



## Resource Summary January 11 to 18, 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!**

Looking for information on social and community supports? 211 works closely with community agencies to provide up-to-date programming and resource information.

Visit <https://niagara.cioc.ca/>

When your child is babbling, they are often trying to tell you something. Even if you don't know what your child wants to say, there are ways to respond so they feel their communication is meaningful. Check out this brief article for some helpful tips.

<https://www.aboutkidshealth.ca/Article?contentid=3895&language=English>

Going for walks is an excellent time to talk about math with your child. Spark your child's curiosity by noticing numbers, shapes, and sizes of things when you are out and about. Check out this link for some ideas to get you started. <https://earlymath.erikson.edu/were-going-on-a-math-walk-were-going-to-find-some-math-talk/>

Does your child like to paint? Check out this link for some ideas to inspire you and your child to create your own unique artwork. <https://www.kidsartncraft.com/hand-and-footprint-craft-ideas-for-kids/>

Run, jump, swing, glide. When it comes to physical literacy, these essential skills open a lifetime of fun and activities. And to make the most of an active lifestyle, it is important to become proficient in these movement skills in every season, in all sorts of weather and environments. Read more at <https://activeforlife.com/recipe-for-an-active-year/>

Keeping a journal can be a beneficial self-care practice for children, youth, and adults. There is no right or wrong approach. The simple act of taking the time to get in touch with your mind, body, and spirit is what is truly important. Here Kids Help Phone offers suggestions to incorporate journaling as a tool to boost your mood, process difficult emotions and notice the good in everyday life. <https://kidshelpphone.ca/get-info/how-to-start-journaling-today/>

Check out this article for tips to understand your own parenting triggers and how you can respond effectively to support your child.

<https://www.todayparent.com/family/parenting/parenting-triggers/>



## Resource Summary Continued

Parenting comes with mistakes and missteps. What makes a parent great is recognizing when things have not gone right and responding with love to repair the relationship.

<https://www.zerotothree.org/resources/2468-positive-parenting-and-the-seven-essential-life-skills-for-children>

Let's dance! The Canada's National Ballet School website has free creative movement activities for children of all ages. These activities and dances support physical literacy and are so much fun to do at home! Check it the videos and get moving! <https://www.nbs-enb.ca/en/community-dance/bring-dance-into-your-home/kids>

Navigating #OnlineSafety can be confusing. <https://protectkidsonline.ca/app/en/> arms parents with the info they need to help keep their kids safe online.

If you are expecting a baby, or have a newborn in the house, this is for you! Check out this site for an overview of all the important paperwork and identification that you can complete on-line for your precious little one. <https://www.ontario.ca/page/register-birth-new-baby>

Check out this great activity that involves colour and letter recognition, fine motor skills and more! With step-by-step instructions and a video, it's easy and fun to try this at home with child. <https://7daysofplay.com/alphabet-painting-activity/>

Sharing this link from the Centre for Child Protection.

Bringing buddies everywhere you go is a simple and practical safety rule to teach your kids, starting at any age! Read along with Baxter Bunny's video storybook and make the learning fun. <https://protectchildren.ca/en/video-storybooks/baxter-bunny-brings-his-buddies/>

### **EarlyON Videos:**

DIY Sensory Board with Kristin - <https://youtu.be/l3yDwieORE4>

Yoga with Celine - <https://youtu.be/5OB4mLn2YFU>

At Home Activities for Infants with Kristin - <https://youtu.be/01kDKQ4m0WA>