



EARLYON NEWSLETTER

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UPDATES FROM US



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Hello wonderful EarlyON families!

We hope you have gotten a chance to read our first two newsletters to try some of the activities together with your children and explore the parent resources. Feel free to let us know by phone or email how they worked out or if you have questions or suggestions!

Please stay tuned for future updates from us!

INFANT TIME

Adult supervision is STRONGLY advised while children explore all activities.

0 - 12 months

Simple and inexpensive activities to create at home.

1. Exploring a New Treasure Basket: *Enables infants to develop concentration skills and assists them in making simple choices.*

How To:

Take a box or basket large enough to hold a few items.

Gather some safe and interesting items from around the home to fill the basket. Try to include different textures (metal, natural materials, wooden, and fabric) like jar lids, tea strainer, large keys, wooden spoons, large shells, wool pompoms, large pebbles, scarves, leather, fur, velvet, etc. Sit beside your infant while they explore.



2. Homemade Collages: *Allows infants to explore texture by using all their senses.*

How To:

Cut a large square of clear contact paper and tape it to a window with sticky side out by taping each corner.

Have your child press the decorations (feathers, large pompoms, tissue papers, chopped up coloured straws, or any recycled materials) to the sticky side of the contact paper to create different designs and pictures.

TODDLER TIME

13 - 24 months



1. Card Drop Slot: *This activity supports children in their fine motor skills and their hand eye coordination - as they focus to fit the objects in the hole.*

How To:

Carefully cut a hole in the top of the container lid (depending on the items of your choice: cards or other objects). To make the opening secure, you can tape around the hole with duct tape (and to also cover the edges if they are sharp). Toddlers can dump the tin once they've filled it up.

2. Toddler Pouring Station: *A fun and easy activity with minimal preparation! An easy clean up and holds your child's attention for a long time.*

How To:

Set up this activity in your bathtub or outside (allows for your child to freely explore without any limits or restrictions). Add water with food colouring (optional) into containers of different sizes, this adds an element of challenge so your toddler can practice filling different capacities. Include cups and scoops for extra fun. Keep towels nearby for quick cleanup.

PRESCHOOL TIME

25+ months

Germ Experiment: *How do germs spread?*

Materials:

Hand lotion, Glitter, Sink, Paper towels, Soap and Water

How To:

1. Put a drop of lotion on your hands and rub your hands together; then have your child pinch some glitter in the palm of your hand.
2. Rub your hands together. What happens to the glitter?
3. Now touch your child's hand. Do you see anything?
4. Try to wipe your hands with a paper towel. Does it work?
5. Now try using soap and water to wash off the glitter. Did the glitter come off?



What happened: After getting glitter on your hands, you will notice that glitter spread easily to anything you touch! When you try to wipe your hands with a paper towel, some of the glitter comes off but not ALL of it! But when you use soap and water, the glitter comes off easily. The glitter is acting the same way as germs. There are a lot of them. They can spread around easily. And it can be tough to get them off. Germs can spread around as easily as glitter and enter your body and make you sick. That's why it's important to wash your hands often.

Variation of Original Nursery Rhymes

Row Your Boat

Row, row, row your boat,
Gently down the Nile,
If you see a camel,
Don't forget to smile.
Row, row, row your boat,
Gently down the river,
If you see a polar bear,
Don't forget to shiver.
Row, row, row your boat,
Gently to the shore,
If you see a lion there,
Don't forget to roar!

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. **Go Bananas (Pinkfong):** Fun and active song for children to dance and sing along with.
2. **Walking Walking (Pinkfong):** Sing and dance together by following the cues of the song.

PARENT TIME

Brae Anne McArthur and Sheri Madigan (University of Calgary) share 5 tips for navigating children's screen time during social distancing.

How to Use Technology Effectively:



Engage



Communicate



Learn



Create

1.) SELECT HIGH QUALITY, EDUCATIONAL PROGRAMMING

These programs have a coherent story line and are developmentally appropriate for children's comprehension. The educational programs often label objects and speak directly to children.

2.) WATCH AND ENGAGE IN SCREENS TOGETHER

Parents can direct their child's attention to specific content, discussing what is being viewed and reinforcing what they have learned by making it relatable to the child's day-to-day activities (e.g., "That's a red car!").

3.) USE SCREENS FOR HUMAN CONNECTION

Encourage using video chats with family, friends and loved ones, even for young infants and children. Social connection is important for children and is seen as a healthy way to use devices.

4.) BALANCE SCREEN USE WITH OTHER ACTIVITIES

Children learn best when they are engaging in interactions or conversations with their parents, siblings or grandparents. Try to offset screen-time activities with ample back-and-forth interactions that build children's brain and bodies.

5.) MODEL HEALTHY DEVICE HABITS

We can do this by taking media breaks and modelling device-free priorities (such as reading, cooking, eating, walking) ourselves.



Viewing disturbing news reports has been shown to elevate children's stress levels.

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/2wgRJ56>

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

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



ADDITIONAL RESOURCES

Funding Support for Families:

<https://www.ontario.ca/page/get-support-families#section-0>

Multi-lingual COVID-19 response:

<https://www.mcislanguages.com/covid-19-response/>

Children screen time during social distancing:

<https://theconversation.com/coronavirus-5-tips-for-navigating-childrens-screen-time-during-social-distancing-134445>



THE CONVERSATION

Academic rigour, journalistic flair

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

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In case of emergency, call 911 or contact Toronto Public Health (416-338-7600)