



Resource Summary

October 5 - 13, 2020

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!

Does your little one enjoy creative activities? Check out this fun fall art activity suitable for toddlers and preschoolers using items you likely have at home.

<https://happyhooligans.ca/painting-fall-colours-with-golf-balls/>

Is working from home your new normal? If you have young children, our EarlyON Educators invite you to check out this resource. The tips developed by Dad Central can be helpful for any parent looking to balance work life and family life at home. <https://dadcentral.ca/working-from-home-with-kids/>

October 4 to 10th is Fire Prevention Week. Does your family have a home fire escape plan? Our EarlyON educators would like to share this site with tips, videos and information.

http://www.ofm.gov.on.ca/english/FireMarshal/FireSafetyandPublicEducation/PlanYourEscape/plan_your_escape.html

In our EarlyON Child and Family Centres it is a fall tradition to make "Stone Soup" with our families. Check out this site to find all the materials to enjoy this activity with your family at home including a mini book, crafts, recipe and writing activities.

<https://www.scholastic.com/teachers/blog-posts/shari-carter/stone-soup-lesson-sharing/>

Your child's oral health contributes to their overall health and well being. Did you know that dental cavities are the most common chronic disease of children ages 5 to 18? For information about how to prevent cavities and practice good dental care our EarlyON Educators suggest you visit https://www.niagararegion.ca/living/health_wellness/dental/prevent-cavities.aspx

Most kids are interested in social media and are eager to participate, connecting with friends and making new ones. If you are a parent with questions about the ever changing social media and your child, our EarlyON Educators suggest you visit this site that explains various technologies, setting limits, on line privacy and how to keep your child safe online.

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

Arts, crafts and creative experiences help your child develop a wide range of important motor, language and cognitive skills. If you are looking for some simple art activities for your two year old, our EarlyON Educators suggest you visit <https://www.parents.com/fun/arts-crafts/8-low-lift-crafts-for-2-year-olds-to-do-at-home/>



Resource Summary Continued

October 10th is designated as World Mental Health Day. Many aspects of our day to day lives have been impacted by the COVID pandemic. The World Health Organization has an amazing selection of resources for individuals and families to support your mental health and well being. Visit <https://www.who.int/news-room/feature-stories/mental-well-being-resources-for-the-public>

This Thanksgiving weekend, why not head outdoors with your family? Hiking is a great way to be active and enjoy nature, especially as trees start to change colour and trails become covered in crunchy leaves. These eight tips will help you prepare for hiking with young children and give you some ideas to keep it fun for them. <https://activeforlife.com/hiking-fun-for-kids/>

Is your child involved in sports? Check out this article with tips for parents to help your child develop in optimal ways and thrive both on and off the field. <https://activeforlife.com/sports-parent-covid-19/>

When caring adults use encouraging words with children, it helps them to thrive in *many* areas of their development including self esteem. Our EarlyON Educators found this quick list of positive, motivating phrases you can try today. <https://parentingnow.ca/whats-new/the-language-of-encouragement/>

Our EarlyON Educators wanted to share a super simple activity you can do at home with your child using some basic craft materials. Watch as your child experiments and creates an amazing art project. <https://www.pbs.org/parents/crafts-and-experiments/create-sticky-window-art>

Videos:

Puppet Play with Karen - <https://youtu.be/frrLwbEdMa0>

Gratefulness with Celine - <https://youtu.be/Exmx5-SavBU>

Wax Crayon Project with Kristin - <https://youtu.be/EKoEB-pzHMM>