

EarlyON Newsletter

Sault Ste. Marie, Prince Township & Sault North



Disconnect to Reconnect

Even before the pandemic, we as parents were trying to balance the amount of screen time that our children had. We tried to be conscious of how much we were on our phones, and make sure that we spent time with our children, giving them our full attention and letting them know that we were listening to them. Now, as some of us work from home, we are on our computers and phones even more than we would normally be, and it is surely having an impact on our children, and possibly even our partners.

There's one thing that we have to keep reminding ourselves – It's OK to take breaks to play, go outside or build a fort in the living room! There is a lot of pressure on us parents to do work, and do schooling with our kids, that we forget we also have to play with them and help them grow in different ways. We won't get these moments back! We're not talking all day (though we're all for more play time) but even 15 minutes can mean so much to our children, and play time can give you a healthy break as well! Everyone needs a break.

Even if you're not working from home, your children are home with you 24/7 and you're trying to do it all. Parents are faced with so many extra challenges right now. We all just need to remember that we are doing the best that we can! This is temporary and we are in this together. Relax. Take a break. Don't be so hard on yourself! Above all else, enjoy this time to connect with your family.

EarlyON
Child and Family Centre
ON y va
Centre pour l'enfant et la famille

For fun family activities, follow your local EarlyONs on social media (see pg. 5)





PRINCE PICASSO

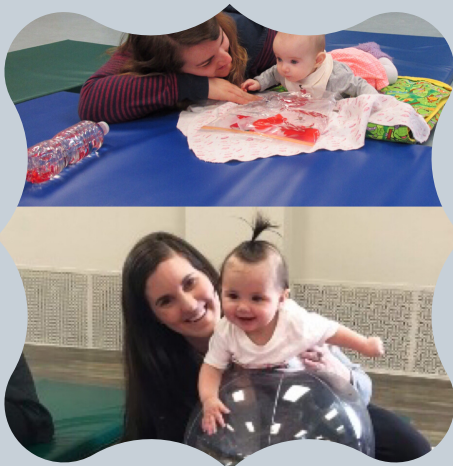
What: See, touch, taste, smell and play! Using different textures, fine motor skills, hand-eye coordination and creativity, your child will be able to produce their very own masterpiece while having messy fun in this program!

Who: Babies up to 1 year old

Registration: Registration is required; please send a private message with your child's information (name, age). Take a photo (vertical) of your child each week creating their masterpiece to send through messenger. A special keepsake portfolio will be made (weekly artwork can be added to the portfolio when you receive it). Portfolios distributed when safe.

Where: Online through Facebook - EarlyOn Child and Family Centre Prince, SSM & Sault North

When: Thursday's May 7 to June 11, 2020



Tummy Time

ONLINE

What: This program includes a variety of activities, positions, songs and routines to keep your infant spending time on their tummies. These activities will help promote neck and core strength, which will eventually prepare your baby for crawling.

Who: Infants from 0 - 9 months old

Registration: None required

Where: Online through Facebook - EarlyOn Child and Family Centre Prince, SSM & Sault North

When: Wednesdays, May 6 to May 27, 2020

Joy of READING



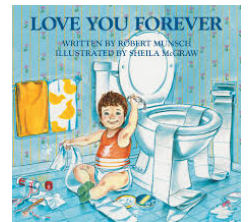
From the article *Reading with Your Child*
By: Bernice Cullinan, Brod Bagert
www.readingrockets.org

At just a few months of age, an infant can look at pictures, listen to your voice, and point to objects on cardboard pages. Guide your child by pointing to the pictures, and say the names of the various objects. By drawing attention to pictures and associating the words with both pictures and the real-world objects, your child will learn the importance of language.

Children learn to love the sound of language before they even notice the existence of printed words on a page. Reading books aloud to children stimulates their imagination and expands their understanding of the world. It helps them develop language and listening skills and prepares them to understand the written word. When the rhythm and melody of language become a part of a child's life, learning to read will be as natural as learning to walk and talk.

Enjoy one of our favourite books, "Love You Forever" by Robert Munsch

https://robertmunsch.com/wp-content/uploads/2011/10/126460538117na_love.mp3



Follow your local EarlyON Facebook accounts for live/recorded story time videos!

