



Resource Summary Dec 4 – Dec 12, 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!

For many families, making ornaments for the tree is an annual tradition. Our EarlyON Educators would like to share this activity where children of all ages can create their own beautiful masterpiece in just a few easy steps. <https://www.thebestideasforkids.com/cinnamon-applesauce-ornaments/>

These days, parents and caregivers may be struggling to find an appropriate balance of screen time for your family. This article suggested by our EarlyON Educators explores this important topic and offers suggestions on how to find that perfect balance. <https://activeforlife.com/5-ways-kids-off-screens/>

There are lots of traditional holidays that are celebrated at this time of year. Here is a creative activity for young children that introduces Hanukkah. <https://www.himama.com/daycare-activities/toilet-paper-roll-hanukiah>

Holiday baking is a great way to spend quality time with your children. For some easy, child-friendly recipes that your children will love, check out this article suggested by our EarlyON Educators. <https://www.parents.com/holiday/christmas/recipes/easy-christmas-treats-to-make-with-kids/>

Here is a short article for parents who want to help their children look at this year's holiday season in the most positive way possible. <https://www.mother.ly/child/how-to-help-kids-cope-with-holiday-disappointment-during-covid-19>

Writing a letter to Santa is a great literacy activity to do with your child! Our EarlyON Educators invite you to check out this site to find information from Canada Post, with tips and download templates for your letter to the North Pole. <https://www.canadapost.ca/cpc/en/our-company/giving-back-to-our-communities/write-a-letter-to-santa.page>



Resource Summary Continued

Active outdoor play is healthy for children of all ages, including infants and toddlers. Check out these ideas of how to enjoy some winter fun with your little ones this winter.

<https://activeforlife.com/6-winter-activities-for-toddlers/>

Inspire your young child to try new, healthy foods but involving them in the kitchen. With supervision, young children can help make a variety of delicious foods and learn many skills as they do it. Our EarlyON Educators invite you to check out this site, with many simple recipes in both English and French. <https://dairyfarmersofcanada.ca/en/teachnutrition/qc/little-chefs-big-book-recipes-0>

Homemade ornaments look wonderful on the Christmas tree! With a few simple craft supplies and some help from a parent, your little one can take pride in creating something wonderful. Check out this site, suggested by our EarlyON Educators

<https://www.easypeasyandfun.com/craft-stick-and-buttons-snowflake-christmas-ornament/>

Wondering how you can help maintain the magic of the holiday season for your family this year? Our EarlyON Educators offer this link with tips and suggestions to help parents support your child's mental health during the pandemic with a focus on the holidays.

<https://cmho.org/seven-tips-to-get-ready-for-the-holidays/>

Books are a wonderful gift for children of all ages. Check out these holiday books and make some time during the season to read with your child. #EarlyON.

<https://www.cbc.ca/kidscbc2/the-feed/curl-up-with-a-good-read-this-holiday>

EarlyON Videos:

Screen Time Tips with Karen - <https://youtu.be/HkXGIftCpeY>

CD Art with Kristin - <https://youtu.be/AfKpcAQp1yo>

Making Ornaments with Karen - <https://youtu.be/MrTzG-ndJ8Y>