



Resource Summary November 16 – 24, 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!

Mind-body awareness (understanding the connection between physical sensations and our emotions) is an important skill for children and adults that can be taught and strengthened in a number of ways. To learn more, our EarlyON Educators invite you to explore this link with techniques to develop mind-body awareness and foster self-regulation.

<https://activeforlife.com/mind-body-awareness-children/>

Looking for a fun activity to help your child with learning sight words or spelling? Try this collage activity, suggested by our EarlyON Educators. <https://www.pbs.org/parents/crafts-and-experiments/snip-snip-cut-and-paste-sight-words>

Children are exposed to more screens than ever before, including televisions, computers, gaming consoles, smartphones and tablets. Here are some screen use tips for parents of children under three. <https://www.zerotothree.org/resources/2531-screen-use-tips-for-parents-of-children-under-three>

Preschool children often love to be creative with beads. This game and craft activity is super simple and helps to develop math, fine motor, and hand-eye coordination skills. Our EarlyON Educators invite you to try this activity with your child. <https://www.pbs.org/parents/crafts-and-experiments/roll-bead-make-jewelry-with-math>

Video calls are vital during this unprecedented time. Check out this article for five tips to help children build relationships, communicate and learn from loved ones on the screen. Our EarlyON Educators also invite you to scroll down to check out the other resources on this page related to young children and screen time. <https://www.zerotothree.org/resources/2535-five-tips-to-make-the-most-of-video-chats>

It's National Child Day! Since 1993, National Child Day has been celebrated across Canada to commemorate the United Nations' Declaration and Convention on the Rights of the Child. Check out this link for a child friendly explanation and infographic of these important rights. <https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/national-child-day/celebrate-national-child-day-november-20.html>



Resource Summary Continued

What does a healthy 24 hours look like for Canadian adults? Check out this site to find the newly released 24-hour Movement Guidelines for Adults, as well as Older Adults, Children and Youth, and the Early Years.

<https://www.participaction.com/en-ca/benefits-and-guidelines/adults-18-to-64>

If you are parenting a toddler, you are likely quite familiar with the word, “No!” Our EarlyON Educators invite you to check out this article that explains what is happening and offers strategies to help you both through it. <https://www.todaysparent.com/family/parenting/why-your-toddlers-no-phase-is-so-important-and-how-to-survive-it/>

With a little imagination, you can keep your children active and happy no matter what Mother Nature throws at us. Here are some easy and inexpensive ways you can create an active indoor play space for your child at home. <https://activeforlife.com/create-diy-indoor-play-space/>

Self regulation is an important topic in child development, and it involves understanding and addressing an individual’s response to stress. To learn more about this topic, our EarlyON Educators invite you to visit <https://self-reg.ca/parents/>

Spending time outdoors with our family has become so important to many of us these past several months. But did you know how important it is to your family’s health. Our EarlyON Educators invite you to check out this site to learn more about the benefits of spending time in nature. <http://www.ontarioparks.com/hphp/engage>

Parents and soon to be parents – are you interested in some practical ideas to support your baby’s development? Our EarlyON Educators suggest this site where you will find helpful videos and tip sheets that help you support your growing baby. <http://www.healthybabyhealthybrain.ca>.

EarlyON Videos:

Mindfulness of Children with Kristin - <https://www.youtube.com/watch?v=uBAyTn54tY4&ab>

Scat the Cat with Karen - <https://youtu.be/dixxbhNdQLo>