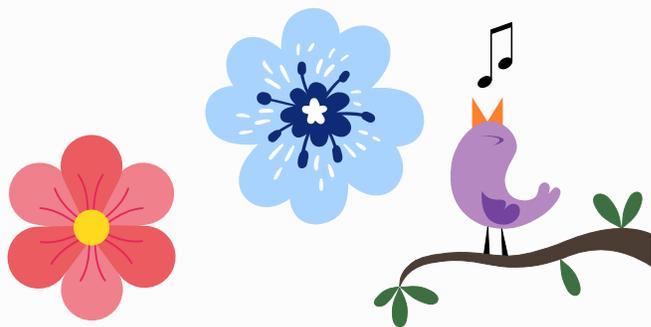


EARLYON NEWSLETTER

EARLYON - LUMENUS

QUOTE OF THE MONTH:



*"Let us be grateful
to the people who make us happy;
they are the charming gardeners
who make our souls blossom."*

- Marcel Proust



TABLE OF CONTENTS

UPDATES FROM US
QUOTE OF THE MONTH
- 1 -

FAMILY CIRCLE TIME
- 2 -

FAMILY LITERACY
- 3 -

FAMILY ACTIVITY
- 4 -

PARENT CHAT UPDATE
- 5 -

UPDATES FROM US

OUR EARLYON TEAM:

ARANI, HALEY, KATHERINE, KIWON, LISA,
MAIS, MARIE, SADAF, SOPHIA, VICTORIA,
VIRGILIA, YANNIE, ZAHRA.

Hello EarlyON - Lumenus Families! Happy March! We hope you are all doing well. As we approach Spring and the weather gets warmer, we hope you get a chance to enjoy some fun activities outside. Check out our YouTube playlist for some ideas :)

CONNECT WITH US

Email: earlyon@lumenus.ca

Phone: 416-494-1579 ext. 4301

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

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

FAMILY CIRCLE TIME

SONG RECOMMENDATIONS

Singing with your child is great for them to develop language and communication skills, by hearing many different silly sounds. Practice singing these songs about Spring with your children to encourage them, and to have fun together!

Spring Is Here

Spring is here, Spring is here.
How do you think I know?
I just saw a bluebird,
That is how I know.

Spring is here, Spring is here.
How do you think we know?
We just saw a bluebird,
That is how we know.

Do the bird walk, and strut your thing.
Do the bird walk, and flap your wings.
Do the bird walk, do anything.
Look around for another sign of spring.

<https://www.youtube.com/watch?v=DobrRgD5aOU>

Sleeping Bunnies

See the bunnies sleeping
Till it's nearly noon.
Shall we wake them
With a merry tune?
They're so still,
Are they ill?
Shh!

Wake up little bunnies!
Hop Hop Hop!!

<https://www.youtube.com/watch?v=BRjsyzbvqsc>

Springtime

Hello little flower,
It's very nice to meet you.
Have you been hiding in the snow
All winter long?
Hello little tree branch,
I see your leaves are growing,
So very green and beautiful, for winter's gone.
Springtime Springtime
See the sunshine in the sky
Springtime, Springtime
Wake up world say hi
Wake up world say hi.



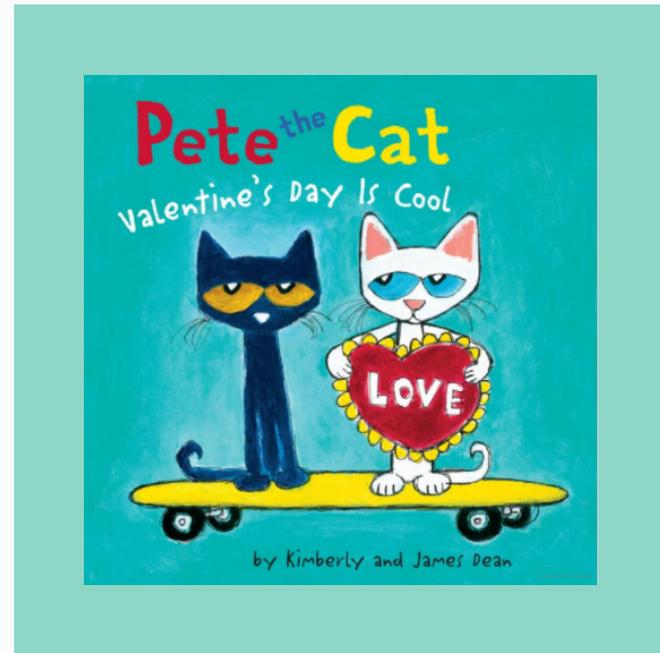
FAMILY LITERACY

PETE THE CAT: VALENTINE'S DAY IS COOL!

Written by Kimberly & James Dean
Illustrated by James Dean
Published by Harper Collins, 2013

At first, Pete thinks Valentine's Day isn't cool...until he realizes all the special cats there are in his life. Once, Pete, the Cat realizes how much fun Valentine's Day can be, he decides to make valentine's cards for his family and friends. But what happens when he realizes he's forgotten to make a card for a very important cat?

