



## Resource Summary February 20 – March 5, 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!**

In our work with young children, we provide interesting materials and creative experiences to inspire unique artwork. Check out this article that explains the idea of process art and why it's beneficial for children of all ages. Plus, find some easy process art activities to help get you started! <https://littlebinsforlittlehands.com/process-art/>

Parents and caregivers have an important role in helping young children deal with their big emotions and interact positively with their peers. This article provides an overview of bullying behaviour in young children and ways that parents can help. <https://www.prevnet.ca/bullying/parents/parents-of-pre-school-children>

Today is Pink Shirt Day – a day where we are invited to focus on the issue of bullying and support steps to reduce bullying behaviours. Check out this link for detailed information about what to watch for, what you can do and where you can go to get help if your child is being bullied at school. <https://www.ontario.ca/page/bullying-we-can-all-help-stop-it>

Foster your child's curiosity and understanding of the great outdoors by visiting the Canadian Museum of Nature site. With games, resources, outdoor activities and more, you will find lots here to explore with your child. <https://nature.ca/en/explore-nature/blogs-videos-more>

Live music, from your living room! If your little ones like to jam, check out these musical instruments that you and your children can make at home using some basic supplies and recyclables. [https://www.cbc.ca/parents/play/view/activity\\_musical\\_instruments](https://www.cbc.ca/parents/play/view/activity_musical_instruments)

Playing with coloured ice cubes in the snow provides lots of pretend play opportunity for preschoolers. Just freeze a few trays of coloured ice cubes, and the next day your kids can enjoy a morning of colourful outdoor ice play in your backyard. Older kids can use them to build coloured ice sculptures. <https://happyhooligans.ca/coloured-ice-cubes/>

The new World Health Organization guidelines on physical activity and sedentary behaviour recommend at least 2.5 to 5 hours of moderate vigorous activity per week for all adults and an average of 60 minutes per day for children and adolescents. Active for Life offers easy ways for adults to add more activity into their day. <https://activeforlife.com/tips-for-being-active-every-day/>



## Resource Summary Continued

Morning routines are just as important as bedtime routines. Here are some simple things you can do in the morning to create a calming routine filled with connection and more cooperation. <https://www.pbs.org/parents/thrive/10-ideas-for-a-calming-morning-routine>

The Niagara Folk Arts Multicultural Centre now offers a Newcomer Mental Health Support program that provides mental health support to newcomers in Niagara who are experiencing language and other social barriers to accessing mainstream mental health services. For more information, visit <https://www.folk-arts.ca/programs/mental-health/>

Whether you're looking for games to build your baby's language skills, or games to keep the young ones busy, here are some great play ideas for your infant. <https://www.zerotothree.org/resources/164-play-activities-for-birth-to-12-months>

We understand that parents and caregivers are often short on time and unable to sign up for workshops or seminars. The experts at Strong Minds Strong Kids have an impressive collection of recorded webinars available on their website on important topics related to children and youth including: the benefits of nature for children, parenting in a pandemic, resilience, attachment and bonding, anxiety, connecting through play and more. Check out all the options at: <https://strongmindsstrongkids.org/Public/Resources/Archived-Webinar-Recordings.aspx>

Play is serious business for young children. Check out this link to learn about how children learn through play at various ages, and the toys that entertain and help children understand our world, learn emotional and social skills, and stimulate a developing brain. <https://kidshealth.org/en/parents/smart-toys.html>

Learning to like a new food takes time, patience and repeated exposure. Read on to discover a few strategies to increase your child's confidence when trying new foods. <https://www.cbc.ca/parents/learning/view/5-ways-to-get-your-kids-to-eat-new-foods>

### **EarlyON Videos:**

Bubble Painting with Kristin – <https://youtu.be/hABLpgoMF5g>

Peanut Butter Balls with Lori - <https://youtu.be/0Q1k8vBNU78>