



Resource Summary August 27 – September 3

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!

At our EarlyON Child and Family Centres, our Educators often get questions about breastfeeding, introducing solid foods, and the process of weaning. To answer all your questions, check out this article with guidance and tips to help you and your baby through this stage of development. https://www.caringforkids.cps.ca/handouts/weaning_breastfeeding

Learning to use scissors is an important skill for young children. If you aren't sure about how to introduce scissors to your toddler or preschooler, what materials to use and how you can assist and supervise your child, check out this article <https://happyhooligans.ca/scissor-exercises-for-children/>

Does your toddler love water? This activity, suggested by our EarlyON Educators is so much more than just pouring water. Children are learning life skills, capacity, cause and effect, hand eye coordination as well as the properties of liquid. https://busytoddler.com/2015/09/pouring-station/?utm_campaign=shareaholic

Educators at our EarlyON Child and Family Centres offer parents-to-be with accurate information about pregnancy and prenatal health. Here's a great resource to answer all your questions if you are pregnant or are planning to become pregnant. Exploring topics such as nutrition, physical activity, emotional health, breastfeeding and more, this guide can help you make informed decisions about this incredible experience. <https://www.canada.ca/en/public-health/services/health-promotion/healthy-pregnancy/healthy-pregnancy-guide.html>

Any parent who's been through the potty training (toilet learning) process with a little one knows that patience, consistency, a positive attitude and a sense of humour is necessary. Sometimes children experience set backs and have accidents again. For a video that explains what might be going on and some tips about how parents and caregivers should respond, our EarlyON Educators suggest <https://www.parents.com/toddlers-preschoolers/potty-training/problems/how-to-deal-with-potty-training-regression/>



Resources Continued

If your child is beginning or returning to school in September, here are some suggestions for parents and guardians to address children's fears and help children become comfortable with this transition. <https://www.psy-ed.com/wpblog/back-to-school-covid-19?fbclid=IwAR3e66oJEe6KK7IWIM6SsYPoxDSDfsxL5FbUPKH07RGsbHiF69P8Zkj1GfQ>

It's normal for parents and caregivers to feel stressed when babies cry, and some infants cry more than others. Our EarlyON Educators suggest this article that outlines tips to help you remain calm in order to effectively respond and meet your baby's needs. <https://www.zerotothree.org/resources/2171-how-to-stay-calm-when-baby-won-t-stop-crying>

Our EarlyON Educators would like to share this link describing a fun hands-on activity for young children that introduces shapes using materials you probably already have at home. <https://www.pre-kpages.com/building-shapes-craft-sticks/>

Do you have questions about childhood vaccinations? Our EarlyON Educators suggest you visit this site for accurate facts and information about timelines and what to expect. <https://www.niagararegion.ca/health/vaccinations/default.aspx>

It has become a normal routine for adults to wear face masks almost everywhere outside the home environment. To help young children become more comfortable interacting with adults in masks, our EarlyON educators suggest this article <https://activeforlife.com/face-masks-young-kids/>

Why are the early years so important to your child's development? To answer this question, our EarlyON Educators suggest this site that explains how active play and positive relationships right from birth help set your child on a path for success in school and life. <https://activeforlife.com/thrive-by-five-why-the-early-years-are-so-important/>

EarlyON Videos:

Slime with Kristin - <https://www.youtube.com/watch?v=iqL9hi7grQ0&feature=youtu.be>

Bird Feeders with Kristin - <https://www.youtube.com/watch?v=Bo9KgP-1W-c&feature=youtu.be>