



## Resource Summary June 22 – 30, 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!**

Are you a new dad? Check out this article with practical ideas about connecting with your little one. <https://www.todaysparent.com/family/parenting/dad-struggling-to-bond-with-baby/>

Research shows that you have an important role in supporting your child's early development and this can happen through play! Play&Learn provides expert-reviewed activities focused on practicing skills in the areas of thinking and learning, social and emotional development, movement and language. Get playing at <https://playandlearn.healthhq.ca/>

Here is a simple activity that encourages physical skills (jumping) and practicing some letter recognition. <https://www.himama.com/daycare-activities/catch-a-star-game>

The decision to use a pacifier, or not, is up to you. Consider the do's and don'ts of giving your baby a pacifier, and how to help him or her break the habit. <https://www.caringforkids.cps.ca/handouts/pregnancy-and-babies/pacifiers>

Keep cool this summer with these easy and healthy watermelon pops. All you will need is watermelon, cookie cutters and skewers. <https://littlebinsforlittlehands.com/quick-and-easy-frozen-summer-watermelon-pops/>

Summer camp is magical. At camp, children rediscover their creative powers, become more self-confident, grow to be more independent, and get a chance to experience the power of play. Yet even if your kids aren't enrolled in a summer day camp, you can re-create some of that summer camp magic at home. Read on for details about Active for Life's free weekly "Day Camp At Home" activity plans (new ideas for games, activities, arts and crafts, book recommendations, and more.) <https://activeforlife.com/keep-kids-busy-with-active-for-lifes-summer-day-camp-at-home/>

These water-play activities will not only get your kid splashing around, but it'll also get them falling in love with swimming! <https://www.todaysparent.com/kids/teach-kids-swimming-with-five-fun-and-easy-games/>





## Resource Summary Continued

As Pride Month comes to a close, here is a list of children's related literature.

<http://redleafpressblog.org/2021/06/02/11-childrens-books-to-celebrate-pride-month/>

The arrival of a new baby can bring many changes to a family and all this change can be hard for older siblings to handle. Here are ways parents can prepare kids for an addition to the family. <https://kidshealth.org/en/parents/sibling-prep.html?WT.ac=p-ra#catpregnancy>

Check out this link to learn how to make some chalk spray paint to use at home this summer to support lots of outdoor fun. <https://theimaginationtree.com/diy-chalk-spray-paint-recipe/>

Parents play a very important role in getting kids moving and positively influencing them to participate in sport, and there's a lot we can do to help nurture their [love of being active](https://activeforlife.com/raise-kids-who-love-being-active/). Read on for some tips. <https://activeforlife.com/raise-kids-who-love-being-active/>

Make some handprint keepsakes using this simple, homemade sand clay recipe for long-lasting memories. <https://theimaginationtree.com/sand-clay-recipe-and-handprint-keepsakes/>

The heat is on! A water table is a great way for your child to cool off and work on fine motor skills while they're at it. All you need is a big rubber bin, some water and anything your child can scoop, pour, and squirt with. <https://activeforlife.com/diy-water-table/>

### **EarlyON Webinars:**

**Building Resilience** - <https://youtu.be/tXtaTpxdUq8>

In this webinar, Celine an EarlyON Program Facilitator reviews key elements of Best Start's "Building Resilience in Young Children" resource. For more information and free access to the complete resource, visit <https://resources.beststart.org/wp-content/uploads/2018/11/K35-E.pdf>

### **EarlyON Videos:**

**DIY Marble Mugs** - [https://youtu.be/4q9vtkg\\_3XQ](https://youtu.be/4q9vtkg_3XQ)

Lori, an EarlyON Program Facilitator demonstrates how you and your child can create beautiful decorative mugs and other items using a simple at home marbling technique.

**Five Minute Self Care Getaway** - [https://youtu.be/YICe\\_xH3W9g](https://youtu.be/YICe_xH3W9g)

Carrie, an EarlyON Program Facilitator and her assistant share some simple at home activities to enjoy together that foster self-care and connection.