



Resource Summary September 18 - 25

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!

Our EarlyON Educators wanted to share this site with parents and caregivers of children 0-6 years. Here you will find brief information pages and resources to help answer your parenting and child development questions on topics like breastfeeding, health nutrition, childhood obesity, sleep and more! <http://www.child-encyclopedia.com/information-sheets>

Young children practice and learn new skills every day. How can parents encourage their children to keep trying and persevere? This article, suggested by our EarlyON Educators, offers tips to foster resilience. <https://www.zerotothree.org/resources/2676-celebrate-your-child-s-strengths/>

Everyone benefits from physical activity, even babies. Here are some ways to help your infant develop movement skills. <https://activeforlife.com/help-infant-develop-movement-skills/>

Knowing more about healthy eating and taking action to improve eating habits is important. If you are a parent, guardian or caregiver who wonders if your child is a healthy eater, our EarlyON Educators suggest Nutri-eSTEP - a fast and simple questionnaire. <http://www.nutritionscreen.ca/toddler/Default.aspx>

The experts at Sick Kids have created an amazing hub of resources on COVID-19 to support families. The site includes information, video and meditations to assist with your child's mental health and general well-being through physical activity, sleep, nutrition and learning. Check it out <https://www.aboutkidshealth.ca/COVID-19>

Today we hear a lot about the impact of screen time on children. But as parents and caregivers we spent a lot of time on our phones etc. as well. To learn more about the possible impact of our screen time, our EarlyON Educators suggest this article <https://www.todayparent.com/family/parenting/yes-your-smartphone-habit-is-affecting-your-kid-heres-how/>



Resource Summary Continued

EarlyON parents – check this out! Harper Collins Publishers has devoted a section of their website to helping support children and parents with reading and learning at home. You will find daily author readings, activities, videos and book recommendations.

Visit <https://www.harpercollins.com/pages/childrens-harper-at-home>

Are you a new parent? Here's a useful article, suggested by our EarlyON Educators that explains both 'the baby blues' and post partum depression, with strategies on how to help.

<https://www.aboutkidshealth.ca/Article?contentid=418&language=English>

Child car seats, booster seats and seatbelts help protect children from serious injury. This site offers guidance to ensure your child's car seat is installed correctly.

<https://tc.canada.ca/en/road-transportation/child-car-seat-safety/installing-child-car-seat-booster-seat>

Sometimes after a busy day in childcare or school, children are overwhelmed with emotions and act out in difficult ways. To understand what's happening and how to respond appropriately, our EarlyON Educators suggest this article <https://www.todayparent.com/kids/school-age/after-school-restraint-collapse-is-a-real-thing-heres-how-to-deal-with-it/>

Young children learn so much by using their senses. Here is a simple game to play at home with your child that can encourage curiosity and language development.

<https://www.pbs.org/parents/crafts-and-experiments/making-sense-a-senses-discovery-game>

Learning early math skills can be lots of fun when children and parents/caregivers enjoy simple activities together and look for examples of math in their everyday environment. Our EarlyON Educators want to share this site where you can find an entire series of super fun activities you can try at home with your two or three-year-old.

<https://www.zerotothree.org/resources/3117-math4littles-early-math-activities-for-two-and-three-year-olds>

EarlyON Videos

Learning Kits with Karen - <https://youtu.be/5ayxH0H3G3Y>

Spice Paints with Kristin - <https://youtu.be/WL5EtXZEuY4>