

FAMILY NEWSLETTER

EARLYON - LUMENUS

UPDATES FROM US

OUR EARLYON TEAM: ARANI, BALBIR, CINDY, HALEY, KIWON, LISA, MAIS, MARIE, SOPHIA, VIRGILIA, YANNIE.

Hello EarlyON - Lumenus Families!

We continue to make enhancements to our newsletters when families provide us feedback and suggests! Please feel free to email us with your comments and suggestions! We hope everyone is staying safe and healthy!

QUOTE OF THE WEEK:



CONNECT WITH US

Email: earlyon@adventureplace.ca

Phone: 416-494-1579 ext. 4301

Website: <http://adventureplace.ca/services/earlyyears/>

Subscribe: <http://eepurl.com/gY5Mnf>

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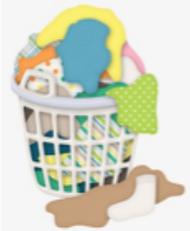
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FAMILY CHALLENGE

During these uncertain times, it is important to focus on — and be grateful for — your family’s safety, health, and well-being. Take this weekly family challenge together and make building strong family relationships a priority!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
22	23	24	25	26	27	28
Do an active chore together 	Try a new vegetable 	Ditch the TV; Play a card or board game 	Do 20 Jumping jacks 	Make a Home-made Pizza 	Hit the nearest trail 	Share 3 things you are grateful for 

FAMILY ADVENTURES

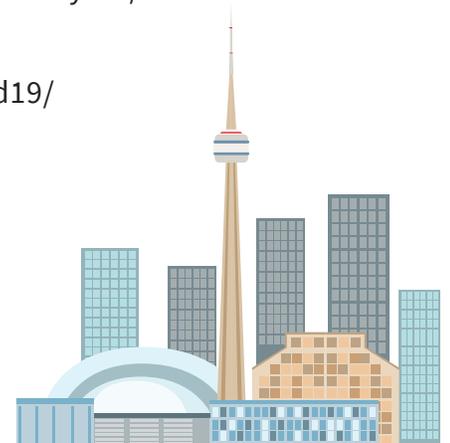
AROUND TORONTO AND GTA

The Toronto Pride Parade is going virtual this year <http://www.pridetoronto.com/virtualpride/>
<https://www.blogto.com/city/2020/05/toronto-pride-parade-going-virtual-year/>

St. Lawrence Market <http://www.stlawrencemarket.com/pages/covid19/>

Evergreen Brick Works <https://binged.it/2YJl0PR>

Outdoor Play Canada <https://www.outdoorplaycanada.ca/>
<https://www.outdoorplaycanada.ca/resources/>



FAMILY ADVENTURES

INDOOR

Indoor Family Fun: Pillow Throwing Activity

Materials:

A variety of pillows (or can be replaced by soft toys or lego blocks) and a large laundry basket.

Encourage your child to throw the pillows into the large bucket from a variety of distances. You could use tape on the floor to mark where your child can throw from. Or try timing them to see how many pillows they can get into the bucket in a certain time period.



Can you sing the alphabet song backwards?

The CBA Song by Bryant Oden

Lyrics:

Z y x w v u t s r q then comes p o n m l k j i h g f e d c b a Now I know my CBAs.

I bet you can't sing them this way.

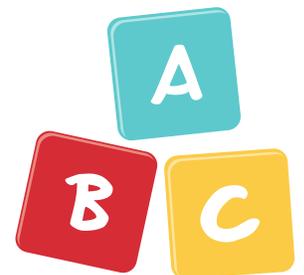
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I bet you can't sing them this way.



YouTube: <https://youtu.be/epyQLWu0GZQ>



DID YOU KNOW?

Toronto's Pride Parade is the tenth on the list of the largest Pride celebrations around the world.

FAMILY LITERACY

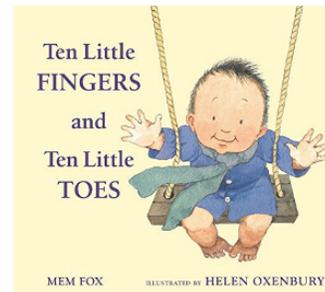


It's okay to be missing a tooth (or two or three)! It's okay to be different. You are special and important just because of being who you are.

-Love, Todd

It's Okay to be different by Todd Parr, Little, Brown & Co. 2001

<https://youtu.be/7EtevpudIXw>



A celebration of baby fingers, baby toes, and the joy they-and the babies they belong to-bring to everyone, everywhere, all over the world

Ten Little Fingers and Ten Little Toes
By Mem Fox, Illustrated by Helen Oxenbury
2008

<https://youtu.be/23BD43s7iFA>

FUN WITH INFANTS

Easy Handmade Craft for Infant!

"No-Sew Fleece Octopus Craft"

Materials:

One piece of fleece, Styrofoam ball, String, Ribbon, Googly eyes, Quilting cotton for the bandana (optional)

Instructions:

Place the foam ball in the centre of the fleece square and get a sense of how long the fringe in the legs will be. Unwrap the ball and set it aside. Cut away from each corner of the fleece. Place the ball back in the centre of the fleece and wrap it up. Tie it with some string. To make a leg, braid fringes together and tie off the end with a ribbon. Glue the googly eyes onto the head for its eyes and draw a mouth with string or marker.



