



## Resource Summary August 14 - 19

**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!**

Young children love hands-on learning with loose parts. With some adult supervision, your child can try these simple math activities using a variety of fun materials to explore concepts like patterning, number recognition, estimation, measurement and more. <https://kidpillar.com/loose-parts-math-play/>

If you are searching for great reason to get your family outside, try the Ontario Parks 30 x 30 Challenge. Spending time in the great outdoors can significantly impact your well being and health, enhance mood, reduce stress and support the immune system. The challenge requires participants to enjoy 30 minutes outside for 30 days and the options are endless. For more information visit <https://www.ontarioparks.com/hphp/challenge>

Parents – if you are looking for some easy activities to enjoy with your children, our EarlyON Educators suggest this site where you will find age specific crafts, games, articles and other activities on a variety of topics. <https://www.pbs.org/parents>

Young children love to be creative and this activity suggested by our EarlyON Educators is certain to become a new favourite. With some simple craft supplies you have at home and a little music, you and your child will enjoy the artistic process. <https://busytoddler.com/2018/01/frozen-paint-process-art-activity/>

Have you recently had a baby? Congratulations! Our EarlyON Educators have experience supporting new parents in their exciting yet sometimes stressful journey. This article suggests ways to address any stress and maintain a strong relationship following the birth of a baby. <https://www.aboutkidshealth.ca/Article?contentid=451&language=English&hub=yournewborn>

Stamping can be super fun for toddlers and preschoolers. This open-ended creative experience, suggested by our EarlyON Educators, includes elements of nature and other easy to find materials. Why not give it a try? <https://happyhooligans.ca/nature-art-stamping/>

Our EarlyON Educators love providing found, natural items for children to use creatively within our centres. Here's a great idea for you to try at home with your little one. <https://happyhooligans.ca/nature-faces/>

Our EarlyON Educators are often asked questions about how to choose child care. This article offers a great overview of things to consider when making the best choice for your family. [https://www.caringforkids.cps.ca/handouts/child\\_care](https://www.caringforkids.cps.ca/handouts/child_care)



## Resources Continued

The new school year is just around the corner and if your preschooler is starting school for the first time, you may have questions. Our EarlyON Educators suggest this article containing tips to help parents become involved in their child's education as well as how to support their learning outside the home.

<https://www.cbc.ca/parents/learning/view/how-parents-can-help-their-children-succeed-at-school>

Face masks and coverings have become a part of our day to day lives. Here are some tips for parents who want to help their children get more comfortable with wearing a mask.

<https://www.ctvnews.ca/health/coronavirus/how-to-encourage-your-kids-to-wear-a-mask-1.5036733>

Yoga and breathing techniques can help parents manage stress but also benefit children's mental health and well-being. For tips on some easy postures and tips to involve your young children, check out <https://activeforlife.com/6-mood-boosting-yoga-poses/>

Parents – if you have questions about the return to school and how to prepare your family for this important transition, this Dad Central workshop may be helpful. For learn more and to sign up to join in the conversation visit [https://dadcentral.ca/supporting-kids-in-the-transition-back-to-school/?utm\\_source=mc&utm\\_medium=email&utm\\_campaign=2020\\_08\\_13](https://dadcentral.ca/supporting-kids-in-the-transition-back-to-school/?utm_source=mc&utm_medium=email&utm_campaign=2020_08_13)

Have you wondered if your child is getting enough physical activity? Our EarlyON Educators suggest you 'get moving' and check out this site where you will find the Canadian 24-Hour Movement Guidelines for the Early Years (and other age groups too) with important information about the relationship between sleep, sedentary behaviour and physical activity.

<https://csepguidelines.ca/>

### **EarlyON Videos**

Nature Books with Kristin

[https://www.youtube.com/watch?v=4ZujVUMaiWM&ab\\_channel=YMCAsofNiagara%26Oakville](https://www.youtube.com/watch?v=4ZujVUMaiWM&ab_channel=YMCAsofNiagara%26Oakville)

Picky Eaters with Kristin - [https://www.youtube.com/watch?v=-0PHrM12g6Y&ab\\_channel=YMCAsofNiagara%26Oakville](https://www.youtube.com/watch?v=-0PHrM12g6Y&ab_channel=YMCAsofNiagara%26Oakville)