



## Resource Summary August 20 - 26

**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!**

Sometimes as parents we are not certain how to support our children when they feel anxious moments. This brief article, suggested by our EarlyON Educators, gives you some tips on what to say and what to avoid. <https://www.cbc.ca/parents/learning/view/relax-dont-worry-platitudes-dont-help-anxious-child-here-what-to-do-instead>

With only a cardboard box, some paint, crayons, glue and a few other household items, you and your child can create amazing crafts to enhance playtime in your home. Our EarlyON Educators suggest you visit for some inspiration. <https://www.todaysparent.com/family/crafts/11-awesome-crafts-you-can-make-with-a-cardboard-box/>

Walking is a great way to stay in shape but it may also be an opportunity to support your child's language and literacy skills. For some simple games to enjoy with your child while walking, check out <https://www.participaction.com/en-ca/blog/fun-and-safe-games-to-play-with-your-kids-while-walking>

There is an incredible amount of learning and development experienced by young children between the ages of 18 months and 3 years. If your child is in this age group, our EarlyON Educators suggest you check out this local resource with tips on topics related to vaccinations, tantrums, child safety, sleep, toilet learning and nutrition. <https://www.niagararegion.ca/health/parenting/pdf/18months-3years.pdf>

Whether your child is starting school on line or in person, getting prepared for the big day is important. Our EarlyON Educators would like to share this link to a fun, simple activity to help your child get mentally ready for school. <https://happyhooligans.ca/back-to-school-paper-chain-countdown-calendar/>

Young children develop various strategies to soothe and comfort themselves. If your preschool child uses a pacifier for this purpose, our EarlyON Educators suggest you check out this helpful article <https://www.todaysparent.com/kids/preschool/when-to-stop-pacifier/>

Establishing consistent routines at home supports young children's healthy development. To learn more about the importance of routines for babies and toddlers, our EarlyON Educators suggest you visit <https://www.zerotothree.org/resources/223-creating-routines-for-love-and-learning>



## Resources Continued...

Reading with young children is important, and there are many ways that parents and caregivers can enrich the experience to assist children to learn new vocabulary and develop self-control and empathy. This article suggested by our EarlyON Educators offers some helpful age-specific tips. <https://www.todayparent.com/family/parenting/reading-to-kids-age-by-age-guide/#gallery/books-for-2-year-olds/slide-4>

Though this new school year will be somewhat unique, this article provides some important suggestions for parents and caregivers to help make starting school or the back to school experience easier for the whole family. <https://www.cbc.ca/parents/learning/view/back-to-school-struggles>

Parents – are you looking for positive strategies to help your child regulate their bodies and emotions? If yes, then our EarlyON Educators suggest you check out this article about how to create a comfy calm down space for your child to support them when they feel overwhelmed, angry, frustrated or anxious. <https://www.cbc.ca/parents/learning/view/how-to-create-a-calm-down-space-for-your-kids>

Did you know that Wellness Together Canada is a free resource that connects people to mental health and substance use support, resources, and counselling with a mental health professional? To learn more visit <https://ca.portal.gs/?lang=en-ca>

Do you find it difficult to create healthy, tasty meals suitable for the entire family? Check out this site for simple tips about adjusting recipes, making healthy food substitutions and addressing dietary restrictions while meal planning. <https://food-guide.canada.ca/en/tips-for-healthy-eating/adjusting-recipes/>

Creative, unstructured outdoor play is more important than ever! This article, suggested by our EarlyON Educators explains the value of outdoor play and how parents can help provide a space for safe and active play. <https://activeforlife.com/importance-of-outdoor-play/>

### **EarlyON Videos:**

Healthy Snacks with Karen - <https://youtu.be/6nvU2E0D0HQ>