

EARLYON NEWSLETTER

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UPDATES FROM US

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Hello wonderful EarlyON families!

We hope everyone is safe while staying happy and healthy at home. We understand it may be a stressful time right now but we will get through it together! We have created this newsletter for families in hopes to ease some stress and give ideas for parents with children to enjoy at home! Please stay tuned for future updates from us!

INFANT TIME

0 - 12 months

Adult supervision is STRONGLY advised while children explore all activities.

Easy sensory activities to do at home and can be saved for many days.

1. Homemade Cloud Dough: Provides a great hands-on sensory learning experience for babies.

How To:

Add 2 cups of flour to a large bowl.

Mix 1/4 cup of oil with 1 Tsp candy food colouring, stir.

Add the coloured oil to the flour; stir to combine.

Knead the dough with your hands to fully distribute colour and oil.



2. Mess-Free Sensory Bag: Allows children to explore, discover, and learn while engaging many of their senses.

How To:

Add the white foam shaving cream into a resealable bag.

Put in a few drops of food colouring.

To make sure the bag doesn't burst seal it with duct tape.

TODDLER TIME

13 - 24 months



2. **Cardboard Tunnel Tubes:** *A simple activity to create with your toddler.*

How To:

All you will need are cardboard tubes of any type (or newspaper and rolled into tubes). You can use small cars, pom poms or any other objects to drop and watch them come out at the end of the tunnel!

1. **D.I.Y. Discovery Bottles:** *Get creative while designing your own discovery bottles at home!*

How To:

Add collage materials (feathers, uncooked rice, dry pasta, collage pieces, etc.) into empty clear bottles.

Children can get creative with this step, add as little or as much as you would like.

If you have food colour, add a couple drops of the colour of your choice.

Next, add water. Do not fill the bottle to the top, this will allow for the water and the contents of the bottle to move around freely. Lastly, tape bottle closed with sturdy tape.

PRESCHOOL TIME

25+ months

1. **Indoor Scavenger Hunt:** *Create an indoor scavenger hunt with what you have at home and have children check these items off the list as they find them around the house. (You may simplify these items or choose more challenging items based on your child's level of comprehension)*

- 1. Something round
- 2. Something made of plastic
- 3. Something that starts with the letter 'M'
- 4. Something smaller than a paperclip
- 5. Something you can play with
- 6. Something only a grownup would use
- 7. Something you throw away
- 8. Something you can only use outdoors
- 9. Something with numbers displayed on it
- 10. Something that plugs into an outlet

Simplified

- 1. A cookie cutter
- 2. A winter hat
- 3. A cushion
- 4. A red crayon
- 5. A puzzle piece
- 6. Lego
- 7. Your favorite book
- 8. A coin
- 9. Something green
- 10. Something fluffy

2. **Recycled Materials Structure:** *Raid your recycling bins for supplies and try building eco-savvy structures with your children.*

Here are some fun ideas:





CIRCLE TIME

All Ages

Songs on YouTube: *Can be played in the background so children can sing and dance along. Parents can also get familiar with the songs beforehand and sing with their children!*

1. **Chicken Dance:** Active and fun song to dance along with children.
2. **Hot Potato:** Slow down and speed up the song for extra excitement.
3. **Hokey Pokey:** Sing and dance to this active song to get out some energy.
4. **Rock-a-Bye Your Bear:** Dance and sing along to this fun song.

Hand Washing Song (Tune: Row row row your boat)

This song makes hand washing routine enjoyable and it's also a very practical way of teaching children how to wash hands to stay healthy. (Note, you should be washing hands for at least 15 seconds)

Lyrics: Wash, wash, wash your hands, got to get them clean, rub and scrub, scrub and rub, dirt goes down the drain.

PARENT TIME

As a parent, self-care often slips to the bottom of the list and during this challenging time, when children are home and stress is running high, it's more important than ever. We need to take care of ourselves to take care of others.

Here are some tips:

1. **Prioritize healthy choices** by having a nutritious and healthy diet to improve your mood with food.
2. **Get enough sleep** (at least 7-8 hours, try to sleep when the babies nap).
3. **Exercise!** It is as good for our emotional health as it is for our physical health. Choose a home workout routine that works for you!

Remember, being kind to yourself will not only help you stay calm during this difficult time, but will also ensure that you have the energy and strength you need to take good care of your family.



TAKE CARE



OF YOURSELF

4. **Do at least one relaxing activity every day**, whether it's taking a long bath, watching your favourite show, listening to your favourite music or designating time to read or simply zone out after the kids have gone to bed.

GET THE FACTS

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority.



1. World Health Organization: Guidance and advice for the public.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

2. City of Toronto: Resources, phone numbers and additional advice for the public.

<https://www.toronto.ca/home/covid-19/>



ADDITIONAL RESOURCES

Anxiety Canada: Coping With Coronavirus (COVID-19)

"With COVID-19 having forced people around the world into self-isolation, anxiety for many people is at an all-time high. Get the facts on anxiety and learn about proven coping strategies from an international panel of anxiety experts."

www.anxietycanada.com/covid-19/

www.anxietycanada.com/articles/talking-to-kids-about-covid-19/



Our EarlyON staff are reachable by email and phone for support.

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In case of emergency, call 911 or contact Toronto Public Health (416-338-7600)