

TIP

Try to impersonate the different characters conveying emotions, emphasis, and tones of voice, ask your children questions about what they see. The story is there for them, and so are you.

PEDAGOGICAL POSTCARD 3 – READING ABOUT

HINT

There are so many picture books. Which one should you choose? How should you choose? A lot depends on the age of your children. Some books focus on real life, objects and actions that are part of their world and day-to-day experience: this can help them **create connections** between their own personal history and the stories they read.

TIP

What is the day-to-day experience of my child? What do they see, do, undergo during this growth stage? What intrigues them? Try to pay attention to these questions and find a story that talks about such topics, so that you can read it together!

PEDAGOGICAL POSTCARD 4 – WAITING TIME

HINT

Today waiting time is less and less tolerated: since childhood we are used to demanding and obtaining pretty much everything immediately... But **waiting is part of people's lives** and we must not stop "training" this skill, educating children to it: just as our children slowly "train" to eat alone, walk, and read, they will also learn to wait.

TIP

When you spend some time together with your children, it may get a little boring, it even gets frustrating for someone. When this happens, try not to immediately fill that "void" and

observe how they experience it. Show them that you are waiting too but you don't need to end this kind of situation as soon as possible.

PEDAGOGICAL POSTCARD 5 – QUESTION TIME

HINT

As children grow up, their speech, language and communication develop, too. And at some point they will also start asking questions – these questions that take you by surprise, that leave you staggered. These questions actually represent a great opportunity: **our children's questions are important** and challenge our certainties as adults. We should not avoid answering, we shouldn't pretend not to hear: **explore these questions with them.**

TIP

When your child asks you an uncomfortable or unexpected question, do not give them a hasty answer, even if it could be your first instinct. **Try, instead, to say what you think**, even if the answer makes you feel embarrassed or a little uneasy – you are allowed to say “I don't know”.

PEDAGOGICAL POSTCARD 6 - EXPLORING

HINT

Adventure, mystery, newness; stumbling, not reaching a goal, making mistakes. **Children learn by exploring**, but exploring is risky, because it involves stepping, slowly, out of your comfort zone. How do we, as parents, deal with our children's exploration? Do we encourage them or are we afraid they will get hurt? Do we prefer them to stay still or do we let them roam around easily even where we would not expect?

TIP

The next time your child wants to play, don't provide them immediately with a lot of toys, leave them, instead, free to explore: at home, in the park, wherever you are. Try to find out what they learn and what intrigues them if they spontaneously start playing.

PEDAGOGICAL POSTCARD 7 - OBSERVING

HINT

Our children come into our lives and we spend a lot of time with them. With the passing of time, observing them grow is a privilege of unique beauty, but it is also a responsibility: **observing means taking care**, paying attention; it means noticing their interests, being willing to be mesmerized. **Observing is a fundamental educational action.** It takes patience, consistency and above all, being willing to ask questions: How can my observation of my child help me as a parent?

TIP

Have I noticed something new about my child today? **Allow yourself time to look at them, observe them and be amazed** by their simple presence, which often teaches us something about them, but also something about us.

PEDAGOGICAL POSTCARD 8 – WHEN SENSES MAKE SENSE

HINT

From a very early age, our children develop all five senses. The five senses are their tools to **know, feel, perceive**. They can all be stimulated, trained, provoked.: a book can be tactile, a toy can produce a scent, an object can produce a sound, a sound can be experienced through dancing. It is important that experiences, from the most insignificant to the most important, involve all five senses: the more a child feels the world using the senses, the more it makes sense for the child who is exploring it.

TIP

Suggest your child a new activity, something different – perhaps something that you have never done before and that stimulates one particular sense through an object or a game that is unexpected for them: let's see how they react and what they can learn!

PEDAGOGICAL POSTCARD 9 – MEETING THE OTHER

HINT

Socializing is a fundamental process for all human beings. Children, too, meet “the others”, whether in the park, at the nursery, in the street, at the beach or in the center. They need to learn how to be with other people – sharing is as beautiful as it is difficult, and **meeting new people is as enriching as it is tiring**. This process is not easy, and should not be taken for granted. We, as parents, are responsible for this: we need to pay attention to prepare our children to meeting the other.

TIP

Observe how your children interact with others. Pay attention to whether they seek other people's company or if they prefer to be alone. Ask them to share a toy or a moment with a friend. This simple action can give you valuable insights into their **approach to socialization** and their **willingness to share!**

PEDAGOGICAL POSTCARD 10 – YES AND NO

HINT

It is often said that children become more and more autonomous growing up. Obviously, the education parents convey plays a key role in this process. Children's relationship with the rules is of pivotal importance: “You can do this, you cannot do this”. **Our “yes” and “no” are of great importance**; they enhance or limit our children's experience. What is the purpose of that “no”? If I always and only say “yes”, because I love my child and they are happy, am I educating them anyway?

TIP

Observe **how, when and how much you say “yes” or “no”** to your children. Talk about it also with other parents and see if you have common thoughts about these two little syllables – they often decide so much about our experiences and relationships.