



Resource Summary January 25 – February 2, 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!

Language and literacy, while two different skills, build on one another in important ways. Learn how you can begin to help your child develop their language and literacy skills at an early age. <https://www.zerotothree.org/resources/1285-supporting-language-and-literacy-skills-from-12-24-months>

As Bell Let's Talk Day is tomorrow, we'd like to draw your attention to all the many resources available to support the mental health and well-being of you, your children, your family and friends. Click here for links to important tools and organizations who can help. <https://letstalk.bell.ca/en/get-help>

Small actions from recognizing stressors, to being there for a loved one can help support mental health and strengthen our communities during this difficult time. Below you will find helpful information and tips developed by the [Canadian Psychological Association](#) about how you can help yourself, your friends, and your family cope with stress and look after their mental health. <https://letstalk.bell.ca/en/ways-to-help>

Your mental health is affected by numerous factors from your daily life, including the stress of balancing work with your health and relationships. Here you will find resources to help you stay mentally fit and healthy. <https://niagara.cmha.ca/document-category/mental-health/>

Recognizing that this winter may be a difficult time for a lot of families across the province, especially those whose children have mental illness, Children's Mental Health Ontario has rounded up some expert tips to help you through the season. <http://cmho.org/take-on-winter/>

Words are powerful and we may not always recognize the implications our words can have on our children. No one is perfect, yet we can strive to choose to use our words carefully and in honest, loving ways. Read on for some concrete tips for ensuring our conversations with children are positive and meaningful. <https://www.naeyc.org/our-work/families/using-words-powerful-ways>

Self-care is not selfish, it's a basic need of being human! By teaching your child simple acts of self-care and including nurturing routines into your family life, you can show that taking care of themselves, and each other, is important. <https://www.pbs.org/parents/thrive/simple-self-care-habits-for-kids>



Resource Summary Continued

It is never too early to promote a healthy body image and positive self-esteem. Here are some tips that promote a healthy body image in your kids from a young age.

<https://www.unlockfood.ca/en/Articles/Adolescents-teenagers/How-to-Raise-Kids-with-a-Healthy-Body-Image.aspx>

Some days it is simply too cold to go outside to enjoy the snow. So, bring the snow inside! Try one of these fun activities for kids to play with snow indoors.

<https://www.cbc.ca/parents/play/view/7-fun-ways-to-play-with-snow-indoors>

Books are a useful tool in teaching your child about different celebrations around the world. Here are six books to celebrate Lunar New Year (Friday, Feb. 12th).

<https://www.cbc.ca/parents/learning/view/6-beautiful-kids-books-to-celebrate-lunar-new-year>

This is a simple rainbow sprinkle sensory bag is perfect for early learners practicing their writing skills. <https://activelittles.com/simple-sprinkle-sensory-bag/>

Tomorrow is Groundhog Day, the perfect time to learn about light and shadows. Take a look at these suggestions from Scholastic. <https://www.scholastic.com/teachers/blog-posts/scholasticcom-editors/2018-2019/5-stem-activities-groundhog-day/>

When will it be spring? Can this little rodent help us? Here are some craft ideas you can do with your children to celebrate Groundhog Day at home.

<https://www.easypeasyandfun.com/groundhog-day-crafts-for-kids/>

EarlyON Videos:

Painting in the Snow with Kristin - <https://youtu.be/JCRGRdGqIME>

Cooking with Your Child with Karen - <https://youtu.be/INDqfsp5zY8>

That's a Wrap! With Lori - <https://youtu.be/goultvCO4w>