



# EARLYON NEWSLETTER

June 2020 Issue 10



## UPDATES FROM US

*Our Team: Lisa, Balbir, Marie, Cindy, Kiwon, Virgilia, Mais, Haley, Arani, Yannie, and Sophia.*

*Hello wonderful EarlyON families!  
We hope you find comfort after watching our positive message video! We hope you have been enjoying our YouTube Playlist so far! New videos will be uploaded each Monday! Please let us know by email if you have any comments or feedback about our videos!  
Please stay tuned for future updates from us!*

## INFANT TIME

### 0 - 12 months

*Simple and inexpensive activities to create at home.*

**1. Ball Drop Activity:** *Helps infants develop their hand eye coordination and their grasping skills.*

#### **How To:**

Get balls and an empty wipes container (wash and clean it to be void of all chemicals).

Cut out the part that cuts off the wipes as shown in the picture.

Hand that container and a bunch of balls to your infant and let him/her drop the balls in.



**Adult supervision is STRONGLY advised while children explore all activities. We highly discourage children from swallowing uncooked materials.**

**2. Finger Paint:** *Encourages infants to discover new textures and develop their fine motor skills.*

#### **How To:**

You will need four tablespoons of corn flour, 1 cup of boiling water, cold water and food colouring.

In a medium saucepan, mix the corn flour with enough cold water to make a paste. (Not too runny).

Pour in 1 cup of boiling water and stir thoroughly so there are no lumps.

Turn on medium heat on the stove and stir the mixture until it becomes a consistency of custard.

Spoon equal amounts into empty jars and add 3 drops of desired food colouring.

Store in the fridge covered with cling wrap.

Tip: If the mixture has hardened from being in the fridge, adding a little bit of boiling hot water or leaving the paint out for a few hours will return to its smooth consistency.

# TODDLER TIME

13 - 24 months



**Bubble Wrap Play:** *This is a great activity to explore your senses!*

**Materials:**

Bubble wrap

Toys (vehicles, people, rolling pin, etc)

**How To:**

All you will need for this activity is some bubble wrap and tape!

Tape your bubble wrap to a flat surface. Along with your child, find fun ways to make the bubbles pop!

You can walk, jump, stomp and even hop in it. To add another element of fun, you can even use toys on-top of the bubble wrap.

You can drive vehicles on it or use your animals and have them still around.

# PRESCHOOL TIME

25+ months

**1. Marble Painting:** *Create artistic and colourful paintings in 6 easy steps!*

**Materials:**

A box or a deep tray

Paint

Marbles

Paper

**How To:**

Cut the box short so that your preschooler can see inside it- or use a tray.

Place a paper inside the box.

Splatter some paint on the paper

Drop in a marble or two (Alternative: No marbles at home? No problem! Any small toy works).

Have your preschooler shake the box and move it around.

Take the paper out and let the paint dry.



**2. Magazine Collage**

Learn how to use scissors by cutting pictures out of a magazine together.

Later on, you can make a fun collage by gluing those pictures to a drawing!





# 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. If Animals Danced- Dance Song for Kids with actions! - Bounce Patrol - Kids Songs  
<https://youtu.be/3oePPeUbwSs>

2. The Dance Freeze Song, Freeze Dance - Scratch Garden  
[https://youtu.be/A1vdKfXIB\\_g](https://youtu.be/A1vdKfXIB_g)

This is such a simple exercise by Jbrary  
*This is such a simple exercise And it's going to make us strong x2*  
*Raise your \* right arm high And count one two three*  
*Bring your \*right arm down And count one two three*  
*This is such a simple exercise And it's going to make us strong x2*  
*This is such a simple exercise And it's going to make us strong*  
*\* left arm*  
*This is such a simple exercise And it's going to make us strong*  
*This is such a simple exercise And it's going to make us strong*  
*Lift your \* right leg high And count one two three*  
*Bring your \* right leg down And count one two three*  
*\*left leg*

# PARENT TIME

**COVID-19 PARENTING**  
**Parenting in crowded homes and communities**

Keeping your family healthy and safe from COVID-19 can feel even harder when you live in crowded conditions. There are things you can do to make this easier for your family.

Share the load	Exercise daily	Take a Pause
<ul style="list-style-type: none"> <li>Looking after children and other family members is difficult in cramped spaces, but it's much easier when responsibilities are shared</li> <li>Try to share household chores, childcare, and other tasks equally amongst family members</li> <li>Create a schedule for time "on" and time "off" with other adults in your household</li> <li>It is okay to ask for help when you are feeling tired or stressed so that you can take a break</li> </ul>	<ul style="list-style-type: none"> <li>Encourage children to think of activities they can do to exercise while avoiding contact with who do not live already in your immediate space</li> <li>Jumping activities, dancing or running in circles can be fun!</li> </ul>	<ul style="list-style-type: none"> <li>You might not have space to yourself to deal with all the stress and emotions you are feeling</li> <li>Notice when you are feeling stressed or upset and take a pause...even three deep breaths can make a difference!</li> </ul> <p>Well done! Millions of families finds that this helps</p>

# GET THE FACTS



*Stay aware of the latest information on the COVID-19 outbreak from credible sources.*

**1. Government of Ontario: Updates and resources.**

<https://covid-19.ontario.ca/>

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

<https://bit.ly/2X6UXDd>

## ADDITIONAL RESOURCES

**1. Find Financial help during COVID-19: Government of Canada**

<https://bit.ly/2XysWTK>



**Government of Canada**

**2. Toronto Zoo - Scenic Safari**

<http://www.torontozoo.com/scenicsafari>



**toronto ZOO**

**3. Toronto Public Health - Covid-19 Mental Health Resources**

<https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-mental-health-resources/>



**4. Self-Talk Matters**

<https://drive.google.com/file/d/13jWYwYb9nWGrYl4UEK-2Pfv66XZMfq9/view?usp=sharing>



**North York Community House**

**5. TDSB Virtual Library**

<https://www.tdsb.on.ca/library/>



**Toronto District School Board**

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

[www.adventureplace.ca/services/earlyyears](http://www.adventureplace.ca/services/earlyyears)

[earlyon@adventureplace.ca](mailto:earlyon@adventureplace.ca)

416-494-1579 ext.301

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