



Resource Summary June 8th to June 17th, 2020

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!

Our current situation is having a different impact on each one of us. Perhaps you or a family member might benefit from some support or services to help you during this unprecedented time. Click here for a comprehensive list of local services to meet you or your family's unique needs.

<https://www.familysupportniagara.com/resources/niagara-mental-health-programs-services-directory/>

Dads, grandfathers, uncles and other father figures – are you looking for ideas to help make this summer special for a child in your life? Check out this site to register for a free upcoming webinar on that topic.

https://dadcentral.ca/father-child-rough-and-tumble-play-good-bad-or-indifferent/?utm_source=mailchimp&utm_medium=email&utm_campaign=june_event

Parents can teach children important lessons about diversity, respect and acceptance. For an age-appropriate approach to start the conversation with your children, our EarlyON Educators suggest this article <https://www.todayparent.com/family/parenting/how-to-talk-to-kids-about-racism-an-age-by-age-guide/>

In our EarlyON Child and Family Centres, our program facilitators assist families with their questions and suggest strategies for parenting. This great resource for parents of children 0-3 years highlights the importance of secure attachment and outlines what parents can expect at each developmental stage.

https://psychologyfoundation.org/Content/Parents/Infant_0-3_/7-Essential-Parenting-Strategies.aspx

It's going to be a warm one today! Why not try this homemade ice cream recipe suggested by our EarlyON educators? Get the kids involved for a fun, tasty, learning experience!

<https://www.cbc.ca/parents/food/view/delectable-diy-ice-cream>

EarlyON Child and Family Centres support parents-to-be with their prenatal questions and offer resources after the little one is born. Having a baby can be one of the most exciting times of your life, but it can also be stressful. If you are struggling with stress and anxiety, there are things you can do to support your emotional health.

<https://www.canada.ca/en/public-health/services/pregnancy/depression-during-pregnancy.html>



Resource Summary page 2

If your kids love to paint, then you have to try this puffy paint recipe suggested by our EarlyON educators. All you need is shaving cream, glue and food colouring.

<https://www.thebestideasforkids.com/puffy-paint/>

When parents take time to address their own needs and well being they are better equipped to provide a loving, nurturing environment for their children. Our EarlyON program facilitators recommend this article about the importance of self care. <https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care>

Knowing more about healthy eating and taking action to improve eating habits is important. Nutri-eSTEP is a fast and simple questionnaire for parents to determine if your child is a healthy eater.

<http://www.nutritionscreen.ca/preschooler/Default.aspx>

Our EarlyON educators want to remind you of an excellent local resource for parenting information. Niagara Parents provides a variety of services to help you raise a happy and healthy family. Check out this website to discover various ways to reach a public health nurse and get answers to your parenting questions. <https://niagararegion.ca/parents/contact.aspx>

Caring for a toddler? Check out this article to understand why temper tantrums happen and how to respond effectively to support your child. <https://www.zerotothree.org/resources/1790-toddler-tantrums-101-why-they-happen-and-what-you-can-do>

Check out this article with tips for parents and kids to create their own outdoor obstacle course. This activity gets your child's physical and mental muscles active and is guaranteed to be fun.

https://activeforlife.com/diy-obstacle-course/?utm_source=Newsletter+English&utm_campaign=a5e7df369e-EMAIL_CAMPAIGN_2020_05_25&utm_medium=email&utm_term=0_f5bcfb5d48-a5e7df369e-353120577

Videos:

Enhancing Fine Motor Skills with Kristin <https://www.youtube.com/watch?v=-lzoROWVsw>

Making Musical Instruments with Kristin <https://www.youtube.com/watch?v=UMEZvHC7CE>

The Power of Play Dough with Karen <https://www.youtube.com/watch?v=phInMxLXMhY>