



## Resource Summary May 7 – May 18, 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!**

This Zen Garden sensory bin provides children with a calming and relaxing way to explore natural materials through play. <https://www.cbc.ca/parents/play/view/sensory-play-mini-zen-garden-for-kids>

Early math skills can be nurtured in fun, hands-on activities explored together by children and caring adults. Here you'll find games for your two- or three-year-old that focus on counting, computation, shapes, spatial awareness, measurement and patterns. Also available in Spanish. [Math4Littles | Early Math Activities for Two- and Three-Year-Olds • ZERO TO THREE](#)

Not all of us have 'green thumbs' so check out this brief article for ideas of what to plant to successfully garden with your child. <https://www.todaysparent.com/family/activities/best-plants-for-gardening-with-kids/>

How do you combine your child's love of crafts with their interest in the outdoors? Try creating some unique garden ornaments together for your backyard or garden. For 10 great ideas, visit <https://happyhooligans.ca/homemade-garden-ornaments-kids-make/>

Is there a toddler in your home? If you are searching for open ended activities to keep your curious child occupied and learning, try some of these ideas together. [5 Open-Ended, Child-Led Activities for Toddlers | Play | CBC Parents](#)

Our colleagues at the YMCA of Niagara are launching a new day camp option this year. Learn more at <https://ymcaofniagara.org/programs/day-camp/summer-camp/family/>

It's spring cleaning time; wouldn't it be nice to have some help? With some imagination and a keen eye for opportunity, the most basic house chores can become fun games for kids. Find out more at <https://activeforlife.com/clean-while-developing-skills/>

Baking is full of important math skills and with these easy ideas you can incorporate learning into cookies and cake! <https://www.naeyc.org/resources/blog/baking-math>

The Toronto Zoo and CAA have teamed up to present a weekly animal inspired bedtime story read by zoo staff every Thursday at 7pm. To learn more about upcoming readings and to view past readings visit [Toronto Zoo | Goodnight Zoo](#)



## Resource Summary Continued

Would your family enjoy an outdoor treasure hunt? Geocaching is a great outdoor physical activity where you work together to find geocaches hidden in your area. For general information about this activity, and about geocaches within the Niagara Parks, visit [Geocaching in Niagara Parks](#)

Is your child frightened in the dark? It's common for young children to confuse objects they see every day with the lights on as monsters or other scary things when it's dark. Check out this link for an activity to help your child understand that the objects don't change in the dark that we just see them differently when the lights are off. <https://www.pbs.org/parents/crafts-and-experiments/why-do-things-look-different-in-the-dark>

Bringing a new baby home is exciting but can also be a challenge. Baby blues, or a feeling of sadness after a new baby, is extremely common, and [one in five women develop postpartum depression or anxiety](#). Read on for some ways to care for yourself after your baby's arrival. <https://activeforlife.com/coping-strategies-baby-blues/>

### **EarlyON Videos:**

**Create Your Own Stickers** - <https://youtu.be/BD5kl2IG9sI>

Jessi, an EarlyON Program Facilitator explains how you and your child can make your own unique stickers at home.

**Apple Cookies** - <https://youtu.be/FwqHGg2AIP0>

Karen, an EarlyON Program Facilitator offers a simple recipe to make healthy apple "cookies" with your child. No baking required for this quick, tasty, and healthy snack.

**Painting Activity** - <https://youtu.be/lcPkP1K44r8>

Carrie, an EarlyON Program Facilitator demonstrates a creative painting activity using materials available at home. Help your child create their own unique stencil for a one-of-a-kind painting.

### **EarlyON Webinars:**

**Strong Dads Strong Kids - Discipline & Setting Limits:**

<https://www.youtube.com/watch?v=OWSgyxcNjdQ>