

# EarlyON Newsletter

Sault Ste. Marie, Prince Township & Sault North



## *embrace the silliness and be part of it*

We have the most important job in shaping our children, but it can also be the most rewarding, and nobody said that you can't have fun while doing it! In fact, "one of the best things you can do as a parent is to embrace the silliness. Not only embrace the silliness, but be a part of it." "Let's face it—kids are silly at heart. It is part of their development as they grow and mature. Somewhere along the line, as adults, we have learned that being silly has negative consequences. Try putting a rubber chicken on your boss's desk and see what happens." However, "we are serious about the fact we want to be the best parents we can possibly be." Being silly with your children can have major benefits: 1) providing comfort and safety; 2) equipping them with the ability to cope with stress; 3) bonding between parent and child; 4) reinforcing positive discipline and healthy choices; and 5) encouraging creativity.

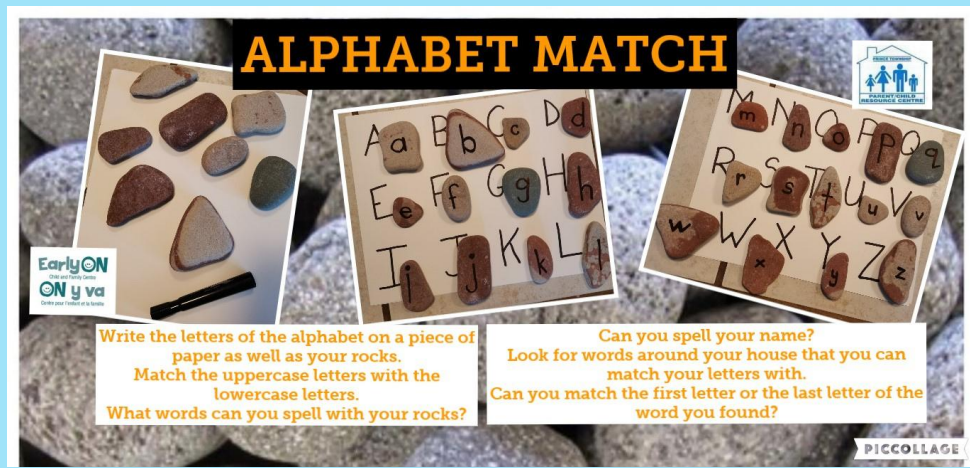
From *5 Serious Benefits of Being Silly With Your Kids* by Greg Hood

<https://www.parent.com/5-serious-benefits-of-being-silly-with-your-kids/>

Here are some fun and simple ideas to try:

1. Let your child give you a makeover. They can do your hair, makeup, and even paint your nails.
2. Have a dance off between you and your children - no special occasion necessary.
3. Play in the rain together.
4. Make up a cheer together to encourage one another. Be sure to add hand motions and movements for an extra giggle.
5. Point out different shapes in the clouds and make up stories about them.
6. Memorize a few jokes that will make your kids laugh (Google is your friend!)
7. Have a laughing contest. Sure, it starts out with fake laughs, but soon you'll all be giggling until your stomach is in stitches. Or make funny faces at each other and see who can go the longest without laughing.
8. Have a foot race. Or a lemon-on-the-spoon race. Or a 3-legged race. In the kitchen. Or in the backyard. Or in the hallway. As long as everyone has fun, it's all good.
9. Play make believe together but let your child decide what you are pretending.
10. Make animal noises at the end of every sentence you speak. For instance, "Kids it's time for dinner, quack quack". "Pass me the peas please, ruff ruff". "Would you like more water, mooooooo"

For more playful and silly ideas, check out *100 Simple Ideas for Parents to be Playful and Silly with Kids* by Jennifer Poindexter, found at <https://afineparent.com/positive-parenting-faq/playful-parenting.html>



## Salt Tray Writing

This activity will help your little ones practice their fine motor skills with their fingers as well as letter, number and word recognition! For younger kiddos, start with shapes and squiggles. Once they've mastered those, feel free to then move to upper case letters like E, F, L and then more tricky ones like K, A, Z and W. Then move to lowercase and maybe their name and simple words.

