



Resource Summary July 6th to 12th, 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!

Most kids love spending time outdoors during these sunny summer days. For some helpful tips to keep your child safe from the sun check out

https://www.caringforkids.cps.ca/handouts/sun_safety

Do you have a child entering JK in September? Eye See...Eye Learn is a program that provides children entering junior kindergarten with a pair of complimentary glasses. To find a participating optometrist and learn more about the program, visit

https://www.optom.on.ca/OAO/ESEL/OAO/ESEL/Eye_See...Eye_Learn.aspx

It's hot out there! To help your child stay cool and have fun, look no further than some ice! Our EarlyON educators suggest you check out this link for some great ideas sure to help the kids entertained.

<https://www.cbc.ca/parents/play/view/12-ways-to-turn-a-bag-of-ice-into-the-best-toy-ever>

If you are looking for ideas and information to support your young child's language and literacy development, our EarlyON Educators would like to share one of our favourite sites with you. Here you can find tips and resources for choosing books for your child, using books to extend learning about many topics, and how storytelling, singing, writing, and playing will help your child thrive.

<https://childrensliteracy.ca/Tips-Resources>



Self-regulation is an important aspect of your child's health development. To learn more about self-regulation and supporting your child's well-being visit

<https://safeandcaring.ca/wp-content/uploads/2015/06/What-you-need-to-know-Self-reg-early-years.pdf>

If whining has become a regular occurrence in your house lately, our EarlyON Educators suggest you check out this short article that explains why toddlers whine and how you can help.

<https://www.zerotothree.org/resources/2251-how-to-cope-and-help-when-your-child-whines>

Our EarlyON Educators wanted to share this classic baking soda and vinegar experiment. Toddlers and preschoolers will ooh and ahh over the colourful chemical reactions they'll create with just 3 kitchen ingredients!

<https://happyhooligans.ca/baking-soda-vinegar-experiment-for-preschoolers/>

How much fluid should my child be drinking on these hot, hot days of summer? To find out the answer and learn more about healthy hydration, check out this link

<https://www.unlockfood.ca/en/Articles/Water/Facts-on-Fluids-How-to-Stay-Hydrated.aspx>

Videos

EarlyON Mindfulness Activities with Kristin <https://www.youtube.com/watch?v=uBAyTn54tY4>

Indoor Vegetable Garden with Kristin <https://www.youtube.com/watch?v=NZ9JWt15Tdk>