

FAMILY NEWSLETTER

EARLYON - LUMENUS

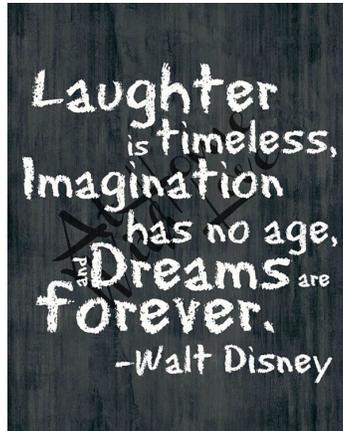
UPDATES FROM US

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

Hello EarlyON - Lumenus Families!

We hope you are healthy and safe! We hope you have been enjoying our Story Time videos so far! Please stay tuned each week for new videos to come out starting on Tuesday! Take care! Our EarlyON staff miss you!

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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FAMILY SAFETY

AROUND THE CITY

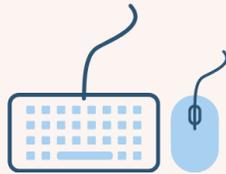
Safety Around Splash Pads & Wading Pools

The hot hazy summer days are here and parents are looking for ways to help their children cool off. If a water activity like splash pad or wading pool is the destination, it is important to consider caution. Here are some tips to keep your children safe around splash pads and wading pools this Summer.

BEFORE YOU GO:

Research

Research locations online and find out how often the water is tested and filtered



Schedule

Find the schedule online to avoid waiting long periods in the sun



Potty Training?

Use watertight swim diapers and use the washroom before entering the pool or splash pad



AT THE SPLASH PAD:

No Running!

Enforce the 'no running' rule to prevent accidents



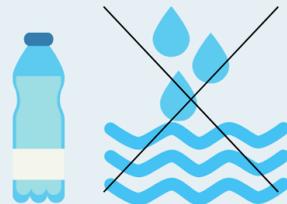
Water Jets

Keep your children away from the water jets and use flotation aids in wading pools



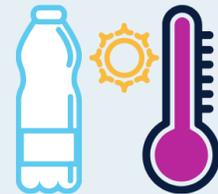
Do not drink the water

Supervise your children closely to prevent them from drinking the water at these pools; bring your own bottle



Hydrate

Watch for Signs of exhaustion and dehydration. Take breaks and hydrate.



Sun Protection

Don't forget to reapply sunscreen after each water play



FAMILY ADVENTURES

AROUND TORONTO AND GTA

Pickup Sports Foundation <https://pickup-sports-foundation.mykajabi.com/store/>

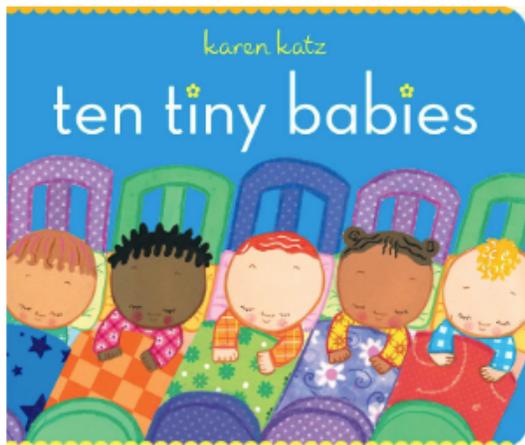
Best-Family-Picnic Spots <https://www.toronto4kids.com/Best-Family-Picnic-Spots/>

Riverdale Farm, High Park Zoo, and Conservatories now open in Toronto

<https://bit.ly/3fJPMjb>

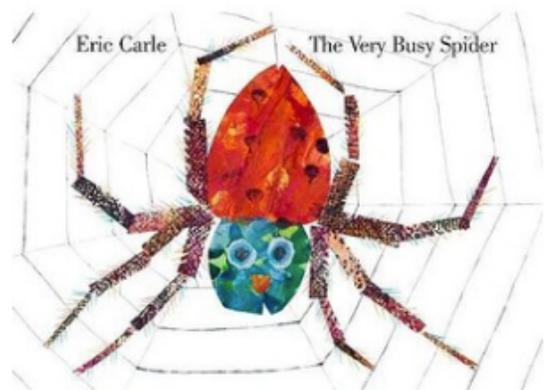
Family Attractions in Toronto are reopening <https://bit.ly/32mJVft>

FAMILY LITERACY



***1 tiny baby starts to run
Along comes another to have some fun
2 silly babies spin around
Along comes another And she falls down***

Ten Tiny Babies by Karen Katz, Simon & Schuster Children's Publishing Division, 2008
<https://youtu.be/446R3E-iGio>



***Early one morning the wind blew a spider
across the field. A thin, silky thread trout from
her body. The spider landed on a fence post
near a farmyard and began to spin with her
silky thread...***

The Very Busy Spider by Eric Carle, Penguin Group, 1984
<https://youtu.be/TfL0g-XRxnA>

FAMILY ADVENTURES

INDOOR



Riddles:

1. What has hands but does not clap? *A clock.*
2. What has to be broken before you can use it? *An egg.*
3. What goes up and never comes back down? *Your age.*
4. What travels around the world but stays in one spot? *A stamp.*
5. What is full of holes but still holds water? *A sponge.*
6. What begins with an E but only has one letter? *An Envelope.*
7. You draw a line. Without touching it, how do you make it a longer line? *Draw a short line next to it and now it's the longer line.*
8. What is easy to get into but hard to get out of? *Trouble.*
9. You bought me for dinner but never eat me. What am I? *Cutlery.*
10. What can you catch but not throw? *A cold.*

A Balloon Rocket Experiment

This activity is best suitable for preschoolers. Ensure that child is supervised. Not suitable for children with latex allergy.

