



Resource Summary April 4 - 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!

If you are short on prep time but want some fun activities to enjoy with your toddler, check out this link for some fun and practical ideas. <https://handsonaswegrow.com/no-setup-toddler-activities/>

The St. Catharines Public Library is hosting free Tax Clinics. To learn more and to register, visit: <https://www.myscpl.ca/community/tax-clinics>

The Public Health Agency of Canada has released a new guide for healthy pregnancy. Click on the link to access all the new resources including some COVID specific information. <https://www.canada.ca/en/public-health/services/health-promotion/healthy-pregnancy/healthy-pregnancy-guide.html>

With a few simple materials, you and your child can create invisible ink and practice letter recognition with this fun invisible rain activity. <https://www.himama.com/daycare-activities/invisible-rain-letters>

Spring-like weather provides the perfect opportunity to bring active play to the outdoors. Here are some great ideas on creating an obstacle course outside with your child. <https://activeforlife.com/diy-obstacle-course/>

Are you struggling with infant or toddler sleep issues? Check out this article that can help explain common sleep problems and how you might address them. <https://www.zerotothree.org/resources/331-sleep-challenges-why-it-happens-what-to-do>

Take your family outside to enjoy the beauty of the Niagara Region. The St. Catharines Public Library and the Niagara Peninsula Conservation Area have partnered to provide passes to library cardholders. Learn more by visiting <https://www.myscpl.ca/30-scp/home/156-natureplus-passes>

"I'm bored". Given our current circumstances, perhaps you've been hearing this from your child. Check out this article for practical suggestions about how to respond and some activities that you can enjoy together. <https://www.cbc.ca/parents/play/view/10-things-to-say-when-your-kid-says-im-bored>



Resource Summary Continued

Does your preschooler like to be creative? Here are some craft ideas to get their imagination started. Hop on to it and try these frog-themed activities with your child.

<https://www.kidsartncraft.com/easy-frog-crafts-kids/>

Would you like to teach your child about Ramadan? Check out CBC Kids to learn more. <https://www.cbc.ca/kidscbc2/the-feed/ramadan-be-good-to-yourself-and-to-others>

Growing beans on cotton balls is a simple, visual way to teach children about seeds, plants and root systems. All you need for this easy activity is a glass jar or bottle, some cotton balls and a bean! <https://theimaginationtree.com/growing-beans-on-cotton-balls/>

Ramadan is the most important religious observance for Muslims around the world. Read on for a list of picture books about Ramadan & Eid-al-Fitr. <https://childrenslibrarylady.com/books-for-ramadan-eid/>

Is your infant showing signs of separation anxiety? This article explains this emotional milestone and how to address your little one's separation anxiety.

<https://www.todaysparent.com/baby/baby-development/separation-anxiety-in-babies/>

It's more important than ever to stay on track with your child's recommended immunizations. Check out this page where Niagara Region Public Health provides important information about children's vaccination schedules and more.

<https://www.niagararegion.ca/health/vaccinations/default.aspx>

EarlyON Videos:

EarlyON Mapping Adventures - <https://youtu.be/hcZTOREdnjs>

Celine, an EarlyON program facilitator shares an activity for parents and preschoolers to explore their environment and create simple maps.

EarlyON Lemon Volcanoes - <https://youtu.be/kjavri5gApw>

Carrie, an EarlyON program facilitator explains a fun science experiment that you can try at home with your child using a lemon, food colouring, baking soda and other materials found in your home.

EarlyON Blanket Forts - <https://youtu.be/siOYaN2FqrU>

Lori, an EarlyON program facilitator and her assistant explain how fort making can be fun but also a wonderful learning opportunity for children.