<https://blog.himama.com/10-quarantine-activities-for-kids-with-free-printables/>

# cultural opportunities

**Visit the Urban Indigenous EarlyON Facebook page for more cultural opportunities coming this month. Each week's activities are announced at the beginning of the week so it's ideal to check back weekly for updates. There are more challenges coming up for some cool prizes!**

**Urban Indigenous EarlyON**  
**AAMBE NANDAWAABAM**  
**LET GO SEARCH**

- Nenookaasi (*hummingbird*)
- Waabigwan (*flower*)
- Miigwan (*feather*)
- Omagakii (*frog*)
- Manidoons (*worm*)
- Memengwaa (*butterfly*)
- Oojiins (*fly*)
- Asabikeshiinh (*spider*)
- Engoons (*ant*)
- Oboodashkwaanishiinh (*dragonfly*)

**URBAN INDIGENOUS EARLYON**  
 424 ALBERT STREET W, SAULT STE. MARIE, ONTARIO

**FAMILY SPORT CHALLENGE**  
**JULY 27-31, 2020.**

Does your family have a favorite sport that they watch or play?

**WE CHALLENGE YOU TO GET OUTSIDE AND PLAY WITH YOUR KIDS!**

**WE WOULD LOVE TO SEE YOU AND YOUR CHILD PLAYING TOGETHER!**

**POST A PHOTO OF YOU AND YOUR CHILD/REN PLAYING SPORTS OR GAMES IN THE COMMENT SECTION OF THIS POST, SEND US A PRIVATE MESSAGE ON FACEBOOK OR EMAIL US [EARLYON@SSMIFC.CA](mailto:EARLYON@SSMIFC.CA) FOR A CHANCE TO WIN A PRIZE!**



# French language learning

## Preparing Your Child For French Language Learning: Bienvenue à la maternelle!

Oftentimes, parents and caregivers will ask how they can help prepare their child for French Kindergarten. Having your child start school can be an exciting and scary time, especially if you feel uncertain about how they will cope with learning a new language. Luckily, there are many things that you can do to help them be better prepared to enter the French school system!

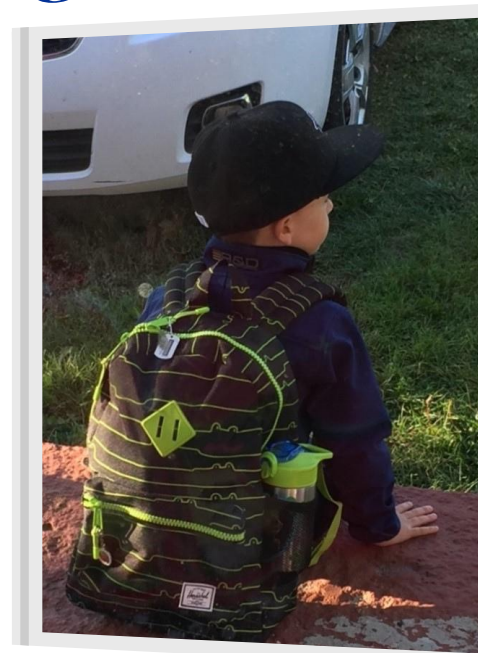
Here are 5 tips to support your child as they set off for a French learning environment:

- 1** Talk, talk, talk. Choose the language that you feel most comfortable speaking in, and use that language to describe what you are doing (for example, the process of washing your hands). Don't worry if it's not in French, as long as you create an environment rich in language they will be better prepared to express themselves at school.
- 2** Read French books together. As you select books, choose ones that speak to their interests, as well as books with repetition, songs, and sounds that you can exaggerate (such as those by Robert Munsch or the *Pat le chat* series).
- 3** Expose your child to French language and culture through music, radio and television programs, cultural events, books, magazines and games. Locally, you can join the Facebook page "Centre francophone de Sault-Sainte-Marie" to stay up to date on cultural events and watch local videos together.
- 4** Help your child to learn and use words that they would hear throughout their school day. Teach them the vocabulary for items, such as those requested by the school (packsack, shoes, smock, facial tissues, etc). A fun way to do that would be to make a game out of the items, by playing the "What's Missing?" game. If you don't know the vocabulary, look it up together and practice saying and using those words.
- 5** Show your child that you are interested in learning the language with them. If you show them that you are making an effort to learn French by reading books and looking up how to say certain words, they will see the value in it as well. Some schools offer free classes for parents, there are adult language apps, or you could check out CÉFA (<http://cefassm.com/in-english/?lang=en>) for local classes.

