



Resource Summary Nov 25 to Dec 4, 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!

Yawn..... So many parents of young children have questions about sleep. If you are one of them, our EarlyON Educators invite you to check out this article to understand what to expect at different ages and strategies that may help everyone get a better night's rest.

<https://www.zerotothree.org/resources/331-sleep-challenges-why-it-happens-what-to-do>

Fathers have an important role to play, not just after the baby is born, but during pregnancy as well. Are you a dad-to-be? Then this resource, provided by our EarlyON Educators, is for you. <https://www.zerotothree.org/resources/1838-becoming-a-dad-advice-for-expectant-fathers>

Sometimes the most simple household item can provide amazing fun and learning opportunities. Our EarlyON Educators share this article about the many ways a simple roll of tape can be used in creative play, art and physical play with your little ones. Stand by and watch how they explore these fun and easy activities. <https://www.cbc.ca/parents/play/view/ten-fun-ways-to-play-with-tape>

Niagara Region Public Health would like to gain an understanding of the impact of the pandemic on Niagara residents. Share your experience at <https://survey.alchemer-ca.com/s3/50087153/NRPH-COVID-CHS>

Parents – would you describe your young child as a picky eater? If mealtimes are a struggle in your home, our EarlyON Educators suggest this article with important tips that may help your child become a healthy, independent eater. <https://www.cbc.ca/parents/learning/view/five-phrases-you-can-use-to-get-your-picky-eater-eating-on-their-own>

Most children have messy rooms from time to time. With the right approach, even young children can help clean their rooms. Our EarlyON Educators invite you to check out this article for some simple tips. <https://dadcentral.ca/help-your-kids-have-fun-cleaning-their-rooms/>

If your children love counting down the days till Christmas, our EarlyON Educators invite you to check out this amazing Christmas countdown craft made with easy to find materials. <https://iheartcraftythings.com/santa-beard-christmas-countdown-craft.html>



Resource Summary Continued

Here is another parenting article provided by our EarlyON Educators. How can you make the most of play time with your little one? Read on <https://www.zerotothree.org/resources/1081-tips-on-playing-with-babies-and-toddlers>

Parents, guardians, grandparents and caregivers – whether you are looking for a great read to get your family in the holiday spirit or are searching for some gift ideas, our EarlyON Educators invite you to check out this list of some great books for the season. <https://www.cbc.ca/books/10-canadian-picture-books-that-will-get-your-family-in-the-holiday-spirit-1.5389247>

Parents – the experts at Strong Minds Strong Kids Psychology Canada are offering a free webinar on Pandemic Parenting. For more information, click on <https://strongmindsstrongkids.org/Public/Resources/Webinars/Public/Resources/Webinars.aspx?hkey=28d97f62-fcc6-4b54-b83d-e1156bfc8af7>

In light of COVID 19, this holiday season may be somewhat different for many of us. Check out this opportunity to attend a FREE online webinar that explores how the Coronavirus may impact the holidays, with a focus on practical strategies to support your mental health. <https://cmhahamilton.ca/news/the-holidays-your-mental-health-covid-19/>

Does your toddler or preschooler love puzzles? If the answer is yes, then our EarlyON Educators offer you this article with tips on how to DIY a matching game using simple items found at home. Activities like this support your child's critical thinking, shape recognition and matching skills. <https://happyhooligans.ca/diy-matching-game/>

Our EarlyON Educators would like to share this opportunity for parents and caregivers to participate in a webinar and live chat with child and youth mental health experts. For more information and to register for this program presented by Children's Mental Health Ontario visit <https://cmho.org/live-chat-with-child-and-youth-mental-health-professionals-by-cmho/>

Making lava lamps is a fun, colourful and easy science experiment sure to keep your children engaged. You only need a few common household items and a couple of minutes to set up. <https://funlearningforkids.com/christmas-lava-lamp-science-experiment/>

EarlyON Videos:

Science Experiment & Healthy Eating with Celine - <https://youtu.be/mAT8hOlliOM>