



## Resource Summary

### March 6 - 12, 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!**

Burnout happens to the best of us—especially in job with no holidays or vacations and LOTS of overtime. So how can you cut down on stress? Zero to Three offers some suggestions to cut down on parenting stressors. <https://www.zerotothree.org/resources/3666-putting-parent-burnout-to-bed>

We all want the best for our children and providing adequate physical activity and sufficient sleep are two important contributors to their healthy development. Check out the *Canadian 24-Hour Movement Guidelines for the Early Years* to learn about the age-specific recommendations. <https://www.participation.com/en-ca/benefits-and-guidelines/early-years-0-to-4>

If you are looking for a simple and fun activity to do with your toddler, why not try this DIY fishing game made from some inexpensive, and easy to find materials? <https://7daysofplay.com/fishing-game-for-toddlers-preschoolers/>

Does your little one enjoy songs and finger plays? The YMCA has posted a variety of fun videos with engaging songs for young children. Join your child in song by visiting: <https://www.youtube.com/playlist?list=PLA2C6WTfk7jWEMwfJCLPSsPXNmJi2KDsP>

Children with busy minds often have trouble getting to sleep. This article offers tips to promote good sleep habits and help your child to rest both body and mind. To learn more visit: <https://www.cbc.ca/parents/learning/view/active-minds-restless-sleep-an-experts-advice-for-making-bedtime-sleep-time>

Feeling like you've run out of indoor play ideas for your toddler? Why not make an obstacle course! Rearrange chairs for your little one to crawl under, place cushions on the ground to serve as steps, and use cardboard boxes as tunnels. With a little creativity, you can transform your living room into a fun, active play space. [https://activeforlife.com/activity/toddler-obstacle-course\\_62/](https://activeforlife.com/activity/toddler-obstacle-course_62/)

Are you looking for fun, hands-on ways to help your kids learn the letters of the alphabet? This alphabet parking lot literacy activity is so engaging your kids won't even realize they're learning! <https://www.pre-kpages.com/abc-parking-lot-letter-activity/>



## Resource Summary Continued

Parents, guardians and caregivers: for information and short videos about important parenting topics like resilience, motivation, play, sleep, anxiety, managing expectations and more, check out <https://rootsofempathy.org/covid-19-resources/> where educator, author and parenting expert Mary Gordon offers valuable tips and strategies.

Many young children enjoy painting, so why not try to make some non-toxic paint together at home? Click on the link for 10 easy homemade paint recipes and the watch as your child experiments and creates some unique masterpieces. <https://littlebinsforlittlehands.com/how-to-make-paint/>

It's never too early to nurture your baby's early literacy skills. In this article you'll find milestones related to early literacy skills and tips to help your little one learn and thrive. [https://www.caringforkids.cps.ca/handouts/pregnancy-and-babies/read\\_speak\\_sing\\_to\\_your\\_baby](https://www.caringforkids.cps.ca/handouts/pregnancy-and-babies/read_speak_sing_to_your_baby)

It's nearly St Patrick's Day! Check out this link for a variety of activities are perfect for engaging young minds and encouraging a love of science! <https://littlebinsforlittlehands.com/st-patricks-day-activities/>

Is your child afraid of needles? There are specific things parents can do to reduce children's distress from vaccinations or other medical procedures. Learn more at <https://www.cbc.ca/parents/learning/view/how-parents-can-help-kids-during-needles-and-painful-procedures>

### **EarlyON Videos:**

Animal Tracks - Get outside with Kristin, an EarlyON program facilitator as she investigates some animal tracks in her back yard. Perhaps you and your child can find and identify some tracks together near your home using an animal track guide such as the one found here. [https://www.oyccweb.com/uploads/2/6/4/4/26442920/animal\\_track\\_id\\_guide.pdf](https://www.oyccweb.com/uploads/2/6/4/4/26442920/animal_track_id_guide.pdf)

EarlyON: Join Us Virtually! <https://youtu.be/KfybtxTZ8d8>