In order to help children be prepared for school, parents and caregivers should invest their time by reading, speaking and playing with them. By doing these simple things, children are learning the importance of language, developing their vocabulary, and so much more!

### References:

<http://www.edu.gov.on.ca/eng/literacynumeracy/parentGuideFrench.pdf>  
<http://www.hanen.org/Helpful-Info/Articles/Bilingualism-in-Young-Children--Separating-Fact-fr.aspx>  
<http://www.hanen.org/Helpful-Info/Articles/Preparing-Preschoolers-for--School-Talk-.aspx>  
[https://www.tdsb.on.ca/Portals/0/Community/Community%20Advisory%20committees/FSLAC/main/Treasure%20Chest%20Booklet%20FINAL\\_Audio.pdf](https://www.tdsb.on.ca/Portals/0/Community/Community%20Advisory%20committees/FSLAC/main/Treasure%20Chest%20Booklet%20FINAL_Audio.pdf)  
<http://www.bientotlecole.ca/>



## wheels on the bus

FRENCH VERSION

### Les roues de l'autobus

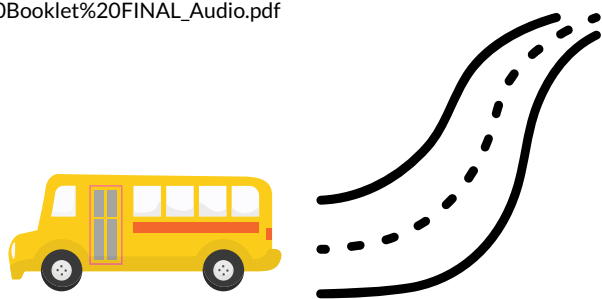
Les roues de l'autobus  
Roulent, roulent (3X)  
Les roues de l'autobus  
Roulent, roulent  
Toute la journée

Les essuie-glaces de l'autobus font  
Swish, swish, swish (3X)  
Les essuie-glaces de l'autobus font  
Swish, swish, swish  
Toute la journée

Le klaxon de l'autobus fait  
Put, put, put, (3X)  
Le klaxon de l'autobus fait  
Put put put  
Toute la journée

Les passagers de l'autobus font  
Bump, bump, bump (3X)  
Les passagers de l'autobus font  
Bump, bump, bump  
Toute la journée

Le conducteur de l'autobus dit  
« Au revoir » (3X)  
Le conducteur de l'autobus dit  
« Au revoir »  
Toute la journée



# wellness together

## 5 Self-Care Practices for Every Area of Your Life

By: Elizabeth Scott

Self-care is about allowing you to have a nurturing experience of life right now. It is not a “selfish” action! In order to care for the people in your life, you must care for yourself! When you take the steps to care for your mind and body it enables you to live your best life.

Several domains of self care exist such as Physical, Social, Mental, Spiritual and Emotional. It is important for you to assess how you are currently caring for yourself in these areas and then determine if there is a growth opportunity. You may consider creating a self-care plan that is customized to your specific needs.

### Ask Yourself:

- Physical Self-Care: getting adequate sleep, healthy diet, enough exercise, taking charge of health?
- Social Self-Care: enough face-to-face time with friends, what are you doing to nurture relationships with family & friends?
- Mental Self-Care: making enough time for activities that are mentally stimulating and healthy for you
- Spiritual Self-Care: are you finding your current practices fulfilling?
- Emotional Self-Care: healthy ways to process your emotions, incorporate activities that help you recharge?

