



Adventure Place

# EARLYON NEWSLETTER

April 2020 Issue 2

## UPDATES FROM US



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*Hello wonderful EarlyON families!*

*We are happy we were able to reach out to families to know how you are doing at this time. As we are currently working remotely, we can be contacted through email and phone. Please do not hesitate to stay connected with us! We are excited to update you on our plans for the upcoming days. Please stay tuned for future updates from us!*

## INFANT TIME

0 - 12 months

**Adult supervision is STRONGLY advised while children explore all activities.**

*Easy activities to do at home and can be saved for many days.*

**1. Tugging Box or Lid:** *Develops hand-eye coordination as well as fine motor skills.*

**How To:**

Using scissors or a pencil, puncture holes into a cardboard box or a lid.

Thread various lengths of ribbon or felt strips through two holes and tie knots at both ends.

Use a pencil or a pipe cleaner to help with threading.

Seal box with tape.



**2. Homemade Edible Finger Paint:**

*Allows infants to explore their senses and discover new textures.*

**How To:**

Mix 1 cup flour and 1 cup warm water together. Divide the flour and water mixture into three different containers.

Add different food colouring to each container and mix well.

# TODDLER TIME

13 - 24 months



**1. Bubble Play:** Fun and easy way to engage your toddlers in sensory play, while engaging them in simple skills such as caring for their toys.

#### How To:

Gather some sponges or small toys around the house that need some cleaning. Put a few drops of baby body wash/soap/shampoo into a large bin or your bathtub. Throw in the sponges and toys for some bubble fun!

**2. Homemade Bowling Game:** Environmentally friendly way to save reusables to make an active game for toddlers and parents.

#### How To:

Save empty paper towel rolls or empty clear water bottles and use them as bowling pins to bowl with a ball. Children will learn that they need to pick the rolls or bottles back up in order to knock them down again. Children can count each time how many they knock down. Keeps children active and practicing counting.

# PRESCHOOL TIME

25+ months

**1. DIY Color Spinners:** A fun toy to make with objects found at home!

#### How To:

Trace old CD on white paper and cut out circle. Glue white circle onto CD, make sure to cut a small hole in the centre of the circle. Have your child decorate the CD using markers or puffy paint. Use a marker to push through the centre of CD. Time to play! Spin the marker and watch what happens to the colours on the CD.



**2. Key Wind Chime:** Turn old keys into colourful DIY key wind chime for your yard or balcony!

#### How To:

Have your child paint old keys and stick using acrylic paint. Tie a piece of string to either end of the stick to hang the keys. Tie a piece of string to each key (close enough to each other that they will chime when the wind blows).

# 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. Baby Shark Hand Washing (Pinkfong):** Sing to the tune of baby shark while practicing proper hygiene with your children!
- 2. Jiggle Your Scarf (Kindyrock):** A fun and active song to sing with your children.
- 3. Shake Your Sillies Out (TheLearningStation):** Give your children a break from sitting by singing and shaking their whole body.

## Variations of Original Nursery Rhymes

### 1. If You're Happy and You Know It (Feelings Version)

Lyrics:

If you're sleepy and you know it, give a yawn.  
If you're sad and you know it, wipe your eyes.  
If you're mad and you know it, stomp your feet.  
If you're excited and you know it, jump up and down.  
If you're scared and you know it, hide your face.

### 2. Itzy Bitzy Spider (Canadian Version)

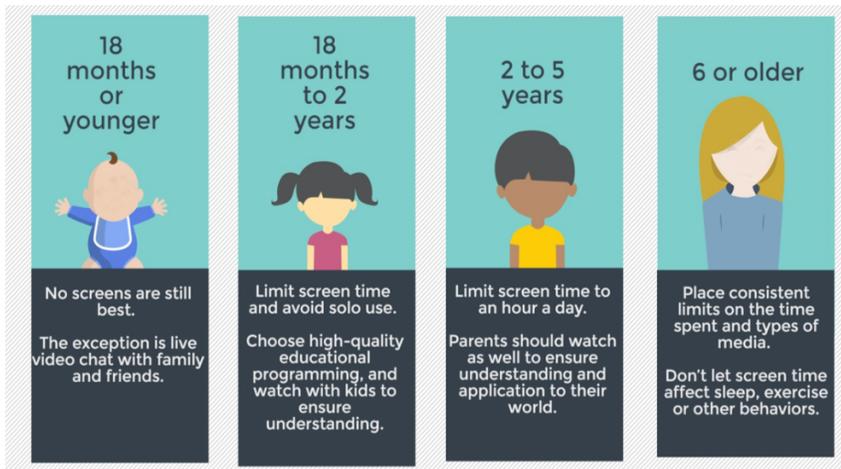
Lyrics:

The itsy bitsy spider climbed up the frozen tree.  
Down came the snow, which made the spider freeze. (start to shiver)  
Out came the sun but it didn't do a thing. (shake head)  
So the itsy bitsy spider had to wait 'till spring. (shrug and display hands)

# PARENT TIME

*Start teaching little ones about having a healthy balance when it comes to using technology. Encourage children to try doing other activities at home.*

New recommendations from American Academy of Pediatrics for screen time with young children:



You can use this visual below as a way to limit screen time:



# GET THE FACTS



*Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority.*

**1. World Health Organization:** *Guidance and advice for the public.*

[https://bit.ly/2wgR\]56](https://bit.ly/2wgR]56)

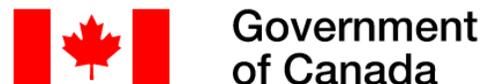
**2. City of Toronto:** *Resources, phone numbers and additional advice for the public.*

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



## ADDITIONAL RESOURCES

**Canada Emergency Response Benefits (CERB):**  
<https://bit.ly/2xOn6nK>



**The 519: Essential Services and Supports Resources**  
<https://bit.ly/2waFMxC>



**Government of Ontario: How to Protect Yourself and Recognize Symptoms**  
<https://bit.ly/2X6uxkR>



**Toronto Public Health: COVID-19 Fact Sheet**  
<https://bit.ly/3bQXhSY>



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

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