



# EARLYON NEWSLETTER

May 2020 Issue 6

## UPDATES FROM US



*Our Team: Lisa, Balbir, Marie, Cindy, Kiwon, Virgilia, Mais, Haley, Arani, Yannie, and Sophia.*

*Hello wonderful EarlyON families!*

*We were so happy to see some familiar faces during our live circle times last week! We hope you enjoyed them as much as we did. New families can sign up to join our circle time through our EarlyON webpage under updates or this link <http://leepurl.com/gY5Mnf>.*

*Please stay tuned for future updates from us!*

## INFANT TIME

### 0 - 12 months

*Simple and inexpensive activities to create at home.*

**1. Baby and Oobleck:** *A sensory play activity that encourages infants to manipulate and explore new texture.*

**How to:**

All you need is cornstarch and water. The ratio is one part water and two parts cornstarch.

Pour 2 cups of cornstarch into a bin.

Pour 3/4 cups of water on the cornstarch and mix together with your hands.

Add the rest of the water to make the consistency more liquid.

Add food colouring (if you have) to make it colourful.

*Note: Keep a close eye on your child during this activity.*

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



**2. Rat-a-Tat Tins Activity:** *Helps infants developing hand-eye coordination and learning cause and effect (e.g. hitting the tin makes a sound).*

**How to:**

Set out some cake pans/ pots around the child and provide him/her with something to bang (wooden spoon, wooden rattle). Let your infant bang with his/her hands and various other materials to see the difference in sounds.

# TODDLER TIME

13 - 24 months



**1. Grab Toy:** Works on your toddler's fine motor skills as they navigate through the maze that you have created and picking out their favourite item to play with!

#### How To:

Create a criss-cross pattern using string/yarn, going in and out of the weaves on the baskets.

Criss-cross at various heights to add an element of challenge for your child.

Be sure to tie the ends of the string securely in a knot to avoid the strings from loosening.

**2. Taped Toys:** Another activity to help support your child's fine motor skills.

#### How To:

Use a large piece of cardboard and spread out the toys.

Using your tape, tape down each item onto the cardboard.

You can increase the level of difficulty by adding more than one piece of tape to the bigger objects.

Or, by adding flatter objects, making it harder for your child to grasp the toy.

If you don't have a piece of cardboard, you can stick your items to a wall using painters tape. (Only use the wall as your surface if you have access to painters tape).

# PRESCHOOL TIME

25+ months

**Counting and Active Movement:** Practice counting numbers on dice while doing actions.

#### How To:

Create a simple chart with your preschooler with fun actions for each number.

Take turns to throw a die.

Find the number you

have rolled on the chart and do the corresponding action.

You may use 2 dice and a bigger chart for some extra fun!

	Jump up high, then touch your toes 3 times
	Sing ABCs and Do a silly dance
	Run in place while counting to 15
	Draw circles with your legs and arms
	Hop on one foot 3 times/ or/ balance on one foot and count to 5
	Slither like a snake/ Do the crab walk

# CIRCLE TIME

All Ages



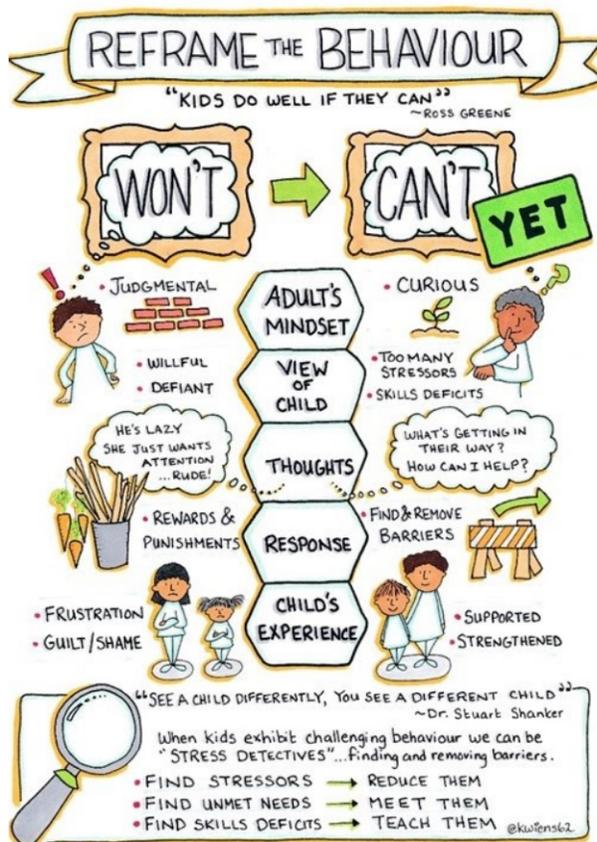
Songs on YouTube: Can be played in the background so children can sing and dance along. Parents can also get familiar with the songs beforehand and sing with their children!

1. We're Going on a Bear Hunt:  
<https://youtu.be/Wz1cu6tbEko>
2. The Animal Sounds Song:  
<https://youtu.be/t99ULJjCsaM>
3. Elephant Has Wrinkles:  
<https://youtu.be/1ac-xMobPyw>



# PARENT TIME

## Reframing Children's Behaviour



"See a child differently, see a different child." - Stuart Shanker

- Reframing is rooted in taking into account the difference between misbehaviour and stress behaviour.
- The image explains steps that we need to think about when reframing a person's behaviour.
- Reframing yourself and looking at yourself with "soft" eyes will make it possible to be there to support yourself, your child and your family.
- Think of your child's strengths and match it with ways of how you can reduce stressors, meet their needs and teach them skills.

# 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 Current health situation, service changes, and economic support**

<https://www.toronto.ca/home/covid-19/>

2. **COVID-19: Activities for Preschool and Toddlers**

<https://www.bubhub.com.au/hubblog/covid-19-activities-for-preschool-kids-and-toddlers-too/>

3. **Ontario Science Centre - Science at home learning resources**

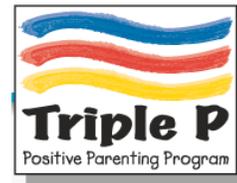
<https://www.ontariosciencecentre.ca/LearningResources/>

4. **Triple-P - Parenting During COVID-19**

<https://www.triplep-parenting.ca/ont-en/get-started/parenting-during-covid-19/>

5. **City of Toronto in partnership with Red Cross: COVID-19 Food hampers for people in need**

Phone: 1-800-204-9952



**Canadian  
Red Cross**

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

[www.adventureplace.ca/services/earlyyears](http://www.adventureplace.ca/services/earlyyears)

[earlyon@adventureplace.ca](mailto:earlyon@adventureplace.ca)

416-494-1579 ext.301

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