



lumenus
Community Services

DECEMBER 2020 ISSUE 24



FAMILY NEWSLETTER

EARLYON - LUMENUS

UPDATES FROM US

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Hello EarlyON - Lumenus Families!

The snow is falling and it is a great time to bundle up and go outside for a walk or to play! We are wishing everyone to stay safe and healthy during the holidays. We look forward to seeing you again in the new year. Take care and happy holidays!

QUOTE OF THE WEEK:

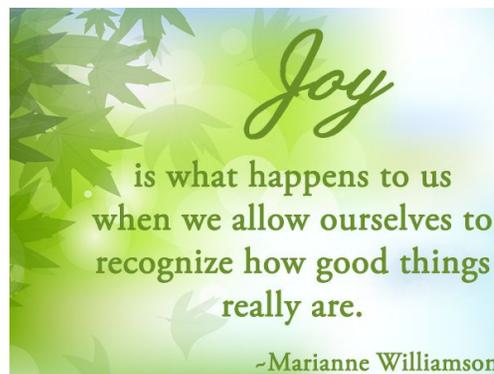


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Website: <http://adventureplace.ca/services/earlyyears/>

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

FAMILY SAFETY

City of Toronto:

COVID-19 Resources List for Families



CELEBRATING THE HOLIDAYS SAFELY

The festive season is upon us and although we may want to go all out and share this special time with family and friends, it is important to keep in mind the safety of ourselves, others, and our loved ones.

Follow these safety tips to stay healthy during this holiday season:

1 CELEBRATE VIRTUALLY

Have a virtual holiday celebration with family, friends, and coworkers



2 SAFE WINTER ACTIVITIES:

1. Build a snowman or go sledding with members of your household
2. Attend a drive thru event
3. Watch Holiday movies at home



3 DECORATE A TREE/ LIGHT A MENORAH

Decorate your door or a tree with lights and ornaments. Light your menorah and read Chanukah tales and stories.



4 BAKE TREATS AT HOME

Bake holiday treats, try a new recipe, and try DIY or homemade ornaments with your children.



THINGS TO AVOID THIS HOLIDAY SEASON

- X IN-PERSON HOLIDAY GATHERINGS OR EVENTS**
- X INDOOR HOLIDAY ACTIVITIES**
- X VISITING SANTA CLAUS INDOORS WITHOUT MAINTAINING 2 METERS APART**
- X VISITING FAMILY AND FRIENDS FOR NON-ESSENTIAL REASONS**

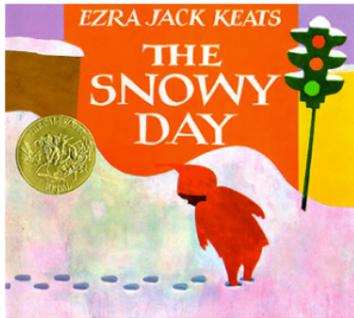
Did You Know?

Did you know that almost all Christmas lights contain high levels of lead. Lead is part of the PVC insulation that insulates Christmas light wiring. Think twice before having Christmas photos of babies and children holding or wrapped in Christmas lights.

<http://www.cnn.com/2007/HEALTH/12/10/christmas.lights/>



FAMILY LITERACY



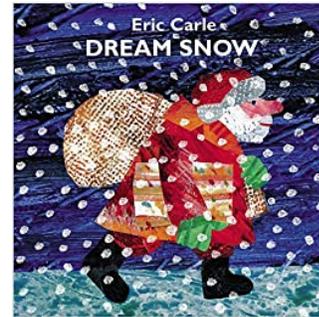
The Snowy Day

One winter morning Peter woke up and looked out the window. Snow had fallen during the night. It covered everything as far as he could see.

Author and Illustrator: Ezra Jack Keats

Viking Press, 1962

<https://youtu.be/QYWodTneq-Q>



Dream Snow

“Oh my! Oh my!” cried the farmer. “I almost forgot” Quickly he put on his warm coat, his warm boots, his warm hat and his warm gloves.

