

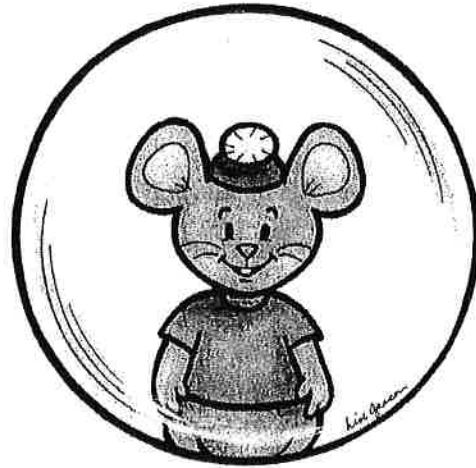
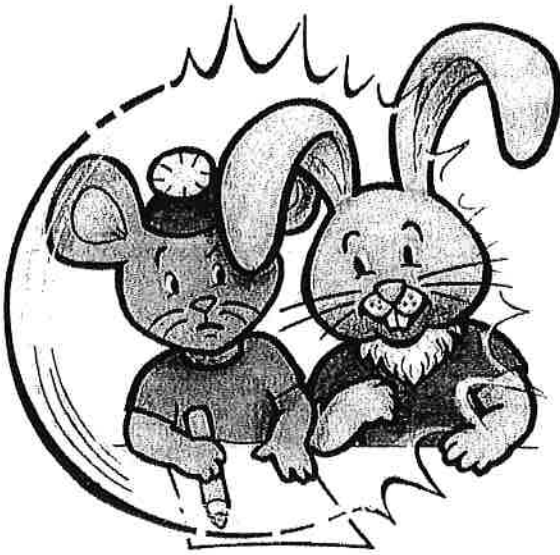
## Messages to parents

### WORKSHOP 2

## Accepting or refusing contact by others

Dear parents,

*Minipally* came to see us at daycare. He told us the story of his friend Tickle Rabbit who was tickling him with his big floppy ears. *Minipally* told him that he was too close and that it was bothering him. Me too, sometimes I like to play by myself or I want someone to stop touching me in a way that I don't like. *Minipally* told me that I can say "Move over, this is my place" to someone who is bothering me. But with you, I smile a lot or I hold out my arms, because I like to be close to you.





## Minipally Suggestions for parents

### Workshop 2: Accepting or refusing contact by others

My child is learning to recognize that there are ways she likes to be approached and ways she does not like to be approached. She is also learning to express her desire or her refusal to be with others.

- I take advantage of bedtime to cuddle with my child. I express my joy at receiving tender caresses from my little one.\*
- At bath time, I show how soft the soap feels on the skin and I give little soapy massages. I describe this pleasant feeling and, in this way, teach my child about touching gently.\*
- When my child shows discomfort (makes a face, withdraws, contracts, complains, etc.) at receiving a caress, kiss or touch, or from someone being too close, I respect her refusal. I can also express her discomfort for her, e.g. "You don't like it when I tickle your chin," or encourage her to tell me.
- I help my child tolerate the proximity of others when it is inevitable (metro, bus, public places or family gatherings) by validating her discomfort and explaining that there are situations where we have to accept having others near us.

\* Translated from Sylvie Bourcier, *L'agressivité chez l'enfant de 0 à 5 ans*. Montreal: Éditions du CHU Sainte-Justine, 2008.