



Resource Summary April 20 - 29, 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!

Here's a timely article for our families with school aged children who have resumed virtual learning this week. Check out these tips to help you and your child cope with online learning struggles. <https://www.pbs.org/parents/thrive/help-your-child-handle-a-virtual-learning-meltdown>

It's Earth Day! Check out this list of books to share with your child and discuss Earth Day. Perhaps you can borrow them from your local library. <https://www.pre-kpages.com/books-for-earth-day-for-preschoolers/>

Are you a parent, guardian or caregiver of a 2- or 3-year-old? Visit this link to find an extensive list of sensory, quiet, active, language and brain building play ideas that you can enjoy with your young child. <https://www.zerotothree.org/resources/169-play-activities-for-24-to-36-months>

Even now our lives can feel very busy, and it is sometimes hard to carve out some one-to-one quality time with your child. Here are some ideas to help. <https://www.cbc.ca/parents/learning/view/how-to-create-quality-time-with-your-kids-when-there-is-so-little-time>

Babies love to look at the human face and this is one of their first learning opportunities. Check out this link for ways to explore mirrors safely with baby. <https://www.himama.com/daycare-activities/baby-mirror-activity>

Even though your child may be toilet trained, he or she still may need your help. Read on for suggestions to help support your child develop bathroom independence. <https://www.todayparent.com/family/parenting/bathroom-independence-for-kids/>

Young children are so curious and love to participate in hands on learning. Check out this collection of 50 simple science experiments that you and your child can explore at home using common household supplies. <https://handsonaswegrow.com/50-simple-science-experiments/>

If you or a member of your family is struggling with anxiety, you are not alone. Anxiety Canada offers free digital resources, recorded webinars and tools that teach children, youth, and adults about anxiety and how to cope. Find out more at <https://www.anxietycanada.com/>



Resource Summary Continued

Looking to keep your children busy while staying home but have limited craft supplies? These crafts use toilet paper rolls or other cardboard tubes to create fun, simple crafts.

<https://www.notimeforflashcards.com/2020/03/toilet-paper-roll-crafts.html>

Curiosity motivates your little one to explore, learn, and grow. Here are some examples of how to motivate your child through curiosity in typical day to day situations.

<https://www.pbs.org/parents/thrive/simple-ways-to-motivate-your-child-through-curiosity>

Helping your child develop scissor skills can be lots of fun. Try this activity alongside your child:

[Scissor Skills Practice Lion Craft - No Time For Flash Cards](#)

EarlyON Videos:

EarlyON Create A Stress Ball <https://youtu.be/eSyNEgg1jnE>

Celine, an EarlyON Program Facilitator demonstrates how you and your child might create stress balls at home using simple materials.

EarlyON Smoothies to Support Nutrition <https://youtu.be/Qy-dktMIKPI>

Jessi, an EarlyON Program Facilitator demonstrates a simple smoothie recipe that you can make with your toddler. Smoothies are a great way to include nutritious fruits and vegetables in your child's diet, and young children have fun helping with the process.

EarlyON Songs with Sign Language #1 <https://youtu.be/pmAXxQeRxt0>

Karen, an EarlyON Program Facilitator sings a traditional early childhood song with sign language.

EarlyON Webinars

Strong Dads Strong Kids webinar #1: The Role of a Super Dad

https://www.youtube.com/watch?v=JpN7tlnPi4U&ab_channel=YMCAofNiagara%26Oakville

Strong Dads Strong Kids webinar #2: Watch Me Grow - Child Development

https://www.youtube.com/watch?v=JpN7tlnPi4U&ab_channel=YMCAofNiagara%26Oakville

Strong Dads Strong Kids webinar #3: Communication

https://www.youtube.com/watch?v=JpN7tlnPi4U&ab_channel=YMCAofNiagara%26Oakville