

# FAMILY NEWSLETTER

EARLYON - LUMENUS

## UPDATES FROM US

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Hello EarlyON - Lumenus Families!

We hope you are all well and staying busy as the cold weather is slowly approaching. Stay warm at home and we hope you can join us in our virtual circle time and virtual programs!

## QUOTE OF THE WEEK:



## CONNECT WITH US

**Email:** [earlyon@lumenus.ca](mailto:earlyon@lumenus.ca)

**Phone:** 416-494-1579 ext. 4301

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

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

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# FAMILY SAFETY



## CHILD SAFETY AND PROTECTION

Since November is National Child Safety and Protection month, it is a good time to review how well your household is set up for your children. Check out the following areas to help keep your children safe:

### LOCKS AND GATES

#### Doorknob Locks and Safety gates



Put locks on anything and everything little hands can open. Installing child locks on doors will keep your children safe while they explore. Baby gates are an essential part of home stairway safety.

### CHOOSING DECORATIVE PLANTS

#### Choose non-toxic plants



Some common household plants are toxic and often cause serious sickness. Avoid putting these plants in children's reach: Philodendron, Pothos, Arrowhead, Lily, Peace Lily, Dieffenbachia, Oleander, Caladium, Mother-in-Law's tongue, and Ivy.

### CHOKING HAZARDS

#### Be cautious of choking hazards



### FURNITURE AND TRIPPING HAZARDS

#### Be mindful of Shelves and large furniture



Use angle braces or anchors to secure large furniture to the wall and prevent them from tipping over. Place TVs and stereo systems on lower furniture and as far back as possible. Keep things tidy by using storage bins to store toys and baby supplies, preventing anyone from tripping.

## FAMILY ADVENTURES AROUND THE CITY

### StrollTO

Produced by: City of Toronto.

Founding Sponsor: American Express

Toronto residents can play tourist in their city and discover the unexplored shops, stops, places and spaces along Toronto's main streets.

Free self-guided exploration itineraries are now available to take residents on a journey to uncover thriving main streets within each neighbourhood, highlighting points of interest such as attractions, public art, green spaces and historic buildings within all of Toronto's 25 wards.

StrollTO is part of ShowLoveTO.

<https://www.seetorontonow.com/explore-toronto/StrollTO/>

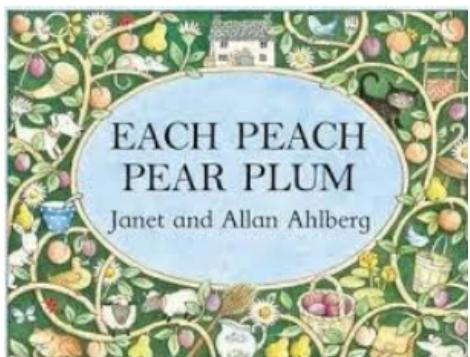


### DID YOU KNOW?

That there are 20 art installations to see in Don Valley North and Willowdale combined. Check out

[www.seetorontonow.com](http://www.seetorontonow.com)

# FAMILY LITERACY

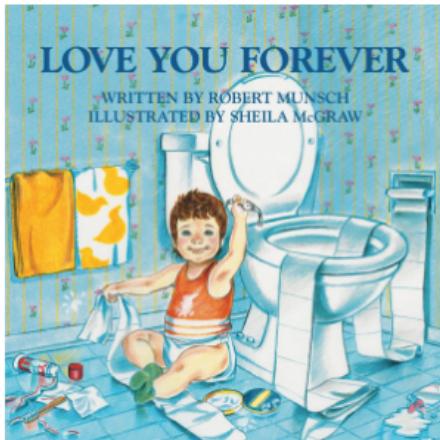


## Each Peach Pear Plum

*In this book  
With your little eye  
Take a look  
And play 'I spy'*

Written and illustrated by Allan Ahlberg, Janet Ahlberg  
Nelson, 1983

<https://youtu.be/M5ePAGRCeSE>

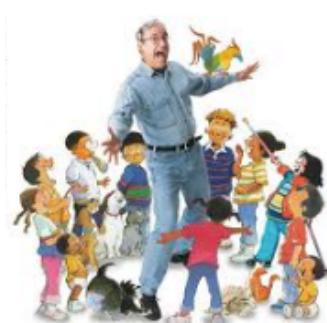


## Love You Forever

*I'll love you forever,  
I'll like you for always,  
As long as I'm living  
My baby you'll be*

Written by Robert Munsch  
Illustrated by Sheila McGraw  
Firefly Books, 1986

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



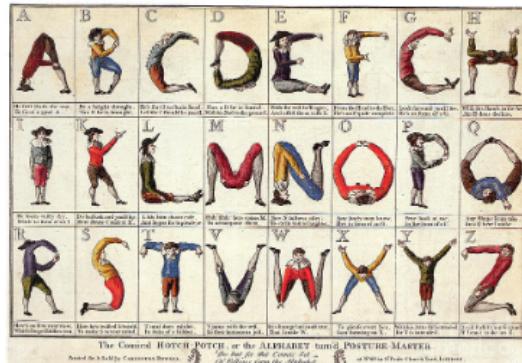
## DID YOU KNOW?