FAMILY WELLNESS

MINDFULNESS AND RELAXATION



Mindfulness promotes skills such as focus, cognitive control, self-regulation, judgement, and patience in children. At each developmental stage in a child's life, practicing mindfulness can be a useful tool in many ways.



Children are hungry for attention and affection and can sense when parents and caregivers are distracted.

Put the smartphone away and try and stay in the present moment with your child. Hold your baby, make eye contact with your child, smile at them and avoid multitasking while with your child. Give them your full undivided attention.

MINDFULNESS AND RELAXATION PRACTICES

INFANTS



ACTIVITY

Practice daily infant massage. Tune into your baby's cues; notice if they're calm, alert, or fussy. Use gentle pressure to massage your infant.



TODDLERS



ACTIVITY

1. Make a Pinwheel for yourself and your toddler
2. Blow on your pinwheels together using long, deep breaths; how does your body feel?
3. Now blow on the pinwheels using short, quick breaths; how does your body feel?
4. Now blow on the pinwheels normally
5. Talk to your toddler about which breathing they liked best and why

Learn how to make your own:
https://youtu.be/Yth6_O6ShPc

PRESCHOOLERS



ACTIVITY

1. Have a **mindful snack** by describing the smell, texture, and taste of the food
2. **Go for a walk**; pick up a small rock, touch a flower, and listen to the birds. Take a moment to kneel down and touch the earth.
3. Have your child give you the **'weather report'** on how they're feeling, "I'm dark and cloudy with some raindrop tears coming out"
4. Have your child lay down and place a stuffed animal on their tummy. Invite your child to take **small breaths** in through the nose and out through the mouth

FAMILY WELLNESS

NATURE



Neighbourhood Bird Watching

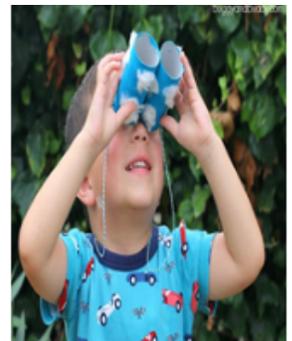
Watching birds can be relaxing and rewarding as we observe them. Birds are all around us. No matter where we live among subdivisions, woodlots or near a river or stream, we can put these bird watching basics to good use with our kids. Birds take us outside and get us moving around, and connect us with nature. Go on a nature walk- either through your neighbourhood or to a nearby park. Bring your binoculars (if you have) or let your children make their own binoculars.



What You Will Need:

Two toilet paper rolls, White glue, Scissors, String or ribbon, Construction paper or butcher paper.

Optional: decorating supplies (markers, crayons, stickers, tissue paper!)



What You Will Do:

Begin by connecting the two toilet paper rolls together by using the white glue. Wait for the glue to dry before continuing to the next step. Wrap and glue the construction paper around the width of the binoculars. Decorate the binoculars however you choose (paint, colour with crayons, collage with tissue paper, or stickers). If the child would like to wear the binoculars around his/her neck, use the scissors to cut a small hole on the outside edge of each roll from the top. Take one end of the string and thread it through the hole you made. Tie a knot to secure. Repeat with the other side of the string. Now your child is ready to go outside with you and watch birds. Ask your child some questions about the birds such as (what colour is this bird? How does this bird sing? Where do you think birds go when it rains?)

Enjoy watching birds with your kids and don't forget to take pictures!

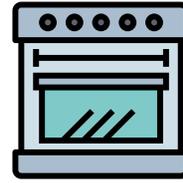


DID YOU KNOW?

Ontario adopted the common loon as its official bird on June 23, 1994. The loon is a common sight on many lakes and rivers in the province. In 1987, Canada replaced its \$1 bill with a coin, which featured a swimming loon on the tail side. It was quickly nicknamed the "loonie."

FAMILY WELLNESS

HEALTHY EATING



Crustless Muffin Pan Quiche Recipe

These mini quiches are sources of protein, vegetables, and dairy. Eggs and vegetables contain many nutrients. Good for breakfast or lunch, you can substitute any vegetables you like, such as chopped broccoli or asparagus. Children can have fun making their own kid-sized portions by whisking the egg mixture and scooping fillings into the muffin pan.

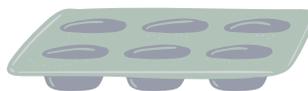
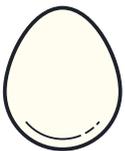
Ingredients:

- 1 ½ cups chopped baby spinach or drained frozen spinach
- ½ onion, chopped
- ½ red pepper, chopped
- 5 eggs
- 1 ¼ cups milk
- ½ cup grated cheddar cheese
- 1 cup diced ham or chicken, cooked



Instructions:

- Whisk eggs and milk together. Then, stir in cheddar cheese.
- Grease a 12-cup muffin pan.
- Add spinach, red pepper, onion, and ham or chicken to each muffin cup.
- Add egg mixture to each muffin cup.
- Bake for 25 minutes at 350°F, until set.
- For easier removal, allow quiches to cool in the pan for 10 minutes after baking.



DID YOU KNOW?

Over 180 languages and dialects are spoken in the City of Toronto.