



EARLYON NEWSLETTER

May 2020 Issue 7



UPDATES FROM US

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*Hello wonderful EarlyON families!
We hope you are all healthy and enjoying our circle times and weekly activities! We are looking forward to receiving all your positive and inspirational messages this week by Friday, May 15 by email! Please contact us if you have any questions!*

Please stay tuned for future updates from us!

INFANT TIME

0 - 12 months

Simple and inexpensive activities to create at home.

1. Tummy Time Finger Painting: *This activity helps infants in developing strong neck and shoulder muscles as well as supporting the sensory integration.*

How to:

Get a piece of paper, a large Ziploc bag, different colors of paint and tape.

Add just little dots of each color of the paint on the paper.

Put the paper with the paint in the large Ziploc bag.

Tape all the four sides of the Ziploc bag to the floor.

Let your baby do tummy time and be an artist.



2. The Magical Cardboard Box: *Cardboard boxes are the perfect size for infant's spatial exploration.*

How to:

Get a large, clean and strong cardboard box (ex. diaper box).

Add a small size blanket in the bottom of the box and a few of the baby's favorite toys.

Make sure the box is safe for your child to sit in and play. Don't forget to supervise your infant during his/ her playing time.

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

TODDLER TIME

13 - 24 months



1. Muffin Tin Fine Motor Play: *The use of a muffin tin is a great way to help your toddler grasp toys in their hands. The older the toddler, you can use slightly smaller objects. Make sure they are a safe size!*

How To:

Gather unique objects of varying sizes and shapes (golf balls, blocks, pom poms, small cars, etc.)

Place objects in muffin tin.

Let your toddler play!

2. Go Fishing!: *This is a fun sensory activity to engage with your child.*

How To:

Gather some familiar toys or objects (a set of animals, foam letters, shapes or numbers).

Start by filling your deep bin or bathtub up with water and adding a few drops of food colouring if you choose to.

Add a few items to the bin and begin asking your child to find each item at a time using a water strainer or mini colander. Ex: "Can you find the orange fish?"

Work your way up to more challenging items that your child may not be as familiar with.

This is a great opportunity to teach your child through play.

PRESCHOOL TIME

25+ months

1. Alphabet Matching and Letter

Recognition: *Teach your child the letters in their name by using toys or craft materials you have at home.*

How To:

Have your child say each letter out loud. Then find that letter on post it notes and stick it to the letter in their name. You may also use a non toxic marker to print letters on blocks or lego to teach your child the order and placement of each letter in their name.



2. Clothespins Alphabet Matching: *Have your children practice their finger grip, fine motor skills, literacy, and matching through this simple activity.*

How To:

Use a paper plate or a piece of paper.

Write all letter of the alphabet around the edges of the paper plate.

Grab some clothespins and write down one letter on each clothespin.

Have your child pick a clothespin and match that letter on the paper plate.



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. Boom Chicka Boom, Action Songs Kids, Brain Breaks, Camp Songs, Kids Songs (The Learning Station)

<https://youtu.be/69f9sCwhwYk>

2. Freeze Dance, Freeze Song, Freeze Dance for Kids, Music for Kids (The Kiboomers)

<https://youtu.be/2UcZWXvgMZE>

Opposites Song

Open shut them, open shut them.

Give a little clap, clap, clap.

Open shut them, open shut them.

Put them in your lap, lap, lap.

Big and small. Big and small.

Big and small. Big, big, big, big.

Small, small, small. Big and small.

Big and small. Big, big, big, big.

Small, small, small.

** Fast and slow./ Loud and quiet./

Peek-a-boo.

PARENT TIME

COVID-19 PARENTING: Bad behavior

Redirect

Catch bad behavior early and redirect your kids' attention from a bad to a good behavior.

Stop it before it starts!

When they start to get restless, you can distract with something interesting or fun: "Come, let's play a game together."



COVID-19 PARENTING: Keep calm and manage stress

Take a break

We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it!



GET THE FACTS



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

1. **Government of Ontario: Updates and resources.**

<https://covid-19.ontario.ca/>

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

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

ADDITIONAL RESOURCES

1. **TVO Kids - Educational Resources:**

<https://www.tvokids.com/school-age>

2. **Wellness Together Canada:**

<https://ca.portal.gs/>

3. **Hands up for Kids - Hands Up Toronto:**

<https://bit.ly/3dtzzwl>

4. **10 Things to know about Ramadan - Fasting and Food:**

<https://www.bbcgoodfood.com/howto/guide/10-things-know-about-ramadan-and-fasting>

5. **Oriole Food Space - online community Kitchen - cooking at home**

<http://www.oriolefoodspace.com/>

6. **RYO Network - COVID-19 Fact Sheet - Multi-lingual**

<https://www.rionetworkonline.ca/ClientUser/dashboard>

The logo for TVO Kids, with the word "tvokids" in a colorful, lowercase font.

WELLNESS TOGETHER

Canada



The logo for BBC Good Food, with the BBC logo and the word "goodfood" in a bold, lowercase font.



The logo for RYO Network, with the letters "RYO" in a stylized font and the word "network" in a lowercase font.

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)