



EARLYON NEWSLETTER

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UPDATES FROM US

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Hello wonderful EarlyON families!

We hope you have enjoyed trying some of our activities with your children from our previous newsletters. We are excited to begin our virtual programming with you this week! Please call or email us if you have any questions.

Please stay tuned for future updates from us!

INFANT TIME

0 - 12 months

Adult supervision is **STRONGLY** advised while children explore all activities. We highly discourage children from swallowing uncooked materials.

1. Rainbow Spaghetti Sensory Play: *It helps infants to improve their fine motor skills and concentration.*

How To:

Cook spaghetti as directed, once it is cooked rinse it with cool water.

Separate spaghetti into ziplock bags.

Add 1-2 tbsp water and few drops of food colouring if you have.

Close the ziplock bag and shake to disperse the colour.

Put spaghetti in a colander and run under cold water until the water runs clear.

Add 1 tsp of oil to spaghetti, this will stop colour from staining hands during play.

Enjoy with your infant!



2. Under the Umbrella Sensory Play:

Encourages infants to develop their eye-hand coordination and focus.

How To:

Get a safe umbrella you have at home.

Decorate the umbrella by using items that can be found around the house such as (coloured velcro cable chain, coloured ribbons, recycled CDs, beads necklace, etc.) hang them inside the umbrella.

Place a variety of pillows and blankets underneath the umbrella.

Lay down with your infant and let him/her explore the hangings from the umbrella.

TODDLER TIME

13 - 24 months



1. Pipe-Cleaner Colander: *This activity is a great way to get your toddler working on their fine motor skills and improve their hand-eye coordination.*

How To:

All you will need is a colander and objects such as pipe cleaners, dry spaghetti or shoelaces/thick yarn to thread into the colander.

2. Sensory Oats: *This is a great dry sensory activity.*

How To:

The dry oats can be left in a bin or box to be used over and over again.

You can create a variety of themed sensory bins (ex. animals, sea creatures, transportation, etc)

For a fun variation, on your last use you can add water and make it a wet sensory bin!

The oats can be replaced with any dry ingredients such as pasta, rice, etc.

Please supervise your child at all times.

PRESCHOOL TIME

25+ months

Two fun ways to teach your preschooler about different emotions.

1. Sing Familiar Songs:

Twinkle twinkle little star, or Happy Birthday with different emotions.

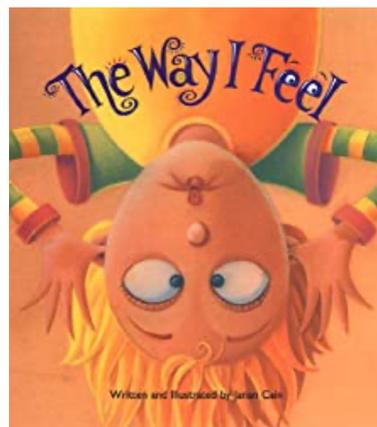
For instance, sing together in a sad voice, in a silly voice, in an angry voice, or in a bored voice.

2. Emotion Guessing Game/Peekaboo:

Cover your face with a scarf or blanket and play peekaboo by showing a different emotion each time you reveal your face.

Have your child guess the emotion you're feeling.

Then, you can talk about what might make you feel this way.



Painting with Kitchen Tools

3. Painting With Kitchen Tools:

Create cool patterns using a potato masher, whisk, spatula, or a fork.

You can use words such as: criss-cross, curved, wavy, jagged, checkered, striped, spotted, streak, spiral, splatter, zigzag, and straight to teach your child about different types of lines and patterns.

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. Elephant Dance song (Teacher's Video)
2. DOWN IN THE JUNGLE (KIDDY MUSIC)
3. Let's go to the zoo (Animal song for kids)

Bananas Unite Lyrics (with actions):

Peel bananas, peel, peel bananas (Hold arms above head, slowly wind them down, one at a time) (Repeat 2 times)

Chop bananas, chop, chop bananas (Pretend arms are knives and chop in front of you) (Repeat 2 times)

Slice bananas, slice, slice bananas (Hold hands flat, and slice sideways) (Repeat 2 times)

Mash bananas, mash, mash bananas (Grind hands together) (Repeat 2 times)

Eat bananas, eat, eat bananas (Pretend to eat bananas with both hands) (Repeat 2 times)

Go bananas! Go, go bananas! (Jump up and down, shake body, be silly) (Repeat 2 times)

PARENT TIME

Benefits of Using a Visual Schedule at Home

1. Promotes routines, smooth transitions and minimizes meltdowns.
2. Enhances children's independence because they have a visual reminder of what to do next.
3. Helps families set up healthy habits with daily routines, responsibilities and schedules for everyone.

You can create your own at: <https://connectability.ca/visuals-engine/>



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. **City of Toronto - COVID-19 Health Advice**

<https://www.toronto.ca/community-people/health-wellness-care/diseases-medications-vaccines/coronavirus/>



2. **Take Care of Your Mental Health and Wellbeing**

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/taking-care-mental-health.htm>



Government of Canada

3. **COVID-19 Eviction bans and Suspension to Support Renters**

<https://www.cmhc-schl.gc.ca/en/rental-housing/covid-19-eviction-bans-and-suspensions-to-support-renters>



Canada Mortgage and Housing Corporation

4. **Food Banks in Toronto**

<https://www.211toronto.ca/topic/food>



5. **At Home Learning - worksheets, games, lesson plan**

<https://www.education.com/>



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

www.adventureplace.ca/services/earlyyears

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