

By celebrating how we are the same and different we learn to care for each other

Lead by example:

- Children learn by observing the behaviour of the adults around them.
- Show your child how to be respectful, open-minded and inclusive.

Consider talking to your child about how similar people are:

- Discuss situations and feelings we all experience.
- Ask about classmates that share the same interests and talents.

You can help your child appreciate people's differences by:

- Choosing books, toys and games that show people the different races, cultures, ages and differing abilities in all types of activities.
- Encouraging your child to share what they've learned about people's differences at school.

When we value diversity, we can help everyone feel like they belong!

Adapted with permission from Middlesex-London Health Unit

GRAND ERIE
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