

FAMILY NEWSLETTER

EARLYON - LUMENUS

UPDATES FROM US

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Hello EarlyON - Lumenus Families!

We hope you have been enjoying our story time videos with your family! Our YouTube Playlist videos are available for you to view at anytime! Please look out for our afternoon live virtual programs starting next week!

Take care! We miss you!

QUOTE OF THE WEEK:

*Life is short.
Time is fast.
No replay,
No rewind.
So enjoy every moment
as it comes...*

CONNECT WITH US

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FAMILY SAFETY

AROUND THE CITY



KEEPING YOUR KIDS SAFE AT HOME

With so many parents working from home and children staying at home, it can get easy for things to get hectic. Since we are spending more time at home, it's important to revisit some basic home safety guidelines to make sure your home is still a safe environment for your kids.

Here are some simple things you can do to keep your children safe:

PROTECT THEM AGAINST HOUSEHOLD POISONS



Many cleaning and disinfecting items can be harmful to children including cleaning supplies, laundry detergents, toiletries, alcohol, and medication. Lock up medications. Store hazardous materials on a high shelf away from children's reach or on a locked low shelf. Keep emergency phone numbers handy:

Poison Control 416 813 5900 Toll-free 1 800 268 9017

PROTECT AGAINST CHOKING HAZARDS



Now that children are home, it is important to keep toys that are appropriate for older children away from your younger children. Make sure toys are age appropriate by checking the age range on the packaging. Dispose old batteries. Keep small items and broken toys out of reach.



BE AWARE OF FIRE HAZARDS

Keep your children safe from fire hazards by storing matches and lighters out of reach. Install and maintain smoke detectors around the house. Have a fire escape plan and practice it at least twice a year. Teach your kids how to "stop, drop, and roll" if their clothes are on fire.



FURNITURE

Anchor heavy or tall furniture that can fall and cause injury if children climb onto or pull on them. In addition to closely supervising your child's play, avoid storing books or toys on tall pieces of furniture to prevent children from climbing.

INFANTS AND TODDLERS



- Keep toys and blankets out of their crib
- Use safety gates
- Plug phone chargers on outlets far from infants' reach
- Cover sharp corners around your furniture with soft pads
- Put away all sharp objects



DID YOU KNOW?

Injuries around the home requiring a visit to hospital are most common in children aged one to two years, with injury rates decreasing with age. The most common causes of injury to young children in the home are falls, poisoning and burns.

FAMILY ADVENTURES

AROUND TORONTO AND GTA

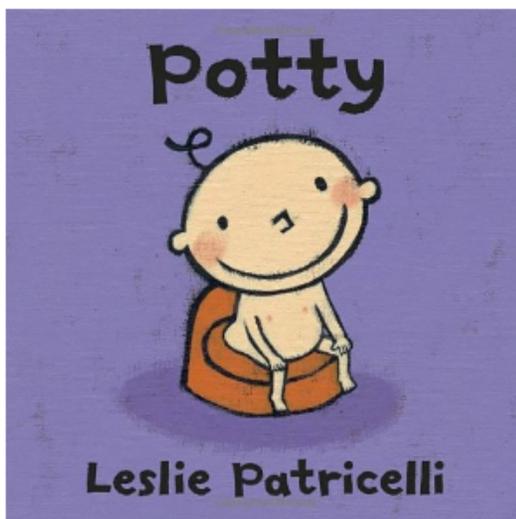
Kids Gardiner Museum <https://www.gardinermuseum.on.ca/learn-create/familydays/>

Winona Peach Festival in August <http://www.winonapeach.com/>

Virtual Japanese Drumming <https://www.virtualtaiko.com/>

Drive Through Pickering Village <https://www.pickering.ca/en/discovering/pmv-whats-on.aspx>

