



EARLYON NEWSLETTER

April 2020 Issue 4

UPDATES FROM US



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Hello wonderful EarlyON families!

We hope everyone is safely finding new ways to have fun and stay healthy! Try to take some time out of each day to stretch and get some fresh air. We love to hear your feedback and suggestions about our past and future newsletters by phone and email (contact details on bottom of last page)!

Please stay tuned for future updates from us!

INFANT TIME

0 - 12 months

Adult supervision is STRONGLY advised while children explore all activities.

Simple and inexpensive activities to create at home.

1. Cardboard Box Play Tunnel: *Helps infants to develop their gross motor skills (crawling, sliding, chasing, and navigating objects).*

How To:

Get a large cardboard box, open it from both sides to create a tunnel (as seen in the picture).

Puncture scattered holes in the top of the box with closed scissors and twist them around to make the holes big enough, then thread tights/ colourful ribbons/pants through.

Let your child crawl through, pull on the stretchy materials and have a good time exploring together.



2. Squishing and Tasting Jello: *Sensory play encourages infants to use all 5 senses.*

How To:

Prepare one or two boxes of jello the night before the activity. (If you have a jello powder, just follow the package directions. Then leave in the fridge overnight).

The next day, pour the jello into a bin.

Add some digging tools or magnetic alphabet letters.

Let your child enjoy the squishing and tasting the jello.



TODDLER TIME

13 - 24 months



1. Water Painting: *An easy no mess painting activity with only water!*

How To:

This activity can be done with a paintbrush on cardboard or even on a chalkboard slate. Get creative and try out various different tools to paint with water.

You can even use cotton balls, sponges, spray bottles, etc.

Instead of cardboard or chalkboard, you can also use coloured construction paper.

2. Shredded Paper Sensory Bin: *All you will need for this simple activity is a large bin and recycled paper/newspaper!*

How To:

Cut the paper into long strips (length can be up to your preference).

Fill bin up with all your shredded paper.

Add in any materials of your child's interest. Some examples of fun themes: Construction site set up (dumping and scooping the shredded paper), pretend cooking play (pots, pans, scoops - again to allow your child to dump, scoop and get creative cooking!).

PRESCHOOL TIME

25+ months

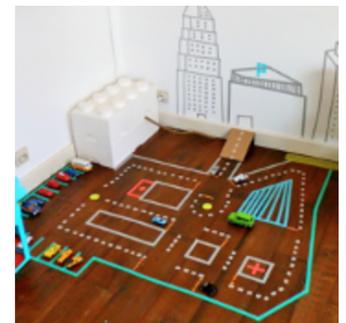
1. Alphabet Hunt: *With your child's toys, teach your preschooler alphabets and sounds with toys or objects you have at home!*

How To:

Hand write the letters of the alphabet on pieces of paper and place them in a small basket.

Have your child close their eyes and pick a letter.

Give your child some time to find a toy or object that starts with the letter picked from the basket.



2. Masking Tape Car Track: *Grab a roll of masking tape and let the fun begin!*

How To:

Create a car track by sticking tape in various areas, creating roads, intersections, and parking lots!

Alternatives: You may stick tape on a shower curtain liner or a sheet instead of the floor. Like a little challenge? Add colour or number matching to your track!

Number Song 1-5 in Different Languages (Tune: Roly Poly)

Encourage and sing with your children in your home language first, then explore the fun of singing and counting in different languages.

English:

One two three four, one two three four,
Five five five, five five five.

One two three four, one two three four,
Five five five, five five five.

French:

Un deux trois quatre, un deux trois quatre,
Cinq cinq cinq, cinq cinq cinq.

Un deux trois quatre, un deux trois quatre,
Cinq cinq cinq, cinq cinq cinq.

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. Follow me children song (Patty Shukla)
2. Jump, run and shout! (The Singing Walrus)
3. Simon say (The Kiboomers)

PARENT TIME

BUILDING A ROUTINE WHEN WORKING AT HOME AND CARING FOR KIDS

Setting a routine while working from home with your children is very important to a successful day, not just for yourself but for your children. This can be a huge challenge when you work from home and are needing to care for your children.

For young children, using a simple approach is best. "It's reading a book time," "it's lunch time now..." — those reminders of what is happening next are highly recommended.

You can also create a visual schedule for them.



**Below are some strategies
to set a schedule and a routine at home:**



#1 Get up at the same time and get dressed as if you are going to leave the house. Have breakfast and still take a couple of minutes to set up anything you need to help you be successful.

#2 If your child is younger and you want them in eyesight while working, gather toys that they are capable of handling on their own. It is strongly recommend that you turn off any screens and save it those important meetings that you might have coming up.

#3 Don't interrupt your children to change activities. If they are engaged with a game, dressing up or coloring then it's best to ride it out.

#4 Keep quiet time going. Even if your children don't sleep during the day, it is important for them to relax for a while and you can take advantage of that time as well.

#5 Finally, wrap up your work day at the same time. This way your children know that you are no longer working and you can start with your evening.

Posted by: Ria Simon from HiMaMa

GET THE FACTS



Stay aware of the latest information on the COVID-19 outbreak from credible sources.

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

1. **The NYGH COVID-19 Screen and Assessment Centre**
(open 11am - 11pm seven days a week)

<https://nygh.on.ca/covid-19-updates>

2. **Public Health** - online parenting programs to support their journey from pregnancy to parenting.

<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/pregnancy/during-pregnancy/prenatal-programs/welcome-to-parenting/>

3. **Helping Children Cope With Stress**

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

4. **Community + Settlement Services Regional Updates**

<https://www.211toronto.ca/COVID19Snapshots>

5. **North York Harvest Food Bank**

<https://northyorkharvest.com/>



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

www.adventureplace.ca/services/earlyyears

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416-494-1579 ext.301

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