



## Resource Summary March 23 – April 3, 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!**

Preschoolers are curious and enjoy using their imaginations to learn, explore their environment and solve problems. Playing games and activities related to your child's interests can help foster attention and problem solving. Give this activity a try with the preschooler in your life. <https://playandlearn.healthhq.ca/en/preschool/thinking-and-learning/whats-missing>

The sun is getting warmer, birds are singing, children are shedding their winter gear all over the backyard. Spring is in the air! Here are 39 free and easy activities you can do outside with your kids this spring. <https://activeforlife.com/39-ways-to-play-outside-in-spring/>

Our EarlyON educators are often asked about strategies to respond to typical toddler behaviours. This article provides helpful, practical tips for parents and caregivers. <https://www.todaysparent.com/family/discipline/toddler-discipline/>

A wet and rainy day like today is the perfect opportunity to enjoy some spring creative activities with your child. Check out this site for ideas. <https://theimaginationtree.com/15-spring-activities-for-kids/>

What does it mean to be an active family? Check out this site for practical activities and resources to enjoy together. <https://activeforlife.com/active-family/>

These Easter activities give toddlers an opportunity to explore their curiosity and creativity, as well as develop essential skills including fine motor skills, hand-eye coordination, numeracy, and literacy. Give them a try together with your little one! <https://www.notimeforflashcards.com/2014/03/easy-easter-activities-toddlers.html>

Physical activity comes naturally to kids. From skipping and hopping to wiggling and dancing, they start moving at a very young age. Encouraging your kids to move helps them develop their love of being active. And a key is knowing what kinds of activities are age-appropriate for your little ones. Check out this link for some ideas and activities. <https://activeforlife.com/guide-to-getting-your-kids-moving/>

Check out these fun and engaging Easter activities that promote basic skills and fine motor development. <https://littlebinsforlittlehands.com/preschool-easter-learning-games/>



## Resource Summary Continued

The weather this week reminds us that spring is here. For some great family-friendly ideas to enjoy some outdoor time together, check out this article.

<https://www.todaysparent.com/family/activities/50-fun-free-spring-activities/>

Children's Mental Health Ontario has created a resource hub for parents and caregivers with evidence-based information and tools to support the mental health of children, youth and families. Learn more at <https://cmho.org/familycarecentre/>

Discovering and talking about seasonal changes is a great learning experience for young children. Pull out a few storybooks that explore spring, summer, fall and winter and then try this creative activity together. We would love to see how it turns out for you!

<https://rhythmsofplay.com/diy-all-season-hand-and-fingerprint-tree/>

Science activities are amazing fun and excellent learning experiences. Why not try some of these Easter science activities with your little scientist? <https://littlebinsforlittlehands.com/easter-science-activities-kids/>

With just a small number of supplies from the dollar store, you and your toddler can enjoy the creative process together through a variety of craft and play activities.

<https://myboredtoddler.com/easter-ideas-for-toddlers/>

Reading together with your child is a wonderful way to strengthen your relationship and foster a love of literature and learning. Check out this article for an amazing set of book lists organized by topic and age group that will give you and your child (0-18 years) hours of pleasure. You may even find a few new favourites! <https://www.cbc.ca/parents/learning/view/nine-book-lists-titles-all-topics-kids-children-all-ages>

Parents of infants and toddlers - here are some simple and engaging fine motor skills activities to enjoy with your little ones that help to foster muscle strength, co-ordination, and concentration. Stay close by and watch how much fun they will have while learning! <https://theimaginationtree.com/fine-motor-skills-activities-babies/>

### **EarlyON Videos:**

EarlyON Grassheads -

Karen, an EarlyON program facilitator describes the steps and materials required to create "grassheads" with your child. This fun activity involves science, technology, engineering, art and math concepts. <https://www.youtube.com/watch?v=PkStT021lGo>