



## Resource Summary July 22 - 29th

**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!**

Oral hygiene is important from a very early age. Our EarlyON Educators suggest this article for valuable information and a few tips about your child's dental care.

<https://www.aboutkidshealth.ca/Article?contentid=1994&language=English>

Parents – as you and your children enjoy time together in the great outdoors this summer, it's important to be on the alert for ticks. Check out this resource for details to prevent tick bites and how to respond if you are bitten. <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/lyme-pamphlet.html>

Parents and caregivers have an important role in helping young children develop positive attitudes and behaviours that support healthy eating. For more information about how a balanced diet and healthy eating habits can support your child's mental wellbeing, our EarlyON Educators suggest this article

<https://www.aboutkidshealth.ca/Article?contentid=639&language=English&hub=backtoschool>

Before you and your child head out to explore the backyard, local park or the cottage, why not help your child create his/her own pair of fun binoculars? This simple craft allows your toddler or preschool child to be creative, and using them together will focus attention and develop observation skills. <https://kidscraftroom.com/button-binoculars-craft-free-printable-travel-games/>

Looking for some practical parenting tips to help you with your child aged 0 to 5 years? Our EarlyON Educators suggest visiting this site, where experts and real parents offer age appropriate recommendations to help you support your child's development.

<https://childrenseechildrenlearn.ca/>

There are lots of ways that parents and caregivers can help to foster resiliency skills in young children. With suggestions related to strong relationships, emotional skills, competence, optimism, stress management and problem solving, our EarlyON Educators would recommend this helpful article. <https://www.cbc.ca/parents/learning/view/good-enough-parenting-and-how-it-will-help-build-resiliency-in-kids>



## Resource Summary Continued...

Babies and toddlers are curious about the world around them! Take a look at this collection of simple sensory play activities for babies and toddlers that promote curiosity and exploration. <https://theimaginationtree.com/sensory-play-activities-babies/>

Have you recently had a baby? When you are ready, gentle exercise can help you feel better, provides energy, eases anxiety, and is an excellent way to connect with your baby. This article, suggested by our EarlyON Educators, offers several ways to be active with your baby, without even leaving your house

<https://activeforlife.com/practical-ways-to-get-moving-with-a-newborn/>

What was your favourite book as a young child? If you are looking for great reads for your preschooler, check out this list of top books full of new and exciting places and characters to make you laugh.

<https://www.todaysparent.com/family/books/books-little-kids/>

Young children experience big emotions and need our loving help to learn how to effectively manage their feelings and reactions. For age specific strategies to help your child communicate their emotions and needs appropriately, and choose acceptable behaviours, our EarlyON Educators would suggest parents and caregivers visit

<https://www.zerotothree.org/resources/16-aggressive-behavior-in-toddlers>

Do you know what stresses your child? To get a deeper understanding of children's stress, stressors and stress behaviours, and how parents can help, our EarlyON Educators suggest

[https://dadcentral.ca/unpacking-child-stress/?fbclid=IwAR1mv1k8YKtVMGbf3So\\_nGOB6ULSEqZ9xh8-kl2kTSaq5V6D0jwzWBJo8A](https://dadcentral.ca/unpacking-child-stress/?fbclid=IwAR1mv1k8YKtVMGbf3So_nGOB6ULSEqZ9xh8-kl2kTSaq5V6D0jwzWBJo8A)

Many parents are eager to see their baby crawl for the first time. For information on this complex process and how to support your child's mobility, our EarlyON Educators invite you to visit [https://www.zerotothree.org/resources/3542-how-do-babies-learn-to-crawl?utm\\_medium=email&utm\\_source=babystepsjuly2020&utm\\_campaign=parenting](https://www.zerotothree.org/resources/3542-how-do-babies-learn-to-crawl?utm_medium=email&utm_source=babystepsjuly2020&utm_campaign=parenting)

### **EarlyON Videos:**

DIY Flour Paint with Karen <https://www.youtube.com/watch?v=am2fWJydSok>

Shaving Cream Craft with Kristin [https://www.youtube.com/watch?v=fqd\\_koCIxYc](https://www.youtube.com/watch?v=fqd_koCIxYc)

Magnetic Letters with Kristin <https://www.youtube.com/watch?v=ApmKIYA7fSc>