Materials Required:

1 balloon (round ones will work, but the longer “airship” balloons work best), 1 long piece of kite string (about 10-15 feet long), 1 plastic straw, Tape, 1 balloon (round ones will work, but the longer “airship” balloons work best)

Instructions:

Tie one end of the string to a chair, door knob, or other support.

Put the other end of the string through the straw.

Pull the string tight and tie it to another support in the room.

Blow up the balloon (but don't tie it.)

Pinch the end of the balloon and tape the balloon to the straw as shown above.

You're ready for launch. Let go and watch the rocket fly!



YouTube Link: <https://youtu.be/KMX7zgaLC0w>

FUN WITH INFANTS

Rainbow Bottles/Musical Shakers

Materials:

Pompoms, Clean plastic bottle with lid, Ribbon, Beads, Screwdriver, Tape

Instructions:

To make it safe for infants to explore, clean both inside and outside of the bottle well before putting the materials into the bottle.

Once it is cleaned and dried, put beads (or anything that can make sound when the bottle moves) and pompoms in the bottle.

Then, make a hole in the middle of the lid by using the screwdriver and thread the ribbon through.

When you are done with this step, tie them in a tight and thick knot so it stays well inside.

Close the bottle lid tight by taping around.

Lastly, it is now time for your infants to play with this shaker using their senses (talk about colours and sound).

Why don't you bring it to our circle time one day!



DID YOU KNOW?

Did you know that infants can learn music very early? A 2012 study of 1-year-old infants found that interactive music classes lead to better communication. The babies learned to play percussion instruments and sing songs with their parents in an early music class (Gerry, Unrau & Trainor, 2012).

FAMILY WELLNESS

NATURE

Bug Hunting:

They fly, they buzz — they can even light up! It's no wonder most kids think bugs are cool. Take some time to observe the bugs in your backyard or neighbourhood with your child, and get up close and personal with a magnifying glass. Talk to your child about what colours they are, how they protect themselves, and how they work together to build a home.



What you will need:

Clear container, netting or waxed paper, rubber band, spoon, overripe banana, brown sugar, magnifying glass

What you will do:

A good way to attract bugs is to put out something sweet like a banana with brown sugar sprinkled on top.

Let the banana mixture sit outside a while, then spread it onto the bark of a tree.

Check it regularly to see what new bugs you have attracted.

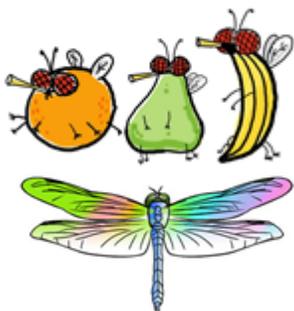
Look through the magnifying glass and draw what you see.

Come out at night with a flashlight and see if there are any newcomers.

If you want to watch a particular bug, put it in your container with a bottle cap of water, a stick, and some green leaves.

Cover the container with netting or waxed paper (make sure to poke small holes).

Return your bug to the place you found it within twenty-four hours.



DID YOU KNOW?

Did you know that Fruit flies were the first living creatures to be sent into space. Dragonflies have been on earth for 300 million years! A bee's wings beat 190 times a second, and Caterpillars have 12 eyes!

FAMILY WELLNESS

HEALTHY EATING

Chewy Sweet Potato Pancakes

Sweet potatoes are full of nutrients. They are an excellent source of fiber, which can promote gut health and digestion. They also contain high levels of minerals, Vitamin A, Vitamin C, and Vitamin E. Children can peel the sweet potato skins after steaming, as well as mash and mix ingredients.

Ingredients:

- 2 medium-sized sweet potatoes
- 1 cup glutinous rice flour
- 1 ½ tbsp sugar
- 1 tbsp oil (for frying)

Instructions:

Steam the sweet potatoes for 20 minutes, until soft.

Peel the sweet potato skins off.

Then, mash the sweet potatoes in a mixing bowl.

Add glutinous rice flour and sugar to the mashed sweet potatoes. Mix well.

On low heat, add oil to a non-stick pan.

Using a tablespoon, scoop spoonfuls of the mixture into the pan.

Fry on low heat for about 2 minutes, or until the bottoms are no longer sticky, and then flip them over.

Using a large spoon or a spatula, flatten the tops.

Pan fry for another 2 minutes on low heat.

Then, on medium heat, fry the pancakes until they are golden brown on both sides.

When done, the outsides will be slightly crispy and the insides will be soft and chewy.



DID YOU KNOW?

Did you know that sweet potato flesh can vary from white to orange and even purple and that February is National Sweet Potato Month.