



Resource Summary February 12 – 19, 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 of infants often ask our EarlyON Educators questions about baby sign language. Check out this article for information and some videos to demonstrate some simple signs.

<https://www.todayparent.com/baby/baby-development/baby-sign-language-first-signs/>

Are you prepared for Valentine's Day? Check out this link for 12 different valentine crafts you can make with your child to celebrate love and friendship.

<https://www.goodhousekeeping.com/holidays/valentines-day-ideas/g35217203/handprint-valentines-crafts/?slide=11>

It's Valentine's Day – a day to celebrate love and friendships. Here is a list of some children's literature that focuses on friendship that you can enjoy with your child.

<https://www.pbs.org/parents/thrive/childrens-books-for-building-friendships>

What better way to enjoy Family Day than to curl up with your child and enjoy some wonderful storybooks together! The St. Catharines Public Library has a great program to encourage children to read 1 000 books before kindergarten. Read all about it and other programs for children at <https://www.myscpl.ca/kids/59-1000-books>

Today many people will follow their traditions and celebrate Pancake (Shrove) Tuesday. Whether you enjoy your pancakes for breakfast, lunch or for dinner, here is a great recipe that your children can help with. Do not forget the yummy toppings!

<https://dairyfarmersofcanada.ca/en/canadian-goodness/recipes/farm-favourite-oatmeal-pancakes>

There are so many opportunities for children to learn and develop their communication skills through everyday conversations with parents and caregivers. For tips on making the most of these conversations, check out this article <https://www.naeyc.org/our-work/families/ideas-spark-rich-conversations-with-children>

Winter is a great time to explore simple science concepts with your child. Check out this link where you will find 20 different experiments that you and your child can try together at home.

<https://lemonlimeadventures.com/must-try-winter-science-experiments-for-kids/>



Resource Summary Continued

Snow! It's basically winter's sand. You can roll in it. You can build with it. And you do not want it in your home. Kids love to play in fresh snow. Do they want to build a snowman? Of course, they do! But there are so many other activities your kids can do to have fun and keep moving once winter comes along. <https://activeforlife.com/active-games-to-play-snow/>

Not sure what toys to buy for babies and toddlers? Here is how to choose toys that will spark your little one's imagination and stand the test of time.
<https://www.zerotothree.org/resources/2985-best-toys-for-babies-toddlers>

Are you expecting a baby, or have you just recently become a new parent? This free resource covers many important topics of interest from birth and the first six weeks.
<https://resources.beststart.org/product/your-guide-to-postpartum/>

During the winter months, it's tempting to hibernate inside, even when we know outdoor fun and fresh air are just what we need. You can overcome some of the common roadblocks to getting outside with these simple tips and strategies. <https://activeforlife.com/5-common-roadblocks-winter-play/>

Fine motors skills (using the muscles in your hands, fingers and wrists) are essential for young children. For some fun activities that can help your toddler and preschooler to develop these skills, check out this article <https://www.cbc.ca/parents/play/view/10-activities-to-help-build-fine-motor-skills>

An important part of our role as parents is to help children learn how to make positive choices. In this article, parents are given ideas about how to establish helpful boundaries with their children. <https://dadcentral.ca/setting-loving-boundaries-to-help-your-kids-make-positive-choices/>

EarlyON Videos:

Bubble Play with Babies with Jessi - <https://youtu.be/k5Tj-Tx6Cvk>

Natural Sun Catchers with Lori - <https://youtu.be/SVIDypYrzy0>

Sensory Bottles with Lori - https://youtu.be/q_TLjMXrV1Q