Munsch's books have been translated into over 30 languages, including several Indigenous languages. Munsch believes moving to Canada is why he became a storyteller: "I don't think I would have told stories at all if I had stayed in the U.S." (CBC Books, 2017)

# FAMILY ADVENTURES

## INDOOR

### Musical Games to play at home



**Freeze Dance** - Add a twist to this classic game by telling the children to freeze in a particular shape, animal, or alphabet each time the music goes off.

For example, to freeze like a heart; freeze like a penguin, or freeze like a Y and so on.

**Flashing Hot Potato in the dark** - Instead of using a potato, use flashlights or flashing light balls. Lower the lights as you play this game. Hand each guest, except for one, a flashing light ball. Play music and have the children pass the lights around the circle until the music stops. The person without a light when the music stops is out. Keep an extra light handy for the person who is out.

## FUN WITH INFANTS

### Fall Leaves Game

(Adult supervision is needed for all activities)

Fall season is here! Collect nature materials with your children, such as a pine cone and fallen leaves, and turn it into a play/activity that can foster learning about different colours, shapes, smell, texture, and so many more!



#### What You Will Need:

Fall leaves, String, Tape/or glue, Baby play tunnel or big box (anything that is big enough for your infant to crawl through)

#### What You Will Do:

Tape the string onto the leaves and put it to the top of your crawling tunnel and tape or glue it. You can maybe blow the leaves so it can float and fly all around and encourage children to crawl towards it!

# FAMILY WELLNESS

## NATURE



### Leaf Memory Game

In this month, you still can go outside and see many beautiful trees and pick up colourful leaves on the ground. After you and your children gather some leaves, you can create a leaf memory game for your children to play. This game will help them work on their memory skills.

#### What You Will Need:

2 sheets of White paper

8 Leaves (each 2 leaves are same in color, shape and size)

Glue

Scissors

Contact paper



#### What You Will Do:

First, you will need 8 pieces of white card paper.

To cut, you just fold the paper in half and cut, then fold it again and cut.

Next, use some glue to adhere the leaf to the paper. Then, take contact paper and cut out a piece and lay it over the leaf. Trim up the sides with scissors.

Repeat the steps with the 8 cards and you'll have your cards for the game!

To play, just place all the cards face down. One player chooses 2 cards. If they are a match, you keep the match in a pile. If they don't match, you flip the cards over again. The player with the most matches at the end of the game is the winner.



#### DID YOU KNOW?

When the leaves turn colors in the fall, they actually are returning to their normal colors. As winter approaches, leaves make a coating for themselves which blocks their water source; in the absence of water, the leaves no longer produce chlorophyll (chlorophyll is what makes leaves green).

# FAMILY WELLNESS

## HEALTHY EATING

### Easy Lasagna

This easy lasagna is a good source of protein and calcium. If you want to encourage children to eat more vegetables, you can also add in a layer of broccoli, zucchini, spinach, or mushrooms. Children can help mix the sour cream with cheese and scoop out the ingredients to make the layers.

#### Ingredients:

1 package (375g) extra broad egg noodles  
½ lb. lean ground beef  
1 can or jar of pasta sauce (680ml)  
1 carton (500g) cottage cheese  
1 container (250ml) sour cream  
½ lb. (250g) grated mozzarella or cheddar cheese



#### Instructions:

Prepare noodles according to package directions.  
Drain when ready and set aside.  
Brown beef in a pan.  
Drain off any excess oil.  
Stir in pasta sauce and set aside.  
Combine cottage cheese, sour cream, and half of the grated cheese.

In a 9 inch x 13 inch pan, layer the ingredients as follows:

Add one third of the meat sauce mixture, and then add half of the noodles.  
Top with another third of the meat sauce mixture, and then add all of the cheese mixture.  
Add all of the remaining noodles and top with the remaining meat sauce.  
Cover with foil and bake at 350°F for 50 minutes.  
Remove cover, sprinkle with the remaining grated cheese, and bake for another 10 minutes, or until the cheese has melted.  
Let stand for 10 minutes before serving.