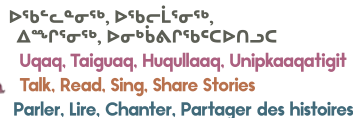


A collage of colorful, stylized letters and symbols. The letters are in various colors (blue, red, orange, teal) and are arranged in a dynamic, overlapping manner. Some letters are bold and blocky, while others are more script-like. The letters include 'L', 'a', 'ô', 'U', 'r', 'y', 'é', 'z', 'i', 'b', 'm', and 'Years'. The overall composition is vibrant and abstract.



Children's brains grow and learn starting right from birth. They learn best hearing loving words in **any** language. Especially from their parents, relatives and grandparents!

Using screens can reduce the time you spend face-to-face with your child. It can affect your child's ability to pay attention, listen, speak, read and write.

Try to limit screen time.



Set healthy screen time habits for your family

Kids copy the adults in their lives. If you are always looking at a screen, they will want to, too.

You can:

- Set family habits for when, why, and how long you'll use a screen.
- Turn off the device when the show or game ends.
- Try putting away your device during mealtimes or playtime with your child.



When kids are using screens, be involved.

You can:

- Connect what is happening on the screen to real life. *"We went fishing just like those kids."*
- Ask questions. *"What do you think will happen next?"*
- Talk about what you see and how the characters feel. *"The boy is crying. He looks upset."*



Choose kid-friendly content

Try to pick programs or apps that:

- Are made for your child's age group
- Have specific learning goals
- Are interactive and involve creative activities
- Have people or characters who talk to each other

Explore ways to support learning Inuktitut

Do you want to help your kids learn Inuktitut? Visit: childrensliteracy.ca/NunavutFamilyResources

Here, you will find many Nunavut-based Inuktitut apps and websites such as:



Anaana's tent



Watch Anaana's Tent
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videos and more in
Inuktitut and English

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Inuktitut sounds,
symbols and words

Titirariuqsauti



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pre-school kids learn new words in Inuktitut

ilinniarutit.ca

Nunavut Bilingual Education Society (NBES)



Inuktitut children's books

nbes.ca/children-books



Thank you to our Nunavut community partners for their advice and insights in the development of this resource