Incorporate your self-care plan into your daily routine. Take the time to nurture your own well being and become the best version of yourself.

**To be a good parent,  
you need to take  
care of yourself so that  
you can have the  
physical and emotional  
energy to take  
care of your family.**

~ Michelle Obama



## Car Seat Safety Tips

- **Restrain children on every trip, every time**
- **Keep children in the back seat until age 13.**
- **Use the correct safety seat for a child's size, height, and weight.**
- **Do not use bulky outerwear or add after-market products (e.g. infant bunting bag) to your car seat—these are not approved by car seat manufacturers and reduce a child's safety.**

**Car seats and booster seats must be purchased in Canada and show the National Safety Mark for use in Canada. It is illegal to use a car seat or booster seat purchased from another country (e.g., the U.S.) Look for this symbol to know it has been approved for use in Canada:**

### National Safety Mark



**Need assistance with  
car seats? Reach out  
to a certified car  
seat technician at  
[earlyoncentreprincetwp@gmail.com](mailto:earlyoncentreprincetwp@gmail.com)  
and [ssmeyss@childcarealgoma.ca](mailto:ssmeyss@childcarealgoma.ca)  
or on Facebook at EarlyOn SSM**



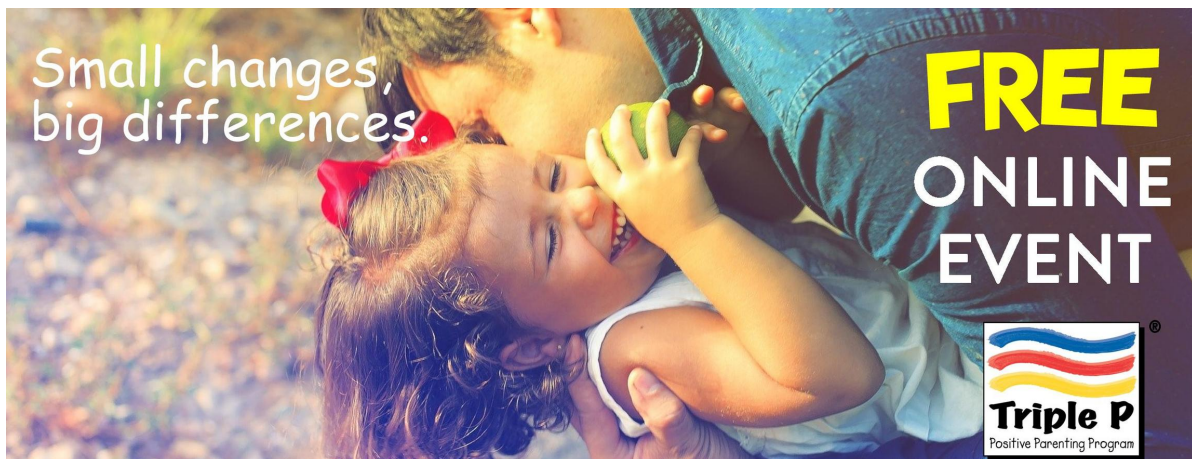
**Installation:** <http://www.mto.gov.on.ca/english/safety/install-child-car-seat.shtml>

**Choosing the right seat:** <http://www.mto.gov.on.ca/english/safety/choose-car-seat.shtml>

**APH Car seat info:** <http://www.algomapublichealth.com/parent-child/child-safety/>



# community resources



## Virtual Triple P Seminar Series The Power of Positive Parenting

for parents of children up to 10 years old

Three sessions condensed over two weeks

Thursday August 6th and 13th

6-8PM



For more information and to register,  
visit [www.triplepalgoma.ca](http://www.triplepalgoma.ca)

or call the

Parent Child Information Line

705-541-7101 / 1-888-537-5741



### 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](mailto: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; @socialservicesssm



EarlyON Child and Family Centre Prince Township  
@EarlyONCentre; Social Services SSM @Soc\_Serv\_SSM



Indian Friendship Centre  
in Sault Ste. Marie

