



Resource Summary June 26th to July 5th, 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!

Many young children love to help with cooking. This article outlines how to make cooking fun and easy for children of various ages. For some developmentally appropriate cooking tips and tasty recipes, our EarlyON Educators suggest you visit

<https://www.unlockfood.ca/en/Articles/Child-Toddler-Nutrition/Cooking-with-Kids.aspx>

It's important that babies and toddlers get an early start in developing their motor skills. For some age appropriate activities that help develop physical literacy, check out this article

<https://activeforlife.com/activities-for-babies-and-toddlers/>

Did you know that when young children are learning to draw and write they go through five different stages? To learn more about each stage, our EarlyON Educators suggest this article for parents, grandparents and caregivers. <https://www.zerotothree.org/resources/305-learning-to-write-and-draw>

Is there a new baby in your house? Here are some tips for parents to help your older child adapt to a new baby in ways that may help them develop a close, loving relationship.

<https://www.zerotothree.org/resources/1798-when-is-he-going-back-in-your-belly-how-to-help-older-siblings-adjust-to-the-new-baby>

Are you ready to Celebrate Canada Day? Here's a step by step guide of how to make some beautiful and easy ribbon twirlers to celebrate our nation's birthday.

<https://www.cbc.ca/parents/play/view/beautiful-and-easy-ribbon-twirlers-for-canada-day>

Who doesn't love a good old-fashioned game of I Spy? Why not try this Canada Day version of the traditional game suggested by our EarlyON Educators? Or even better, make up your own game with your child in your backyard or neighbourhood.

<https://www.cbc.ca/parents/play/view/canada-day-i-spy-game>



Healthy eating is very important for you and your baby during pregnancy and breastfeeding. Our EarlyON Educators suggest this resource for new moms and moms to be.

<https://food-guide.canada.ca/en/tips-for-healthy-eating/pregnant-breastfeeding/>

Happy Birthday Canada! Today is a day to celebrate the extraordinary beauty of our country and honour what makes this country so special. Check out this link for some fun family activities that can take place in your home or neighbourhood.

<https://activeforlife.com/active-ways-celebrate-canada-day-at-home/>

Young children learn through play and interaction. The right game can help your child develop physical, emotional, and cognitive skills. Kick off playtime with some easy toddler games that are fun and educational!

<https://www.todaysparent.com/toddler/toddler-development/fun-games-to-play-with-toddlers/>

Our EarlyON Educators wanted to share a link to some excellent parent resources developed by Roots of Empathy. These videos focus on children's mental health and well-being and are available in several languages. <https://rootsofempathy.org/covid-19-resources/?eType=EmailBlastContent&eid=751cf104-692b-4466-8414-8ce309c0c24a>

If you have a toddler in your house, this article is perfect for you! Recommended by our EarlyON educators, this article gives interpretation to challenging behaviors and offers suggestions for how parents and caregivers can establish age-appropriate limits for their precious little ones. <https://www.zerotothree.org/resources/326-toddlers-and-challenging-behavior-why-they-do-it-and-how-to-respond>

Videos:

Bubble Fun with Karen <https://www.youtube.com/watch?v=EaFhvFbIK9c>

Children and Stress with Karen <https://www.youtube.com/watch?v=todH1ySmSTI>