



Resource Summary September 11 - 17

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!

Most young children love music and songs are an excellent way to connect with your child and foster language skills. Check out this site, provided by our EarlyON Educators, where you'll find an extensive variety of songs that you can sing with your child – including videos to help you with the tune and lyrics!

<https://www.fatherly.com/play/the-50-best-kids-songs-almost-any-parent-can-sing/>

Physical literacy refers to when children have developed the skills, confidence, and love of movement to be physically active for life (activeforlife.com). To help your child (0-12 years) develop physical literacy, check out these four checklists outlining basic skills for various ages and fun suggestions to get active together.

<https://activeforlife.com/physical-literacy-checklists/>

ZZZZZ..... Parents if you have questions about healthy sleep for your infant (6 -12 months), our EarlyON Educators suggest you sign up for this course on “Baby’s Sleep”. Led by a Public Health Nurse, the course includes practical tips and one-on-one telephone support is also available following the class. Visit

<https://www.niagararegion.ca/parents/courses/default.aspx?c=Baby%27s%20Sleep%20Classes&t=Postnatal>

Talking, singing, reading and playing with your child helps your little one develop language and literacy skills. Our EarlyON Educators would like to share this site that includes a variety of resources for parents, guardians and caregivers, with tips on how to choose a good book, extending your child’s learning beyond a book, how to foster a love of reading from birth and more.

<https://childrensliteracy.ca/Tips-Resources>

There’s no such thing as a perfect parent! Next time you feel upset with yourself about a mistake, try some self compassion and kindness instead. Our EarlyON Educators invite you to check out this article <https://www.zerotothree.org/resources/3180-loving-yourself-as-you-are-there-s-no-such-thing-as-a-perfect-parent>



Resource Summary Continued...

Looking for tips to help your child develop strong reading skills? Look no further than this short article suggested by our EarlyON Educators.

https://www.caringforkids.cps.ca/handouts/promoting_reading_in_school_aged_children

What is mindfulness? To answer that question and learn some simple mindfulness exercises for parents and young children, check out this site suggested by our EarlyON Educators.

<https://www.zerotothree.org/resources/3406-mindfulness-practices-for-families>

Do you ever feel like your children don't listen to you? The experts at McMaster Children's Hospital offer some effective tips to talk and interact with you child using a positive approach.

<https://www.hamiltonhealthsciences.ca/wp-content/uploads/2020/05/Listen-Tips-Child.pdf>

Are you expecting a baby? There are lots of benefits of breastfeeding for you and your baby. Our EarlyON Educators recommend this resource to answer your questions about this important topic.

<https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/stages-childhood/infancy-birth-two-years/breastfeeding-infant-nutrition/10-great-reasons-breastfeed-your-baby.html>

Looking for some activities to do with your young child? Our EarlyON Educators suggest you visit this site to access simple stories and fun activities that support literacy development. <https://familyliteracyfirst.ca/resources-logged-out/english-logged-out/>

EarlyON Videos:

Light Table by Kristin - <https://youtu.be/fYtSk0mjEWM>

Learning Activities with Apples by Karen - <https://www.youtube.com/watch?v=83nPJxWT--k&t=2s>