

APRIL 20 TO 24, 2020

WORKING FROM HOME WITH CHILDREN



SOME HELPFUL ACTIVITY IDEAS, TIPS AND LINKS TO HELP KEEP YOUR CHILDREN BUSY WHILE WORKING FROM HOME



Family Fun Showcase!

Send a photo of how you have been keeping your child(ren) busy while working from home!

Please send  to t.ritter@socialservices-ssmd.ca

NOTE: Our newsletter is public and shared throughout the community.

Last week one of the suggestions was a toy wash! Here is one of our friends keeping busy washing his toys while mom has a chance to get some work done. *Notice that a mat was included beneath him in order to keep his work space safe and slip free!*

Toy wash: Fill a sink, plastic bin, or bowl with water. Provide towels and a box of toys that kids can wash (toys with electronic pieces should be hidden for this activity). Throw in some small cars, plastic animals, toy food, plastic keys, etc., and let your kids clean away.



Take care of yourself!

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body: Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly, get plenty of sleep.
- Avoid alcohol and drugs.
- Make time to unwind.
- Try to do some other activities you enjoy.
- Connect with others & talk with people you trust about your concerns and how you are feeling.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html#community>





English/French Activities:

www.tfou.fr (French site)

Has FREE activities for kids 3-6 years and a separate section for kids 7+. They also have colouring pages with all your kids' favourite characters.

Uptoten.com (bilingual English/French site)

Has stories & songs for kids aged 0- 6 years and games & colouring for kids aged 6+.

Minitfo - www.tfo.org (proudly Canadian!)

The website of TFO (French Public Television).

Younger kids will enjoy games, mini videos and more. **Flip TFO** - site for tweens with videos, games and more.

<https://www.yummyummyclub.ca/blogs/caroline-fernandez-activity-mummy/englishfrench-activities-for-kids>



SSM Spring Bear and Bow Hunt

PUT BEARS AND BOWS IN YOUR WINDOWS!

Red:	Retail and food services
Yellow:	Transportation and delivery/Canada Post
Blue:	Healthcare
Purple:	Hospitality
Light blue:	All other essential workers

Helpful Templates to get the children involved:



BEAR OUTLINE

<http://www.serving-pink-lemonade.com/2011/03/pocket-for-corduroy.html>



SHAPE BEAR

<https://www.creativelittleexplorers.com/wp-content/uploads/2017/01/build-a-shape-bear-color-PDF.pdf>



RIBBON

<https://patternuniverse.com/download/cancer-ribbon-pattern/>

Provide open-ended, creative art experiences:

- Easel painting with a variety of paints and paintbrushes
- Watercolor painting
- Finger painting
- Painting with unusual tools like toothbrushes, paint rollers, potato mashers
- Printing and stamping (stamps purchased or made with sponges)



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- Creating spin art using a record player and paint, squirt bottles, paintbrushes, or markers
- Drawing with pencils, art pens, various sizes of markers, or crayons
- Making collages using tissue paper, various sizes of paper, glue, paste, glue sticks, scissors, and recycled materials