

# 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 and your family are doing well! Please stay tuned for new virtual programming coming in August!

Please continue to enjoy our YouTube Playlist in your free time! Take care!

## QUOTE OF THE WEEK:



Great things are done by a series of small things brought together.

~Vincent Van Gogh

## CONNECT WITH US

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

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# FAMILY SAFETY

## AROUND THE CITY

### SUN SAFETY

It is important to protect children from the sun in hot Summer days. A child can sunburn easily, even on a cloudy day with a high UV rate. To protect your children from sunburns and dehydration, avoid being in the sun for long periods of time.



#### USE AN SPF OF 30 OR HIGHER 30 MINUTES BEFORE SUN EXPOSURE

Sun Protection Factor represents the level of sunburn protection that is offered. An SPF of 15 blocks out 93% of UV rays and an SPF of 30 blocks out 97% of UV rays.

#### SUN HATS

Your child should wear a sun hat with a wide brim and back flap to protect the back of the neck, sunglasses with 100% UV protection and loose cotton clothing to protect skin from the sun's rays.



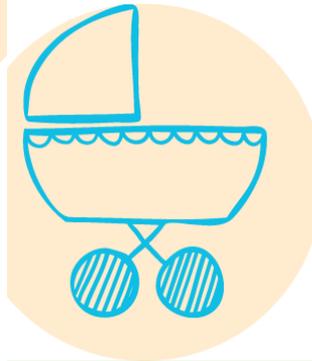
#### PLAY NEAR A SHADY AREA

Make sure your child's favorite play areas have a shady spot or bring along sun umbrella



#### HOW TO TREAT A SUNBURN:

1. have your child take a cool bath, or gently apply cool, wet compresses to the skin to ease pain
2. Apply pure Aloe Vera gel to sunburned areas
3. Apply moisturizing cream to rehydrate the skin and treat itching
4. if the sunburn is severe and blisters develop, call your doctor
5. keep your child out of the sun until the sunburn is healed



#### BABIES; USE A STROLLER SUNSHADE



#### DID YOU KNOW?

Tightly woven clothing in dark colours provides the best protection from the sun. In addition, Some babies are sensitive to para aminobenzoic acid (PABA), the active ingredient in many sunscreens.

# FAMILY ADVENTURES

AROUND TORONTO AND GTA

**Beautiful Blooms: Amazing Botanical Gardens** <https://www.toronto4kids.com/Beautiful-Blooms-Amazing-Botanical-Gardens/>

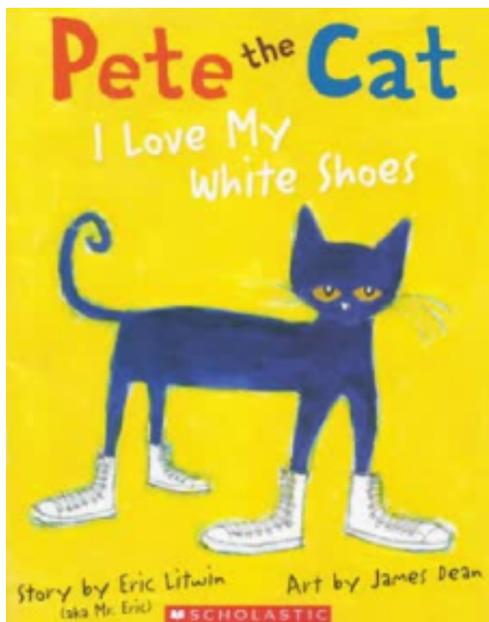
**Bird Kingdom in Niagara Falls has reopened** <https://www.toronto4kids.com/Bird-Kingdom-in-Niagara-Falls-Has-Reopened/>

**Downsview Park - Drive in movie**

<https://en.downsviewpark.ca/event/Downsview%20Park%20Friday%20Night%20Lights%20presented%20by%20MADE>

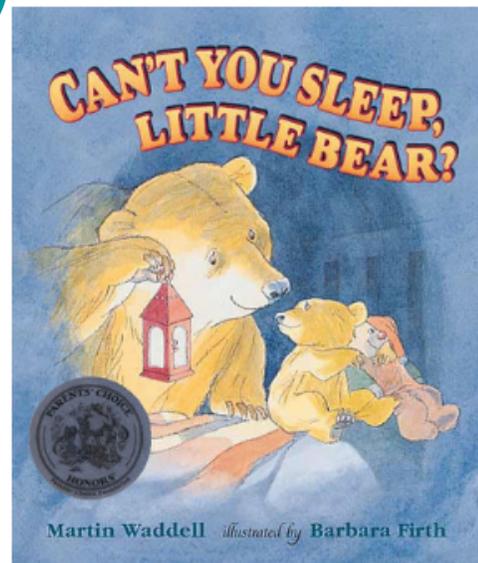
**Arts in the Park** <https://artsintheparksto.org/event-listings/>

# FAMILY LITERACY



Pete the Cat: I love My White Shoes Eric Litwin,  
HarperCollins, 2008

[https://youtu.be/fj\\_z6zGQVyM](https://youtu.be/fj_z6zGQVyM)



**"I don't like the dark," said Little Bear.**  
**"What dark?" said Big Bear.**  
**"The dark all around us," said Little Bear.**

Can't You Sleep, Little Bear? Martin Waddell,  
Candlewick Press, 1988

<https://youtu.be/u1aJimzuzbg>

# FAMILY ADVENTURES

## INDOOR

### Tongue Twister

She Sells Seashells by the Seashore  
She sells seashells by the seashore,  
The shells she sells are seashells, I'm sure.  
So if she sells seashells on the seashore,  
Then I'm sure she sells seashore shells.

