



## Resource Summary

### October 14 - 22

**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!**

Are you expecting again? For some tips to help your other child (children) prepare for a new sibling, check out this article suggested by our EarlyON Educators.

<https://www.zerotothree.org/resources/1797-preparing-your-older-child-for-the-arrival-of-a-new-baby>

Is your little one interested in dinosaurs? Pick up a storybook about dinosaurs and fossils, then try this hands-on activity with your child. <https://www.pbs.org/parents/crafts-and-experiments/homemade-fossils>

Parents often have questions about their children's speech and language development. Our EarlyON Educators suggest parents and caregivers check out these quick reference guides to gain an understanding of how your child is communicating.

<http://www.speechservicesniagara.ca/en/developmental-milestones>

Preschoolers are often interested in learning about animals, so our EarlyON Educators invite you to check out this link to activities and information that will trigger their curiosity and interest. <https://letstalkscience.ca/educational-resources/hands-on-activities/how-do-animals-hide>

Here's a great creative activity that celebrates the changing colours of the season, suggested by our EarlyON Educators. Let your child blend the colours of their own unique leaves with this mess free autumn leaf painting. Visit <https://kidscraftroom.com/mess-free-sensory-autumn-leaf-painting/>

Parents and caregivers often 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.canada.ca/en/public-health/services/publications/healthy-living/parent-guide-vaccination.html?fbclid=IwAR37IAc4kkvaxj8ZQrl6Tp0he4wPEjHMdE1AYM6QOtP6P8tGrZJCQiw\\_5PY](https://www.canada.ca/en/public-health/services/publications/healthy-living/parent-guide-vaccination.html?fbclid=IwAR37IAc4kkvaxj8ZQrl6Tp0he4wPEjHMdE1AYM6QOtP6P8tGrZJCQiw_5PY)



## Resource Summary Continued

Parents and caregivers of children under age 6 are invited to share your experiences about supporting a child's development during the COVID 19 pandemic. Check out this survey aimed to understand how the child and youth mental health system can improve the quality of services for children throughout the pandemic.

<https://surveys.sickkids.ca/surveys/?s=EJWFY9JW4E>

Our EarlyON Child and Family Centres provide services to support to new parents. If you or your partner had a baby this year and are experiencing mild to moderate postpartum depression or anxiety symptoms check out this opportunity. The Life With A Baby foundation is offering a free 6-week support group <https://www.lifewithababy.com/event-3989888>

Our EarlyON Educators LOVE Halloween so we're sharing some easy, fun crafts that you can do at home with your young child. <https://www.easypeasyandfun.com/halloween-crafts-for-toddlers/>

It's time for fun with pumpkins! Read on for an easy pumpkin pie playdough recipe and other fun activity suggestions that encourage hands-on learning, fine motor skills, and math for you and your child to enjoy together. <https://littlebinsforlittlehands.com/pumpkin-playdough/>

Are you looking for a family doctor in Niagara? Our EarlyON Educators suggest you check out this site for a list of family physicians who are accepting new patients <https://www.niagararegion.ca/health/find-a-doctor.aspx>

### **EarlyON Videos:**

Risky Play with Karen - <https://youtu.be/gspZJiaS5-l>

Magic Milk Experiment with Kristin - <https://youtu.be/kYwWiVzsuEY>

Indoor Movement with Celine - <https://youtu.be/GzVM2jAdvLo>