



## Resource Summary January 19 to 25, 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!**

Singing to your baby has long lasting benefits on their brain development. Here are ten ways babies learn when we sing to them. <https://www.naeyc.org/our-work/families/10-ways-babies-learn-sing-to-them>

Learning math promotes working memory, improves attention, and increases other basic cognitive skills. If you have a preschooler at home, check out these playful math activities that can set a strong foundation for success in kindergarten. <https://www.parents.com/kids/education/math-and-science/10-playful-math-activities/>

Educators and child and youth leaders at the YMCA have posted a wide selection of videos sharing activities and crafts for children up to age 12. Check it out at: [https://www.youtube.com/playlist?list=PLA2C6WTfk7jW-J6G1bAkg\\_T6M3Vu1T02p](https://www.youtube.com/playlist?list=PLA2C6WTfk7jW-J6G1bAkg_T6M3Vu1T02p)

Research shows that you have an important role in supporting your child's early years and this can happen through play! Play & Learn provides a variety of expert-reviewed activities that support growth in kids from 1.5 – 6 years old. <https://playandlearn.healthhq.ca/en>

This two-ingredient cloud dough is great for exploring textures, building and shaping. Mix conditioner and cornstarch together and within seconds you'll have fun, light cloud dough to play with! <https://www.himama.com/daycare-activities/cloud-dough>

Life can get very busy without adding the stress of the daily "what's for dinner" question. The good news is you can eat fast, healthy and delicious meals with a little planning. Read on for some fast and kid friendly dinner ideas and tips to save you time. <https://www.unlockfood.ca/en/Articles/Childrens-Nutrition/Cooking-and-Meal-Planning/Fast-and-Kid-Friendly-Dinners-for-Busy-Parents.aspx>

Not only is this spaghetti pull game a lot of fun, but it will help your toddler's brain grow and develop too. <https://7daysofplay.com/toddler-fine-motor-skills-spaghetti-pull/>



## Resource Summary Continued

Make a splash and learn some math! Bath time is perfect for exploring math with your young child. Not only do you have each other's full attention, but the learning can be hands on, playful, and messy. <https://www.naeyc.org/our-work/families/math-in-bath>

Dads - Are you looking to explore important parenting topics in a relaxed setting, enhance your confidence as a dad and/or access additional resources to guide you in your parenting journey? Take a look at these free one-hour webinars from Dad Central. <https://dadcentral.ca/free-webinars-for-dads/>

Do you know how to recognize frostbite? How can you protect your young child in the cold? The answers to these questions and more can be found in this article. Check out <https://www.caringforkids.cps.ca/handouts/safety-and-injury-prevention/frostbite>

ABC Life Literacy offers you free access to online learning resources. Once you visit our HSBC Family Literacy First website and create an account, you'll unlock dozens of activities that you and your children can do at home. These activities can be accessed in multiple languages and are geared for all age groups. <https://familyliteracyfirst.ca/about/>

Family Literacy Day is nearly here! Your local public library has amazing literature, resources and child-friendly activities to support your family, even during the lockdown. Check out <https://www.myscpl.ca/index.php> for St. Catharines and <http://www.thoroldpubliclibrary.ca/> for Thorold.

### **EarlyON Videos:**

#### EarlyON Healthy Breakfast Idea

Karen, an EarlyON program facilitator shares a quick, healthy and family-friendly recipe for overnight oats. Your child can help make this tasty treat at home. <https://youtu.be/DcS9Of088XU>

#### EarlyON - Jump!

Celine, an EarlyON program facilitator provides a simple jumping game that can take place inside or out. Parents are reminded to ensure the play and jumping environment is safe from all hazards. [https://youtu.be/13H\\_QK3PZQc](https://youtu.be/13H_QK3PZQc)