



Resource Summary April 30 – May 6, 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!

If the weather outside is still a bit too cold for planting, why not try to create an indoor terrarium with your child? For step-by-step instructions, and a helpful video, visit [How to make a DIY mason jar terrarium \(todaysparent.com\)](https://todaysparent.com/how-to-make-a-diy-mason-jar-terrarium/)

Here is a fun and easy way to support your toddler's physical development and hand-eye coordination. <https://playandlearn.healthhq.ca/en/toddlers/movement/roll-bounce-catch>

Your precious baby will go through many changes in the first year of life. For reliable information about your infant, visit the Baby Learning Hub at aboutkidshealth.ca. Here you can access information about your child's nutrition needs, how to support physical development, encourage communication, transition to other caregivers and much, much more. <https://www.aboutkidshealth.ca/yourbaby>

The Children & Nature Network has created a terrific list of nature activities that families can do together during a pandemic. For all ten ideas and to find your family's favourite, visit [10 Nature Activities to Help Get Your Family Through the Coronavirus Pandemic - Children and Nature Network](#)

By the time your baby reaches six months, odds are good that you've already spent a lot of time singing and making silly noises (and faces) with them. At this point, introducing nursery rhymes and clapping and movement games will foster even more bonding, as well as language and muscle development. Keep your baby moving and clapping with these song and game ideas. <https://activeforlife.com/17-games-songs-for-baby/>

Your child's social and emotional development is critically important. Caring adults can help children develop self-awareness of their emotions and self-regulation skills to manage their feelings and behaviours. Here are some fun and easy ways to help your child learn, grow and thrive. <https://playandlearn.healthhq.ca/en/kindergarten/social-and-emotional>

This week the Canadian Mental Health Association celebrates Mental Health Week. Check out their website for resources and supports. [Info & Articles - Canadian Mental Health Association \(mentalhealthweek.ca\)](https://www.mentalhealthweek.ca/info-and-articles/)



Resource Summary Continued

This Mother's Day, give Mom something you made with your own hands, with these fun and crafty DIY gift ideas <https://www.thebestideasforkids.com/20-mothers-day-crafts-for-preschoolers/>

Children will love this snack recipe because they can use their favourite fruit and their imagination! <https://www.unlockfood.ca/en/Articles/Child-Toddler-Nutrition/Super-Fruit-Face.aspx>

If your outdoor play space is a few squares of sidewalk, your kids can still have some amazing creative and active play. The ideas listed here all encourage movement and are fun ways to bond and spend time together. <https://activeforlife.com/sidewalk-games/>

Mother's Day is just around the corner. Here are some ideas to make some very personal, unique cards for that special mom, grandma, or aunt in your child's life.

[11 Cute Mother's Day Cards That Kids Can Make | Parents](#)

All of us need a little help some time. For free, confidential, mental health and substance use support available 24/7, check out Wellness Together Canada. Access live counselling by phone or text, or explore information for children, youth, and adults on topics like stress, strengthening relationships, coping with COVID, grief, anxiety and more. <https://wellnesstogether.ca/en-CA>

EarlyON Videos:

EarlyON Science - Lava Lamps <https://youtu.be/AzJgzpxENgQ>

Kristin, an EarlyON Program Facilitator explores some simple science concepts while showing how to create lava lamps at home. Try this together with your child as adult assistance is required.

EarlyON Songs with Sign Language #2 <https://youtu.be/gtHrPGTFt4o>

Karen, an EarlyON Program Facilitator is back again to sing another traditional early childhood song with sign language.

EarlyON Webinars:

Strong Dads Strong Kids: Emotions and Emotional Health

https://www.youtube.com/watch?v=EMSZfHV5604&ab_channel=YMCAofNiagara%26Oakville