



Resource Summary May 19 - 25, 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!

Look no farther than your own yard for some of the materials for this creative activity! Take a nature hunt with your child to collect dandelions and then try this simple art activity afterwards. Each creation will be unique and It's a great way to explore color mixing.

<https://www.cbc.ca/parents/play/view/nature-craft-for-kids-dandelion-painting>

Are you expecting a baby? Do you have questions about the COVID vaccinations? Listen as one of our local physicians and leader at Niagara Health offers his recommendation.

<https://www.youtube.com/watch?v=2gKMvAg2mKI>

Here is a super easy and fun Victoria Day activity – creating fireworks with paint! For all the details, visit <https://www.learning4kids.net/2015/12/27/painting-fireworks/>

Parents and caregivers often worry if their children are getting enough healthy vegetables in their diet. For tips on how to successfully introduce veggies to your child, check out this article [This is how you get kids to eat vegetables \(todayparent.com\)](https://www.todayparent.com/this-is-how-you-get-kids-to-eat-vegetables)

Taking care of developing teeth is vitally important for your child's overall health. Niagara Region Public Health offers a wide variety of dental services ranging from Dental Clinics, live chats to answer questions, screening and free dental programs for children and youth. For more information, visit [Dental - Niagara Region, Ontario](https://www.niagararegion.ca/dental)

Birds are a favourite of many young children and looking and listening for birds is a great outdoor activity. Here's a simple and inexpensive craft to try at home, where children can explore a variety of materials and express themselves creatively.

https://www.cbc.ca/parents/play/view/play_date_idea_rocking_birdies

It's the long weekend! Though we're all staying close to home this year, your family can travel virtually to visit some famous Canadian locations. Check out this site for links to 5 virtual tours including the Parliament buildings, dinosaur museums, farms and more! [Click here](#)

Bike-riding is an easy and enjoyable way for kids to get active outdoors in the spring, summer, and fall. But, like any skill, [riding a bike properly](#) has to be learned. Here are five fun activities that can help build your child's skills and self-assurance around bike riding.

<https://activeforlife.com/activities-improve-bike-riding-skills/>



Resource Summary Continued

Fresh air and time in nature offer myriad superpower benefits: improving sleep quality, strengthening our immune systems ([dirt is good!](#)), lowering stress levels, and even [improving eyesight](#). If you're looking for some new ways to help your child connect with nature close to home, try these creative and explorative nature play activities with your family.

<https://activeforlife.com/20-nature-activities-for-kids/>

Here's an alternative way to safely create "fireworks" with your child to celebrate Victoria Day. This activity uses food coloring and other simple kitchen supplies.

<https://littlebinsforlittlehands.com/fireworks-in-a-jar/>

Baths aren't just a way to keep your babies clean, they're also a great place to kick, splash, and bond with their caregiver. Here are four ways you can make bath time more fun for your little one. <https://activeforlife.com/baby-bath-time-activities/>

On May 28th join Canada's National Ballet School for NBS Sharing Dance Day—an annual celebration of connecting communities, learning from Canadian artists and fostering a love of creative movement and artistic expression. Best of all, no dance experience is required! Children of all ages, abilities and aspirations can celebrate the joy of movement with their families and Canadians across the country. For details, visit <https://www.nbs-enb.ca/en/community-dance/nbs-sharing-dance-2021/nbs-sharing-dance-day>

EarlyON Videos:

Lightning Bug Craft - <https://youtu.be/ZXBPylIU0Ko>

Carrie, an EarlyON Program Facilitator outlines the steps and materials required to create a lightning bug using a variety of craft supplies.

Bubbles – <https://www.youtube.com/watch?v=EaFhvFbIK9c>

Karen, our EarlyON program facilitator, demonstrates how to make bubble mix and homemade wands for some summer fun at home.

EarlyON Webinars:

Strong Dads Strong Kids – Physical Health:

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