<https://www.youtube.com/watch?v=ntXvVxOlg04>

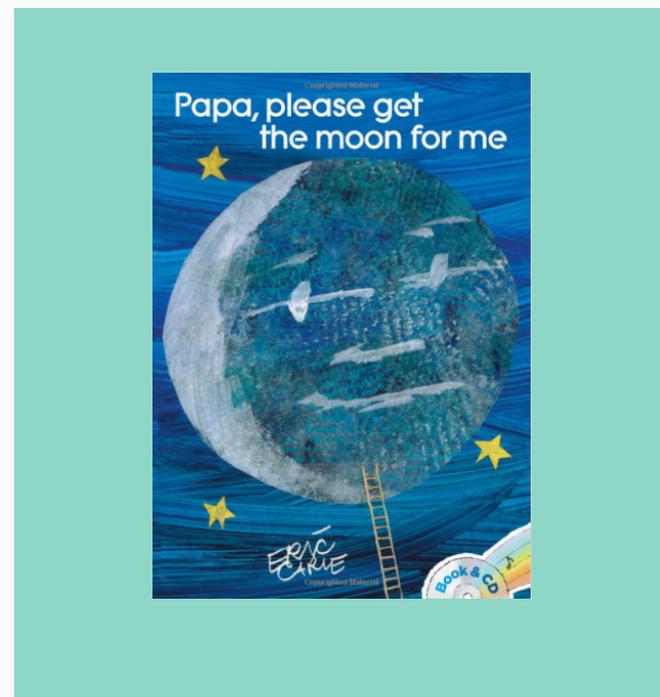


PAPA, PLEASE GET THE MOON FOR ME

Written and Illustrated by Eric Carle
Published by Simon & Schuster, 1986

Monica wants the moon to play with, so her Papa sets out to get it. It isn't easy to climb to the moon, but he finally succeeds only to find the moon is too big to carry home. Children will love the joyful way in which this problem is solved.

<https://www.youtube.com/watch?v=sGqAw7UM6qo>



FAMILY ACTIVITY

MAGIC PAPER TOWEL ART

Try out this fun indoor activity that blends art with science!

1



2



3



4



Materials:

- Marker (permanent and washable)
- Paper towels
- Water in a small tray
- Scissors

Directions:

1. Take a square of paper towel and cut it in half, then fold it.
2. Draw an image on the top of the layer of the folded paper towel like a rainbow with a permanent marker. The permanent marker goes through the paper towel onto the layer below.
3. Color or add your image to the second layer with a washable marker.
4. It happens fast! Place it into a small tray filled with water. By soaking the water through the two layers the colours from the bottom layer will appear in the top layer. It looks that it has appeared by magic!

Full instructions [here!](#)

PARENT CHAT

PARENT CHAT SUMMARY

February 8 - Stress

What is it? Stress is physical, mental, emotional responses to events that cause bodily tension or mental tension.

"Your stress may not only affect you, but the people around you too."

What does it look like?

Cognitive: memory loss, inability to concentrate, continual worry.

Physical: excessive perspiration, chest pains, stomach aches, elevated heart rate.

Behavioural: increased/decreased appetite, nervous habits, difficulty/irregular sleeping.

Emotional: feeling down/sad, overwhelmed, inability to relax, reduced empathy.

What can you do? Focus on what you can control, put aside what you cannot control. Feel empowered, reward yourself, praise yourself. Talk to a professional.

February 22 - Anxiety

What is it? Anxiety tends to stay and happens as "persistent dread".

What does it look like?

Behaviours: Avoidance, seeking reassurance.

Feelings: racing heart, shallow breath, headaches, cold hands.

Thoughts: "what if others judge me", predicting the worst case scenario.

"If you can name it, you can tame it".

Practice relaxation techniques: quiet time, meditation, deep breathing, exercise.

"Be gentle with yourself, you are doing the best you can."

Parent Chat

ZOOM ID: 896 3529 4068 PASSCODE: 123456

Parents and caregivers, come join EarlyON and Family Support Services staff for a series of parent-focused presentations/Q&A's:

February 8 1:00-2:00PM	February 22 1:00-2:00PM	March 8 1:00-2:00PM	March 22 1:00-2:00PM
Topic: STRESS Deepika Birdi, MPhil, MA Heather Goldberg, RECE	Topic: ANXIETY Shira Osher, MSW, RSW Vimmi Ahluwalia, BAsc., RECE	Topic: SELF-CARE Rafaela Cardona Rivera, MSW, RSW Vimmi Ahluwalia, BAsc., RECE	Topic: MINDFULNESS Akshra Singh, MSW, RSW Sophie McDonell, BSW, RSW

Please call or email us if you have any questions.
416-494-1579 x 4301
earlyon@lumenus.ca



Join us for our next two sessions on March 8 and March 22 from 1:00-2:00pm