Resource Summary
July 30 – August 6

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!

Returning to work after several months at home may be a significant transition for you and your child. If you find that your morning routine of leaving for work is stressful for your family, here are some tips that may elevate some of that stress.
https://www.cbc.ca/parents/learning/view/how-to-get-a-screaming-and-crying-child-out-the-door-in-the-morning

Our EarlyON Educators love to share creative ideas for young children. With a little adult help and supervision, old and scratched CDs or DVDs can be made into beautiful wind spinners to decorate your deck, patio or balcony.
https://happyhooligans.ca/vibrant-cd-wind-spinners-made-from-old-cds/

What do you 'wonder' about? This article encourages parents and caregivers to reframe daily situations and challenges with "I wonder' statements to reflect on your child's needs, feelings and behaviours and in doing so connect more deeply.
https://www.zerotothree.org/resources/3528-turning-judgment-into-wonder?utm_medium=email&utm_source=babystepsjuly2020&utm_campaign=parenting

Even young children can be targeted by marketing strategies that try to influence our food preferences and choices. To learn how to limit your child's exposure to food marketing which will help to create a healthy food environment and support your child in developing healthy lifelong eating habits visit https://food-guide.canada.ca/en/healthy-eating-recommendations/marketing-can-influence-your-food-choices/limiting-kids-exposure-to-food-marketing/

Spending time outside this long weekend? Our EarlyON Educators recommend this article for helpful tips on how to protect your child from insect bites safely.
https://www.caringforkids.cps.ca/handouts/insect_repellents

ZZZZ…. To help your little one develop good sleeping habits and address common sleep challenges, our EarlyON Educators recommend this article for new parents
https://www.zerotothree.org/resources/11-coping-with-sleep-challenges-birth-to-3-months

Teething can be a challenging time for children and their parents. To learn more about what to expect, how to help soothe your baby's gums, and early dental care visit
https://www.aboutkidshealth.ca/Article?contentid=304&language=English

Resource Summary Continued…

Parents are great multi-taskers - so here is a fun, interactive game to enhance your child's gross motor skills while developing vocabulary and alphabet skills.
https://www.himama.com/daycare-activities/alphabet-ball-game

Have you tried to make your own, homemade baby food? For practical tips on safely preparing baby food for your little one, visit https://www.unlockfood.ca/en/Articles/Breastfeeding/Infant-feeding/All-about-homemade-baby-food.aspx

Will your child be starting kindergarten this year? There are many things that parents can do at home to help prepare for this exciting time, and support your child in this wonderful new experience. For tips and answers to your questions, visit
http://www.edu.gov.on.ca/kindergarten/howcanipreparemychild.html

Young children learn through their 5 senses, and this sensory learning creates a strong base for the development in all other areas. Our EarlyON Educators suggest this article for some great ways to encourage learning, creativity and fun through these easy play ideas.
https://www.todaysparent.com/baby/baby-development/fun-sensory-play-ideas-to-encourage-your-childs-development/

Parents, are you looking to spend some time outdoors with your children? Check out this site for information about how you can enjoy the natural world through activities at our local Niagara Peninsula Conservation Authority https://npca.ca/

Do you have questions about typical childhood milestones? Our EarlyON Educators have suggested this site where you can find age-specific child development information and ways to address common challenges for parents at each stage. Resources are also available in Spanish. https://www.zerotothree.org/resources/series/your-child-s-development-age-based-tips-from-birth-to-36-months

EarlyON Videos:

Nursery Rhymes with Karen https://www.youtube.com/watch?v=Ugl7acTyqbU

Math Skills with Karen https://www.youtube.com/watch?v=IIyA43UTf4Q