Pete the Cat wants to wish your child a Happy Birthday!



Send us your child's name and birth date (with age) and we will post a special message to them from Pete. Submissions must be received one week prior to the child's birth date through private message. Please check the album "Pete's Birthday Messages" on our Facebook page for your child's special announcement.

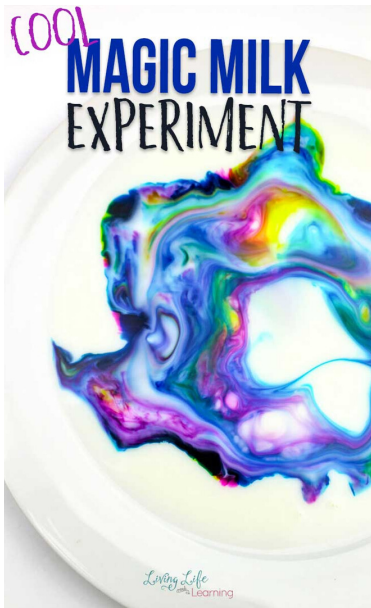


Homemade

BIRD FEEDERS

With all the different birds flying around, singing their own beautiful melodies, why not spend some time relaxing with bird watching. To attract more birds to your yard, you can make a bird feeder or bird house from many household items.

Toilet paper, paper towel rolls, or even pine cones, can be covered with peanut butter, then rolled in bird seeds and hung with string. You can also use milk cartons as seen in the photo above, or use coffee cans, plastic jugs/bottles, and more.



What you need:

- milk
- food colouring
- dish soap
- cotton swab

Steps:

- fill a shallow dish with a little milk
- add a few drops of food colouring
- dip the cotton swab in soap
- touch the cotton swab in the colour and watch it swirl

The soap causes a chemical reaction and the food colouring allows us to see the chemical reaction between the soap and the milk fat.

For this experiment and many other fun activities, visit <https://www.kiwico.com/kids-at-home>

Have you heard about TWO INGREDIENT DOUGH?

Making dough could not be easier!

All you need is Self-Raising Flour and Greek Yogurt. Only have all purpose flour? Mix 2 teaspoons of baking powder for every cup of flour.

Countless recipes are available on the internet and the possibilities of things to make are endless.

Urban
Indigenous
EarlyON

Nandawaabam Minwaande
(Search for colours)

	Mikan gegoo ozawaa (Find something yellow or brown)	
	Mikan gegoo ozhaawashkwaa (Find something blue or green)	
	Mikan gegoo miskwaa (Find something red)	
	Mikan gegoo oginiwande (Find something pink)	
	Mikan gegoo makadewaa (Find something black)	

I Spy

An easy game to play that requires no materials, is the game I Spy. Children of all ages can enjoy this game. Not only do they have fun playing it, children also learn to cooperate, take turns, and practice give-and-take. Playing I Spy can also help with language development.

URBAN INDIGENOUS EARLYON

MAY FAMILY CHALLENGE

Families with children ages
0-12

DAILY CHALLENGES TO RECEIVE BALLOTS
POSTED TO OUR FACEBOOK PAGE @ "URBAN
INDIGENOUS EARLYON"

Winner to be drawn on May
29, 2020. Prize is a hot meal
for their family delivered to
their door!!



wellness together

Taking care of yourself isn't a luxury, it's essential and more important than ever!

From the article *Self-Care in the Time of Coronavirus*

By: Rae Jacobson

www.childmind.org

Remember, being kind to yourself will not only help you stay calm during this difficult time, it will help ensure that you have the bandwidth you need to take good care of your family. When you're running on fumes, caring for others can tax your already depleted resources to breaking point. But when you prioritize your needs, you're filling the tank, emotionally and physically, and that means you'll be in a position to offer comfort and care to others when they need it most.

Make time for yourself

Right now, much of the personal time that was part of daily routines — commutes, time alone at home or at the store, social time with friends — is not available for folks with kids at home. Without it, we have to be intentional about creating space to recharge and decompress. This could look like taking a shower or bath, walking around the block alone (or with your dog), or designating time to read or simply zone out after the kids have gone to bed.

