



Resource Summary March 13 - 22, 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!

Play is essential to a child's well being and development, and young children benefit when caring Dads (Moms, grandparents and caregivers too!) are involved in their play. To learn more visit <https://dadcentral.ca/the-importance-of-play/>

Are you ready for St. Patrick's Day? Check out this link to CBC Parents where you'll find several different recipes, crafts and activities that you can try with your child to celebrate this day. Visit <https://www.cbc.ca/parents/guide/tag/st.%20patrick's%20day>

Supporting healthy sibling relationships is very important. Check out these tips for building strong sibling bonds, starting in the early years. <https://www.zerotothree.org/resources/2725-raising-siblings-who-stick-together>

Active, outdoor play experiences are a critical component to children's physical and cognitive development. To learn more about how outdoor play differs from indoor play, and how you can create meaningful, fun outdoor activities for your child, visit <https://activeforlife.com/why-kids-need-outdoor-play/>

The experts at the Triple P – Positive Parenting Program have created a variety of resources and videos to help parents and caregivers cope and thrive during the pandemic. For tips and evidence-based strategies to support your family, visit <https://www.triplep-parenting.ca/ont-en/special-editions/positive-parenting-during-covid-19-canada/#!/why-a-special-edition>

Looking for fun, hands-on activities to help your child explore and learn about numbers? Check out this site and try these activities together. <https://www.kidsartncraft.com/activities-get-preschooler-started-numbers/>

Preschoolers are very busy and curious learners. There are many experiences that parents and caregivers can offer to support the development of important skills and habits. For math, literacy, and science activities to enjoy with your child visit: <https://www.pbs.org/parents/preschool-learning-at-home>



Resource Summary Continued

It's officially the first day of spring! Check out these simple ideas to celebrate this new and wonderful season. <https://www.pbs.org/parents/thrive/7-simple-springtime-outdoor-activities>

Parents want to provide their precious baby with everything they need to grow and thrive. There are many simple everyday activities that you can do to help stimulate your child's brain and support early brain development. Read more at <https://www.todaysparent.com/baby/baby-development/8-everyday-ways-to-boost-your-babys-brain/>

Springtime makes us think of budding trees, blossoms, chirping birds and flowers! Check out this link for a creative activity you can try with your child. [Dip Dye Doily Flowers - The Imagination Tree](#)

Eighteen months is a significant milestone in your child's life and a visit to your family physician or health care provider at this time is important. To help prepare for this visit, the Enhanced 18 Month Well-Baby Visit Planner is a free tool that has been created to help you identify and prioritize questions and concerns for your health care team. [18-Month Well-Baby Visit Planner - Home | Health HQ](#)
[18-Month Well-Baby Visit Planner - Home | Health HQ](#)

EarlyON Videos:

EarlyON Pencil Science Experiment

Jessi, an EarlyON program facilitator introduces some science concepts while she demonstrates how you and your child might carry out a science experiment using simple materials found at home. https://youtu.be/_4okKLEANk

EarlyON Lacing Activity with Yarn - https://youtu.be/o1x48_9qqXs

Celine, an EarlyON program facilitator shares a few fun activities that you may do with your child using yarn and other materials available in your home. These activities help to develop your young child's fine motor skills and hand eye coordination.

EarlyON Sharing -

https://www.youtube.com/watch?v=IlyA43UTf4Q&ab_channel=YMCAofNiagara%26Oakville

Sharing this great video again from Karen, our EarlyON Program Facilitator. Karen shares how parents can introduce simple math language and concepts to your young child through day-to-day activities.