



Resource Summary May 26 – June 2, 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!

Sensory play is very important for young children – and so much fun. To enhance their play experience, try making these recipe variations. <https://theimaginationtree.com/natural-fruit-play-dough-recipes/>

If you have a little one under 5 years old at home, then you've experienced what it's like to try to keep up with an energetic toddler or preschooler. But did you know that kids this age need three hours of [physical activity a day \[PDF\]](#)? For some creative ideas, check out this link. <https://activeforlife.com/49-fun-physical-activities-to-do-with-kids-aged-2-to-4/>

Learning how to tie shoelaces isn't easy, yet it's an important skill that builds toward your child's independence. This cardboard shoe-lacing board is a great way to teach your child, and allow them to practice the co-ordination, fine motor skills and persistence needed to tie their shoes. <https://www.cbc.ca/parents/play/view/homemade-shoe-tying-activity-craft>

Is your child fascinated by insects or fearful of them? When children are afraid of bugs, they may be hesitant to play outside and explore the natural world. Developing a better understanding of insects can help to make them less scary (for you too!). Check out this link for some ideas for helping your child learn about and appreciate these tiny creatures. <https://www.pbs.org/parents/thrive/helping-children-overcome-a-fear-of-bugs>

We hope you have been enjoying the recent warm and wonderful weather by getting outdoors with your child. How can you make your outdoor fun safer? Check out this link for tips and a video related to sun exposure, and how choosing the correct sunscreen and wearing proper clothing can help to protect your child's skin. <https://www.aboutkidshealth.ca/Article?contentid=308&language=English>

Are you pregnant or is there a new baby in your home? From pregnancy to parenthood, your mental health is linked to your baby's development. When you develop and practice healthy coping skills with support and practice, you have a greater capacity to foster connections with your baby through attuned caregiving and positive interactions. To learn more visit: https://www.imhpromotion.ca/Resources/Topic-Briefs/Brief_Maternal-Mental-Health-Fact-Sheet_AODA.aspx



Resource Summary Continued

New parents have many questions about their precious little babies. Dad Central has created a site for dads and by dads to provide key information about infant care and development. For videos and resources in both English and French, check out <https://www.newdadmanual.ca/index.php>

June 1 marks the first day of Pride Month! Pride is an annual, global series of events that celebrates people in our community who are two-spirit, lesbian, gay, bisexual, transgender, queer, questioning, intersex (2SLGBTQI+). Various events are held during this month as a way of recognising the influence and achievements of 2SLGBTQI+ people around the world. Due to current public health restrictions the traditional in person events have been cancelled but events, education sessions and discussions are taking place online. To learn more about Pride events happening in Niagara visit <https://www.prideniagara.com/>

This is a very easy math activity that lets children explore their bodies while developing their counting skills. Use this as an opportunity to talk more about concepts like sizes, amounts, filling and emptying. <https://www.himama.com/daycare-activities/fill-your-hands>

Painting is an excellent open-ended creative experience for young children. And when things can be messy (meaning more fun!) why not take it outside on a nice day? Check out this list of fun ways to keep your little artists busy. <https://www.todaysparent.com/family/crafts/crafts-painting-outside/>

EarlyON Videos:

Pizza Counting - <https://www.youtube.com/watch?v=URROXt0oLT4>

Kristin, one of our EarlyON Program Facilitators will explain how to create pizza and teach math skills at the same time.

Math Skills -

https://www.youtube.com/watch?v=llyA43UTf4Q&ab_channel=YMCAofNiagara%26OakvilleYMCAofNiagara%26Oakville

Karen, our EarlyON Program Facilitator demonstrates how parents and caregivers can incorporate simple math activities into daily life to support learning.

EarlyON Webinars:

Strong Dads Strong Kids webinar - Life Balance: <https://www.youtube.com/watch?v=lbZvL-AuL0>