Reconnect with things you enjoy

Think proactively of things you can do with this enforced time at home. Get back in touch with hobbies or activities you enjoy but rarely have time for, or make the choice to learn a new skill. Maybe there's a knitting project you've always wanted to try, but you've been too busy. Or you've been meaning to learn how to needlepoint. Maybe you love jigsaw puzzles but with rushing between work and home and caring for kids, it's been years since you had the time to do one. If young children make solo activities unrealistic, seek out activities you can enjoy together, like baking bread, or making art.

Kina go maanda ka-maamwi zhaabzhkaamaanh.

We will all get through this together.

Shared by Elder Barbara Nolan

Take care of yourself the best you can

Deal with your own distress by taking actions that give you a better sense of personal control. Stress management skills such as mindfulness and/or deep breathing can help reduce stress. Keep healthy and safe (good personal hygiene, exercise daily, eat well, get enough sleep, avoid using alcohol or drugs to lessen stress). Avoid behaviour that might increase your stress. For example, while it is helpful to keep informed about COVID-19, constant checking on your screens can increase stress.

Help children learn to tolerate more uncertainty

The COVID-19 crisis creates uncertainty for everyone. Parents need to find a way to accept uncertainty and, through your actions and words show this acceptance to your children. It's OK to say, "I don't know; let's find out what we can." Big changes to children's lives can be hard and are often scary. They can also create opportunities for learning new skills.



For more information,
www.triplepalgoma.ca

YANA for Perinatal Mental Health

"Working together to bring hope and change for PMH"

<https://www.facebook.com/YANA4PMH>



During this time of isolation YANA wants to help. We have moms with lived experience of Perinatal Mental Illness waiting to check in with you.

Message us today!

LESS SCREEN more green

Explore Outside Together

Talk about the sounds, sights, and types of trees you see. Collect things (pinecones etc) and bring them in to make your own inside-outside science centre.



Need a Single Therapy Session, call:



Algoma Family Services
SERVICES AUX FAMILLES D'ALGOMA

**THE OFFICE IS CURRENTLY CLOSED.
WE ARE STILL OPEN FOR SERVICE VIA
TELEPHONE OR VIDEO CONFERENCE.
PLEASE CALL FOR SERVICE
(705) 945-5050 or 1 (800) 461-2237**

**LE BUREAU EST FERMÉ.
NOUS SOMMES OUVERTS POUR SERVICE .
APPELER POUR LE SERVICE
(705) 945-5050 ou 1 (800) 461-2237**



A GOOD NEWS STORY

COMMUNITY KITCHENS

Algoma Family Services Community Kitchens is providing a monthly Basic Shelf Food Box to Community Kitchen participants within the Algoma District during the COVID-19 pandemic. This box includes several staple basic shelf ingredients and coincides with the Community Kitchen at Home Edition Videos. Participants can choose to follow along with the videos or to use the recipes provided in the box. Community Kitchens has partnered with the United Way and is also offering the box to seniors on the United Ways client list who are 55+. If you are a Community Kitchen participant interested in signing up for a box, please contact Joanna Richichi at (705) 945-5050 ext.2411 jrichichi@algomafamilyservices.org. If you are not a Community Kitchen participant but are a senior 55+ who is interested in receiving a box, please contact the United Way.



BAGGED LUNCHES

Monday to Friday

11:30 a.m. to 4:30 p.m.

Ron Sim, General Manager

Soup Kitchen Community Centre

Telephone: 705-942-2694

NEED HELP?

**Message Urban Indigenous EarlyOn
through Facebook
OR**

Email: earlyon@ssmifc.ca

*Messages will be responded to
within 24 hours*

For Updates and Interactive Activities



**EarlyOn Child and Family Centre Prince, SSM & Sault North;
EarlyOn SSM; Urban Indigenous EarlyOn; Social Services SSM**



@urbanindigenousearlyon; @socialservicesssmd



**EarlyON Child and Family Centre Prince Township
@EarlyONCentre; Social Services SSM @Soc_Serv_SSM**



www.childcarealgoma.ca



*Indian Friendship Centre
in Sault Ste. Marie*

www.ssmifc.ca



www.princetownship.ca



www.socialservices-ssmd.ca