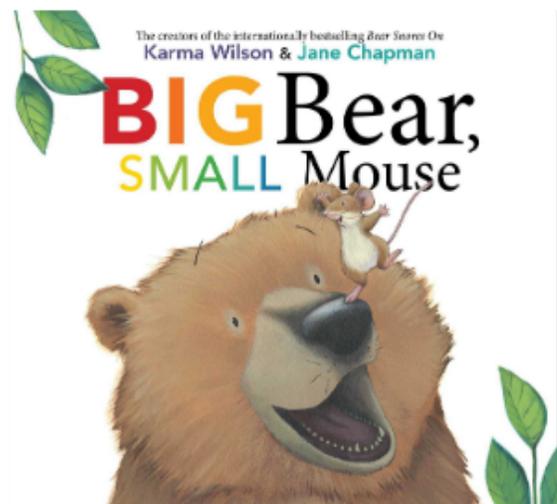
FAMILY LITERACY



**“I have to go potty
I could go in my diaper
Should I go in my diaper?
I don't want to!”**

Potty Leslie Patricelli, Candlewick Press, 2012

https://youtu.be/_4kV8ZY8xfE



**“Mouse hops onto bear
he is careful not to fall
bear is big, big, big
Mouse is small, small, small”**

Big Bear, Small Mouse Karma Wilson, Margaret K. McElderry Books, 2016

<https://youtu.be/SRHT3lBTrog>

FAMILY ADVENTURES

INDOOR

Cup Stacking Challenge

All you need is CUPS!

First Challenge: Stacking cups into a pyramid can be challenging since it involves lots of planning and fine motor skills to balance everything. Start small with a 3-2-1 pyramid.

Second Challenge: Have your child roll a ball and knock it down!



Brain Breaks Action Song for Children:

I am the Music Man <https://youtu.be/22kqia2ibVU>

Lyrics: I am the music man. I come from far away and I can play. (What can you play?)

I play the piano. Pia pia piano piano piano - Pia pia piano pia piano

I am the music man. I come from far away and I can play. (What can you play?)

I play the violin. Vio vio violin violin violin - Vio vio violin vio violin

Pia pia piano piano piano - Pia pia piano pia piano

I am the music man. I come from far away and I can play. (What can you play?)

I play the saxophone. Saxo saxo saxophone saxophone saxophone

Saxo saxo saxophone saxo saxophone

Vio vio violin violin violin - Vio vio violin vio violin

Pia pia piano piano piano - Pia pia piano pia piano



DID YOU KNOW?

Humans have been building structures using pyramid shapes for thousands of years. The first pyramid type structures are believed to have been built by the Mesopotamians around 5000 years ago. These structures were called ziggurats.

FUN WITH INFANTS

Create DIY Musical Instruments

Materials:

Ribbon or Cotton belting (anything that can go around infants' wrist)

Velcro

Jingle bells

Hot glue

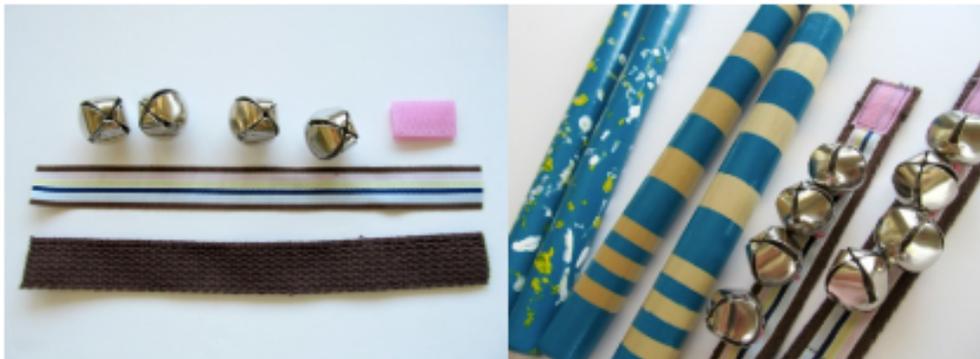
Needle and thread (optional)

Instructions:

Stick velcro onto the strap that will go around infants' wrist by using the 2 sided tape or sewing it. When securing the velcro onto the strap, make sure to place velcro on two different sides on each end (one piece on the front and the other on the back) so it will hold together!

Then put bells on the strap with hot glue.

To make sure the metal loop on the bells are not sharp, put a little strip of hot glue on either side of the jingle bell loop to round out the edges.



