



Resource Summary September 4th to 11th

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!

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/>

Parents and caregivers - if you have elementary school children at home you might like to check out these easy and fun activities to support social-emotional learning and mental health.

<https://smho-smso.ca/blog/12-easy-and-fun-mental-health-practices-to-try-with-your-children-at-home/>

1, 2, 3..... Make math and counting fun for your preschooler by trying this easy activity using a few simple materials and your child's favorite toys.

<https://toddlerapproved.com/2015/07/number-toy-hunt-for-preschoolers.html>

Healthy early child development happens through play! For expert-reviewed games and activities for children 0 to 6 years, our EarlyON Educators suggest parents and caregivers visit Play&Learn. These age-specific, engaging activities support language, movement, thinking and learning, and social emotional development. <https://playandlearn.healthhq.ca/en>

Whether your child will be attending school on line or in person, this transition back to school will be an adjustment for most families. Our EarlyON Educators recommend this site where parents and guardians can access tips sheets, Q and A's and activities to support your child's mental health and well being. <https://smho-smso.ca/covid-19/parents-and-families/>

Our EarlyON Educators love to offer science activities and experiments within our centres. Here's one you can try at home with easy to find materials to experiment with forces of friction and gravity. <https://www.pbs.org/parents/crafts-and-experiments/explore-gravity-and-friction-with-marble-runs>

Music plays a powerful role in the lives of young children. Learn about how music supports all areas of young children's development by visiting this site suggested by our EarlyON Educators.

<https://www.zerotothree.org/resources/1514-beyond-twinkle-twinkle-using-music-with-infants-and-toddlers>



Resource Summary Continued

Our EarlyON Educators are excited to share this site with parents and caregivers. Tiny Happy People has age-specific activities, tips and videos from experts in child development to help you support your child's communication and language skills. Visit <https://www.bbc.co.uk/tiny-happy-people>

Parents and caregivers can foster curiosity and a love of nature in their children with this simple outdoor bingo game, suggested by our EarlyON Educators.
<https://www.pbs.org/parents/crafts-and-experiments/nature-observation-bingo>

It is quite normal for children to experience anxieties at various stages of their development. But as parents and caregivers, it may not be easy to identify what is normal childhood behaviour and what might be a clinical concern. Check out this resource to learn about childhood anxiety and when should you seek guidance.
<https://www.cbc.ca/parents/learning/view/how-to-know-if-its-just-childhood-development-or-a-mental-health-concern>

Chalk is a versatile and inexpensive material for young child to use in creative ways. Our EarlyON Educators want to share this resource with you about simple, fun active games for outdoor play using simple sidewalk chalk. Maybe you'll remember some of these from your own childhood! <https://activeforlife.com/8-active-chalk-games/>

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/>

EarlyON Videos:

Positive Words with Kristin - <https://youtu.be/0BWUaGneZgY>

School Crossing Safety with Karen - <https://youtu.be/hQunXxoYLgM>