Author and illustrator: Eric Carle

Philomel Books, 2000

<https://youtu.be/SodXkTEta4>

FUN WITH INFANTS

Ice Painting

(Adult supervision is always required for any activities.)

What You Will Need:

Small pots (such as yogurt cups)

Food colouring

Water

Craft sticks

Card or paper

What You Will Do:

Fill small pots with water.

Mix a tiny bit of food colouring into the pots of water.

Put a craft stick into each pot and then put the pots into the freezer.

The ice paints will take a couple of hours to freeze.

For infants, it would be better if they can sit on the big size of paper to draw.



FAMILY ADVENTURES

INDOOR

Making Salt Dough Ornaments for the Holidays

(Adult supervision is required for all activities.)



What You Will Need:

4 cups all purpose flour
1 cup salt,
1.5 cups warm water



What You Will Do:

Combine all your ingredients and mix well until it starts to form a dough.

Take the dough out of the bowl and knead for at least 10 minutes (If your dough is too dry, add a little bit more water in and continue to knead.)

Roll out the dough to between 1/4 to 1/2 inch thickness. (If the dough is too thick it will take too long to dry.)

Press the hand into the dough or use cookie cutters for form different shapes

Using a straw, make a hole in the top of the ornament.

Let the ornaments air dry for a day.

Bake at 250 degrees Fahrenheit for 1-2 hours. Once the top of the ornaments look dry and solid, flip over and bake on the other side. (If you do not have time, you can bake right away instead.)

Paint and decorate your ornaments



Did You Know?

The wreath is an ancient symbol of power and wealth, eternity and good luck. The Ancient Greeks used wreaths as a decoration worn upon their heads that symbolized their rank, occupation, achievements, and status. The classical wreath has evolved into modern times with the help of Christianity. Christians used wreaths as part of their ceremonies for the Advent season.

FAMILY WELLNESS

NATURE



Pine Cone Wreath

Go outside with your children for a walk and collect some pine cones to use for creating a wreath. This activity is the perfect holiday craft project you can do with your children!

What You Will Need:

Small or Medium Pine Cones (make sure they are clean and free of any insects before using. Avoid using any pine cones that have sap on them. You may also want to wipe them down with a damp cloth to wipe off any excess dirt before painting)

Paint – 3 different colors

Cardboard

Small red pom poms

Thick Red Ribbon

Burlap ribbon for hanging

Hot glue (for adults only)

Scissors



What You Will Do:

Start by letting your child paint the clean pine cones. Let them dry.

Create your wreath base from cardboard. You can use a paper plate for the center to trace around for the center. Then trace around another circle object you may have to create the outside circle.

Let your child paint the cardboard base and let it dry.

Start hot gluing your pine cones on. Adults should do this step for younger children. Alternate the colours as you go so that the same 2 colours are not side by side. Glue 2 beside each other on the base and work your way around the wreath until the base is filled with pine cones.

Glue small red pom poms around the wreath.

Glue a large burlap style ribbon to the top back for hanging.

Finally, glue a red ribbon to the bottom.

FAMILY WELLNESS

HEALTHY EATING



Fun Holiday Gingerbread Recipe

Recipe found on: www.minds-in-bloom.com



What You'll Do:

Mix 1 tablespoon of butter with 1 tablespoon of brown sugar.

Add 1 tablespoon of molasses and 1 egg and mix well.

Add $\frac{1}{3}$ cup of flour, $\frac{1}{4}$ tablespoons of baking soda, $\frac{1}{4}$ teaspoons baking cinnamon, and a pinch of ginger.

Mix all the ingredients together.

Sprinkle some flour on your table surface and flatten out your mixed dough (A rolling pin is very handy for this step!)

Now the fun part! Grab your favourite cookie cutters and cut out your cookies pieces.

Be gentle when removing your cutouts!

Place your cookie pieces on an ungreased cookie sheet or tray.

Bake for 8 - 10 minutes at 350 degrees.

Let your cookies cool for 5 minutes and ENJOY!