



EARLYON NEWSLETTER

May 2020 Issue 8



UPDATES FROM US

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*Hello wonderful EarlyON families!
Thank you for all the families who have sent their positive messages to us! We are compiling your photos now. We are extending the deadline to **Friday, May 22!** Please send us your positive message with your names that you want to include to our email.
Please stay tuned for future updates from us!*

INFANT TIME

0 - 12 months

Simple and inexpensive activities to create at home.

1. Mirror Time: *It allows infants to explore expressions and socialize with their reflections.*

How to:

Lay the infant on his/her tummy and place a safe mirror on the floor in front of the infant.

Have photos of family members near the mirror making different face expressions like happy, sad, silly, and surprised.

This will allow infants to see different emotions and might mimic those expressions in the mirror.

Sit with the infant in your lap as you both face the mirror and sing songs with motions, play peek-a-boo, etc. to get the infant used to using the mirror.



2. Sensory bags: *It helps infants develop their senses of touch and sight.*

How to:

Get large Ziploc bags, hair gel, tape, and small objects like (buttons, googly eyes, foam numbers, sequins, and pompoms). Fill the Ziploc bag with two large spoons of the hair gel and any of the small objects you have.

Seal the Ziploc bag and wipe any hair gel from the top of the bag. To make sure the sensory bag is safe and there is no leaking, tape the bag carefully from the four sides.



TODDLER TIME

13 - 24 months

1. Frozen Paint-sicles: *Paint with coloured popsicles!*

How To:

In bowls or cups, add food colour and water and make your desired colours of choice. Carefully pour into the ice trays your coloured water.

Take your popsicles and place them into each cube into the tray.

Your popsicle stick will not stand upright, but that is okay - this will still work!

Place your tray into the freezer for a few hours, or until ice cubes are fully frozen.

Once ice cubes are ready, carefully remove them from the tray and begin painting.

2. Drawing with Cars: *This is a fun and creative way to engage your children in a creative activity.*

How To:

Begin by taping markers to the vehicles of your choice.

You can tape markers anywhere along the vehicle - the back is the most ideal, as children will be able to see the mark that is made as they drive the vehicle along.

Lay out a large sheet of paper, the bigger the paper the better.

You can always use a big piece of cardboard instead.

Feel free to use crayons, pencil crayons, or any other drawing tools.

PRESCHOOL TIME

25+ months



1. Patchwork Elephant: *Encourage your child's artistic expression, colour identification and sorting.*

Introduce the following story and art activity: Read Elmer - The Elephant by David McKee to your child or listen to the story together.

<https://youtu.be/wdyo4ykh2WA>

Materials:

Photo frame or white paper

Cut out pieces of fabric/ foam/ or construction paper

Scissors

Glue

How To:

Draw an outline of Elmer on the acrylic side of the frame.

You may draw other animals or even people. Smear some glue on the surface.

Begin sticking your fabric pieces on the glue. (If you use foam sheets, putting them in water will help them stick directly to the acrylic).

Let dry.





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. Action Songs for kids: The Singing Walrus

<https://youtu.be/dUXk8Nc5qQ8>

2. There was a Crocodile Song - Action Songs for Kids - Brain Breaks - Camp Songs - Kids Animal Songs

<https://youtu.be/lkanoEmlcHM>



PARENT TIME

*FAMILY WELLNESS -
KEEP CALM AND CONNECTED*

10 FUN FAMILY BEDTIME ACTIVITIES



1. Pick each other's craziest pajamas, and both parent and child put them on at the same time.
2. Have a tooth brushing party with everyone in the family complete with music and dancing.
3. Share 5 favorite things about your child with them.
4. Count how many stuffed animals can fit in the bed challenge
5. Wheelbarrow around
(hold your child's ankle's and have them walk through their routine on their hands).
6. Play 'Simon Says' throughout bedtime routine.
7. Enforce a 'No talking only singing' rule.
8. Read a bedtime story in a silly voice.
9. Have a shadow puppet show!
10. Communicate only through gestures and hand signals.

Pruess, A. (2020). 60 Fun and calming activities to make bedtime unbelievably easy. Date retrieved: May 13, 2020 from: <https://parentswithconfidence.com/50-bedtime-activities-that-will-calm-and-connect/>

GET THE FACTS

Ontario 

 TORONTO

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. **Ministry of Community and Social Services: Special Services At Home**

<https://bit.ly/3625O3G>

2. **Toronto Public Library**

<http://www.tpl.ca/>

3. **TPL: Ready for Reading: Children's Storyline**

<https://youtu.be/C2cJQ1lfgUI>

4. **Kids for Peace: Great ideas for families with young children to do at home to promote PEACE**

<https://kidsforpeaceglobal.org/covid-19/>

5. **COVID -19 The 519 Information and Updates**

<https://www.the519.org/news/covid19-the519-info-updates>

Ontario 

Ministry of
Children, Community and Social Services

 **tpl:** toronto
public library





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)