



## Resource Summary July 13<sup>th</sup> – 21<sup>st</sup>

**Did you miss our posts on social media this week? Don't worry, here is a summary of all the parent and caregiver resources our EarlyON Educators would like to share with you!**

Is your baby ready for solid foods? This article, suggested by our EarlyON Educators will provide some practical tips for this exciting time.

<https://www.unlockfood.ca/en/Articles/Breastfeeding-Infant-feeding/Introducing-solid-food-to-your-baby.aspx>

Play, language and conversation, setting limits, addressing feelings, attachment and connection. These topics and more are explored in an excellent age specific guide for parents with children ages 0 to 3 years.

[https://psychologyfoundation.org/Content/Parents/Infant\\_0-3\\_/7-Essential-Parenting-Strategies.aspx](https://psychologyfoundation.org/Content/Parents/Infant_0-3_/7-Essential-Parenting-Strategies.aspx)

As parents, we all experience stressful situations – and so do our children. Our EarlyON Educators suggest this link where you can find multiple resources to start a conversation with your children about stress and explore their experiences.

[https://psychologyfoundation.org/Content/Parents/Children\\_4-13\\_/Stress-Stoplight-and-How-to-help-Kids-Handle-Stress.aspx](https://psychologyfoundation.org/Content/Parents/Children_4-13_/Stress-Stoplight-and-How-to-help-Kids-Handle-Stress.aspx)

Math, science and literacy activities can happen anywhere – and are lots of fun when they take place in the backyard, park or at the beach. Check out this article for a variety of active games that will support your child's learning this summer.

<https://activeforlife.com/12-active-learning-games-beat-summer-slide/>

Did you know that our EarlyON Child and Family Centres provide both pre and post-natal support? If you are pregnant, or are planning to become pregnant, this guide is for you! It will help you to make good decisions about how to take care of yourself before, during and after your pregnancy.

<https://www.canada.ca/en/public-health/services/health-promotion/healthy-pregnancy/healthy-pregnancy-guide.html>



## Resource Summary July 13<sup>th</sup> – 21<sup>st</sup>

As young children grow, they naturally begin to try to exert more control over their choices and actions. It can be difficult when their desires do not line up with your plans as a parent. To explore some ways to cope when your toddler or preschooler acts out or displays defiant behaviour, our EarlyON Educators suggest

<https://www.zerotothree.org/resources/199-coping-with-defiance-birth-to-three-years>

As temperatures and humidity go up, so does the risk of heat-related illness. To help ensure a safe, healthy summer, make sure you know how to prevent, recognize and treat heat-related illness. Check out this article recommended by our EarlyON Educators.

<https://www.aboutkidshealth.ca/Article?contentid=1966&language=English>

Our EarlyON Educators love to provide creative experiences in our centres. Did you know you can make art with bubbles? Why not try it at home?

<https://www.thebestideasforkids.com/bubble-art/>

Looking for a fun way to help your child practice their letters? This letter activity is quite easy to set up! You only need a sealed top bag, hair gel, sharpies and letters.

<https://www.thebestideasforkids.com/alphabet-sensory-bag/>

It's not uncommon for children to feel afraid of new experiences or want to quit an activity as soon as they feel unsuccessful. As parents and caregivers, there are ways that we can help our children become more resilient. Check out this article for some useful strategies.

[https://activeforlife.com/help-your-child-build-resilience/?utm\\_source=Newsletter+English&utm\\_campaign=84c29e4484-EMAIL\\_CAMPAIGN\\_2020\\_07\\_13&utm\\_medium=email&utm\\_term=0\\_f5bcbf5d48-84c29e4484-353089481](https://activeforlife.com/help-your-child-build-resilience/?utm_source=Newsletter+English&utm_campaign=84c29e4484-EMAIL_CAMPAIGN_2020_07_13&utm_medium=email&utm_term=0_f5bcbf5d48-84c29e4484-353089481)

### **Videos:**

Germs with Kristin

<https://www.youtube.com/watch?v=vK44uM4Xpr4>

Science Experiments with Kristin

<https://www.youtube.com/watch?v=36t50VoYZFA>

Edible Sand with Karen

[https://www.youtube.com/watch?v=Xt\\_vVwh500A](https://www.youtube.com/watch?v=Xt_vVwh500A)