DID YOU KNOW?

Many researchers strongly believe that music plays an important role in building babies' emotional basis and helping them gain a sense of confidence.

FAMILY WELLNESS

NATURE

Magnetic Seashells

Summer is a great time to get outside and learn more about the environment. So, when you have the chance to take your kids to the beach this summer, have them bring home some seashells for this fun activity! Magnetic seashells will hold up just about anything on your refrigerator -- especially those crazy pictures of you and your kids at the beach!

What You Will Need:

Seashells
Small dried or silk flowers
Magnetic strips
Low temperature glue gun



What You Will Do:

Step One: In the opening of the seashells, let your child arrange the flowers however she/he likes.

Step Two: Using the glue gun (by adult), carefully secure the flowers in the shell.

Step Three: Cut the magnetic strip to fit the back of the seashell.

Step Four: Glue the magnetic strip on the back of the seashell.

Step Five: Let the glue dry

Now your child has created beautiful seashell magnets that will remind you of sunny days by the seashore all year long!



DID YOU KNOW?

That most seashells open to the right and the oldest known shell collection was found in Pompeii. The collection was preserved in the eruption of Mount Vesuvius in 79 AD.

FAMILY WELLNESS

HEALTHY EATING

Homemade Fruit Popsicles

Homemade popsicles are healthy and refreshing. Mix and match flavours by using different fruits. Fruits, yogurt, and milk are good sources of Vitamin C and calcium. If you don't have popsicle molds, use muffin trays, paper cups, or ice cube trays with popsicle sticks. Kids can help mix ingredients together and put fruit into popsicle molds.

Choose your ingredients:

Fruit (such as mangoes, bananas, berries, watermelon, and dragon fruit)

Plain Greek yogurt

Coconut water

Coconut milk (canned)

Maple syrup or honey (children under 12 months of age should not consume honey)

Cocoa powder

Instructions:

For creamy coconut popsicles, mix fruit with coconut milk.

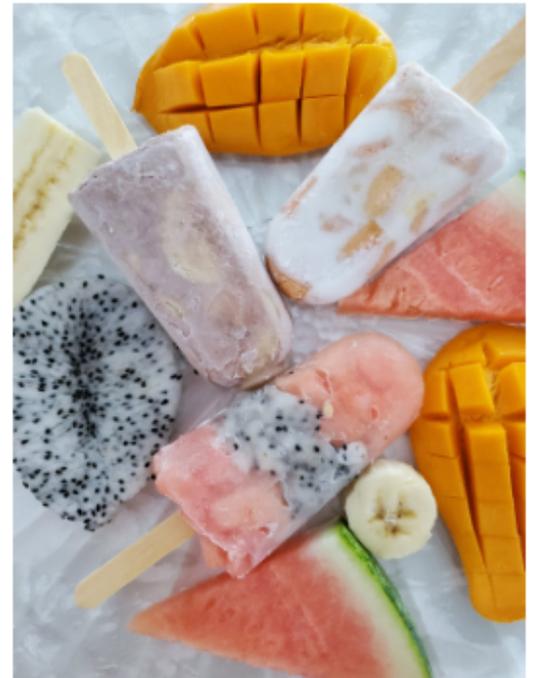
Then, pour the mixture into popsicle molds.

For fruit and yogurt popsicles, mash fruit and mix with yogurt. Then, pour the mixture into popsicle molds.

For fruit and coconut water popsicles, fill popsicle molds with fruit. Then, add coconut water.

For chocolate flavour, add cocoa powder to popsicle mixtures before pouring them into popsicle molds.

For sweeter popsicles, add honey or maple syrup to popsicle mixtures before pouring them into popsicle molds.



If using homemade popsicle molds, cover the filled molds with a sheet of foil paper.

Then, push the popsicle sticks through the foil.

This will help the popsicle sticks stay in place.

Place the popsicles in the freezer and freeze for about 3 to 4 hours, or until completely frozen.

Remove popsicles by holding the popsicle molds under warm running water for a few seconds.

Pull out the popsicles and enjoy!