Try the improved tongue twister song: Sally Sells Sea Shells - <https://youtu.be/D8TSnkOdpKM>



### The Blindfolding Game

Have your little ones help collect different miscellaneous items from the household.  
Next, ask one child to hide his or her eyes and listen as you pick up an item and make sounds with it.  
Ask the child to guess which item made the sound.  
Examples of items might be a comb (run your fingers along it), a glass (gently tap it), cymbals, shakers, sandpaper, blocks rubbed together, a pot and spoon.  
Besides listening, children can also try to smell and touch the objects.  
Be creative and have fun!



### DID YOU KNOW?

Play increases children's ability to focus. Studies and surveys have found that kids are more focused on their schoolwork after recess (which is defined as unstructured playtime). A 2009 study on public school children found that kids who had at least a daily 15-minute recess play break were rated as better behaved and less disruptive in the classroom by their teachers.

# FUN WITH INFANTS

## Balloon Filled Play Dough

These play dough filled balloons are perfect for kids that fidget and/or need to work on hand strength, and even as an adult stress ball!

Adult supervision is required for this activity to make sure they explore the materials safely.

**Materials:** Balloons, Play dough

### Instructions:

Roll play dough into logs and put it into the balloon.

Close the opening and shake them down.

Keep filling inside until you think it is enough (Consider the size of infants' hands and the level of fine motor skills that they are at).

When you are done filling it, tie a knot in the end.



## DID YOU KNOW?

There are many ways to increase the flow of blood in your body to ensure good circulation. A few quick squeezes of a stress ball releases tension which helps in improving blood circulation to the hands.

# FAMILY WELLNESS

## NATURE

### Build a Terrarium

A terrarium is a completely self-supporting ecosystem. The plant life replenishes the air with oxygen, light shining through provides the light and power source, and water comes from the moisture in the soil. As the dead leaves fall off, they decompose providing food for the soil. Build with your child your own terrarium and watch it come to life! Your kids will love watching their terrarium thrive throughout the summer.

#### What You Will Need:

A clear glass container with a wide neck to allow your hand in  
Small stones or gravel  
Activated charcoal (get from pet store)  
Potting soil  
Small sponge  
Piece of screen, mesh, or cheesecloth  
Plants or moss



#### What You Will Do:

Select your plants. They should be small, like shade, and not grow too fast or too tall.  
Put gravel on the terrarium floor.  
Sprinkle a small amount of activated charcoal on top.  
Cover with a piece of screen with a slit cut in the middle.  
Slice the sponge to one third inch wide and stick it in like a candle between the slit in the screen and anchor it in the gravel.  
The sponge will bring moisture up to the plant roots.  
Cover with potting soil.  
Gently make small holes and place plants in them, packing the soil loosely around them.  
Spritz your plants with water and cover.  
Add small figures. Your terrarium may look a little limp for a few days but will get used to its new environment in no time.

# FAMILY WELLNESS

## HEALTHY EATING

### Baked Kale Chips

Kale is one of the best sources of Vitamin K, Vitamin A, Vitamin C and fibre. These crispy baked kale chips are tasty, healthy, and easy to make. Eat them on their own as a snack or as crunchy toppings for other food. When making the chips, children can help tear the leafy part of the kale from the stems.

#### Ingredients:

- 1 bunch kale
- 1 tbsp olive oil
- 1 tsp salt
- Parmesan cheese or other spices



#### Instructions:

- Remove the leafy part of the kale from the stems.
- Tear kale leaves into bite-sized pieces.
- Wash and dry the kale thoroughly using a tea towel or paper towel.
- Drying well is important for crispy chips.
- Any water on the leaves will mean soggy chips.
- Preheat oven to 350°F.
- Line baking sheet with aluminum foil or parchment paper.
- Put the kale leaves on the baking sheet in a single layer.
- Drizzle with olive oil and sprinkle with salt.
- Bake for about 10 minutes, until crispy.
- Watch the pan closely. When done, the leaves should still look green.
- If they look brown, they will taste burnt.
- Top kale chips with parmesan cheese or other spices if desired.



#### DID YOU KNOW?

People have been growing kale for more than 2,000 years. Popular in Europe during Roman times and the Middle Ages, it arrived in the U.S. in the 17th century. One cup of chopped raw kale provides more than 100% of the recommended daily amount of vitamins A and K.