



## Resource Summary January 1 to 10, 2021

**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!**

Parents and caregivers, here are some tips to help build your toddler's vocabulary. Click on this link, provided by our EarlyON Educators for a simple activity you can do at home with your toddler. <https://playandlearn.healthhq.ca/en/toddlers/language/label-it>

Enjoy the crisp, fresh weather and spend some time outdoors with your children by taking a winter walk. Check out this link for how to incorporate some conversation and sensory learning into your outdoor time together. <https://activeforlife.com/winter-five-senses-walk/>

Hoping to eat healthier in the New Year? Check out this article to learn about setting "SMART" healthy goals for yourself in 2021. <https://www.unlockfood.ca/en/Articles/Weight-Loss/10-SMART%E2%80%9D-healthy-eating-goals.aspx>

"STEM" activities involve science, technology, engineering, and mathematics. Check out this link, provided by our EarlyON Educators, for a variety of activities that combine STEM with outdoor winter activities. <https://activeforlife.com/active-stem-games-winter/>

At this time of year, we often focus on setting new goals for ourselves and our families. Why not involve your children in this process through this fun creative activity? Check out: <https://www.cbc.ca/parents/play/view/new-years-craft-activity-painted-goal-jar>

Pathstone Mental Health provides support and services for children, youth, and their families. For information about their ongoing services available during this lockdown period, visit <https://pathstonementalhealth.ca/coronaviruscovid19/>

Legos is a staple in a lot of families' toy cupboards. It is horrible to step on, but what other toy can be built into an infinite number of designs, taken apart, and constructed into a whole new structure? But what if Legos wasn't just a toy that kids sat at the table to play with? What if Legos could be used in games and activities that get kids moving? Check out <https://activeforlife.com/10-active-games-lego/> and keep an eye on those little pieces.



## Resource Summary Continued

Learning to manage emotions and behaviours are a key part in child development. To help support your child in this learning, check out this article with fun activities to help foster self regulation. <https://www.todayparent.com/family/activities/simple-games-that-teach-your-kid-self-regulation/>

COVID-19 has forced Canadian families into isolation at home, and it is extremely important for everyone's health that we do this. However, it's also important that we stay physically active during this stressful time. It's essential for the physical, mental, and emotional health of parents and children alike. Here are a few simple games with sock balls that kids can play indoors with limited space and "equipment" – including single player games kids can even enjoy when a parent or sibling is unable to join them. <https://activeforlife.com/6-active-games-kids-can-play-with-a-pair-of-socks/>

The experts at Sunnybrook Hospital in Toronto provide many resources designed to help individuals and families through the COVID19 pandemic. For information and tips about coping, eating well, calming your thoughts and so much more, visit <https://health.sunnybrook.ca/>

Is your child getting enough sleep? If not, what can you do about it? Check out this article to learn more. <https://www.cbc.ca/parents/learning/view/how-to-sleep-better-kids-parents>

Check out this helpful article that describes how to help your preschooler develop the pre-writing skills that support printing through a variety of play experiences. <https://www.todayparent.com/kids/preschool/handwriting-skills/>

While children do need time to play alone and with other children without adult intervention, research shows that playtime with parents is also important. Here are some ways to have fun with your child at every age. <https://www.todayparent.com/family/family-life/how-to-play-with-your-kid/>

Siblings are bound to disagree sometimes. The experts at Strong Minds Strong Kids offer ideas for parents to help understand and address normal sibling conflict. <https://strongmindsstrongkids.org/Public/Canada-Life/A-Working-Parents-Guide-to-Sibling-Conflict-Nov-2020.aspx>

### **EarlyON Videos:**

Winter Outdoor Activities with Karen - <https://youtu.be/aEVbEKxvpDs>