

EarlyON Newsletter

Sault Ste. Marie, Prince Township & Sault North



five "S"s of summer safety

- 1** Slip on a t-shirt. www.keepkidshealthy.com
- 2** Slop on some sunscreen. SPF 30 or higher is recommended. Reapplying every few hours during sun exposure is important.
- 3** Slap on a hat. Wide brimmed hats help cast shadows on the face, ears and neck to prevent sun exposure.
- 4** Seek shade during times of the day when the UV is the most harmful. Afternoons could be used for play in shady areas or indoor play.
- 5** Slide on some sunglasses to protect your eyes.



make the best of summer

Although it may seem like everything is cancelled – family vacations, children's recreational activities – summer is NOT cancelled! There are many ways to help make this a memorable summer for everyone! Family picnics, nature walks, backyard camp-outs, the possibilities go on!

joy of reading

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

In honour of Indigenous History Month, Urban Indigenous EarlyON invites you to join us on Facebook for a series of story times and discussions on three children's stories relevant to the history of Indigenous people in Canada.

Our reading schedule is:

Wednesday, June 24

"When We Were Alone" by David A. Robertson & Julie Flett

Thursday, June 25

"Stolen Words" by Melanie Florence & Gabrielle Grimard

Friday, June 26

"Phyllis's Orange Shirt" by Phyllis Webstad & Brock Nicol

All stories will be shared on our Facebook page at 2:00PM daily. We look forward to you joining us!

**Asabikeshiinh Gii Akwaandawe
The Itsy Bitsy Spider**



Asabikeshiinh gii akwaandawe
Awsuh-beekay-sheen gee akwun-daway

Majii biisaamagad gii nisaabwe
Maw-jee bee-saw-mu-gad gee nih-saw-biway

Baate biisaamagad waaseyaasigiizis
Baw-tay bee-saw-mu-gad wah-say-yaw-si-gee-zis

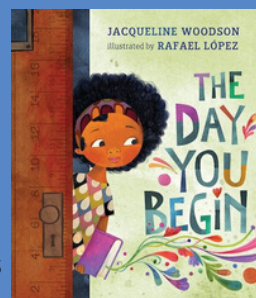
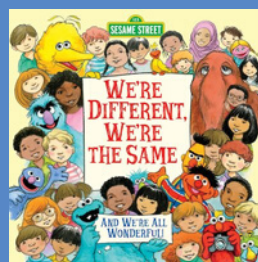
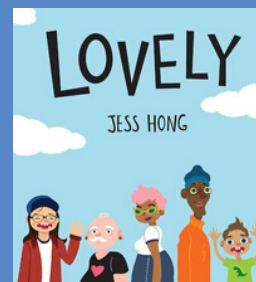
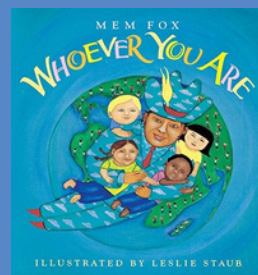
Minawaa bikeshiinh gii akwaandawe
Min-awah bee-kay-sheen gee akwun-daway

Books & Tips for Talking With Children About Race

Tips for Talking About Race

- Take every opportunity that comes up to communicate with your child. No matter what was said, don't just simply shut down the conversation. Ask questions to understand their thinking.
- Be authentic and set an example for your child. Your child can pick up on your intentions and you should be authentic about how important this topic is with them. You want to help your child understand but more importantly empower them with the knowledge to work towards racial equality.
- Acknowledge your child's thoughts. Yes, we do see different colors of skin but remember to frame the focus on cultural diversity and the importance of everyone being different. You want to help your child navigate their curiosity. Focus the conversation on how diversity makes us stronger and how a mixed society is extremely important for the world. Many children need more than just a frequent conversation about a topic to fully understand the concept. Visuals are always helpful and below are a few books that can help explain things to your child and help you drive a structured conversation with them.

<https://blog.himama.com/books-and-tips-for-talking-with-children-about-race/>



**more story suggestions
on the website**

following your child's lead in play

Following a child's lead involves a child's participation in activities based on their interests, supporting the child's actions and interactions with materials and people in the activities, and supporting the child's choices when they want to change the focus of interest. When parents follow their children's lead, they can help their children become more confident and capable play partners.

Following Your Child's Lead in Play Includes:

- Standing back and observing the play
- Entering it by imitating your child's actions or adding just one other idea into the play
- Commenting or offering words to use as the play unfolds
- Putting yourself into your child's perspective and "see" their play as they do
- Accepting their play, and shaping the environment to encourage development

<https://www.harborrc.org/get-involved/blog/how-to-follow-your-childs-lead>

https://ectacenter.org/~pdfs/decrp/PG_Ins_FollowingYourChildsLead_family_mobile_2017.pdf



cook up delicious memories

Why Cook With Kids?

From *Easy Meals to Cook with Kids*

By Julie Negrin

- Exposure to scratch cooking helps kids develop a mature palate and a taste for fresh, wholesome ingredients.
- Kids are much more likely to eat what they make.
- Meals prepared from scratch usually contain more nutrients and fewer calories, chemicals and sweeteners than pre-packaged foods and restaurant meals.
- Cooking together provides a natural way to discuss nutrition and the impact that food choices have on the environment.
- The earlier they learn how to cook, the sooner they will learn an essential life skill.
- Spending time in the kitchen gives them confidence.
- Preparing meals together means quality time as a family.
- They are also learning important skills as they cook: Science, language, counting, fractions, budgeting, weighing, sequencing, measuring, problem-solving, sharing, fine motor skills, reader, and learning about other cultures- to name just a few important things!

<https://www.thekidscookmonday.org/why-cook-with-kids/>



Healthy

Happy

Safe

Positivity

Uniqueness

Balance

Communication

FAMILY WELLNESS

Simple activities to help improve your family's wellness

PRINCE GEORGE'S PARENT/CHILD RESOURCE CENTRE

EarlyON
Child and Family Centre's
ON y va
Carve your future all in family

A silhouette of a family of four standing on a beach at sunset, holding hands and raising their arms in a celebratory gesture. The sun is low on the horizon, creating a warm, orange glow.

Summer Treats



EASY DIY POPSICLE RECIPES
BY RACHEL SANDERS

Orange Creamsicle Popsicles:

Mix vanilla yogurt with frozen orange juice concentrate and pour into a Popsicle container. Freeze for at least 4 hours.

Strawberry and Yogurt Popsicles:

Puree strawberries until no chunks remain. Alternate adding the strawberry puree and yogurt into Popsicle molds. Freeze overnight and enjoy!

Watermelon Coconut Popsicles:

Add chopped watermelon slices to a blender. Puree until smooth. Add shredded coconut and blend a little longer. Pour the blended mixture into your Popsicle molds. Set in the sticks or handles and pop into the freezer. The popsicles will need at least 4 hours minimum, even longer, before they are fully hardened. Twist popsicles out of mold. If you are having trouble, run the molds under some warm water until you can loosen the popsicles easily.

<https://www.buzzfeed.com/rachelysanders/two-ingredient-popsicles>

wellness together

Family Picnic

Meal time offers a great opportunity to expose your child to different French vocabulary and meaningful conversations. Shake things up this summer and make some fun memories, by taking your lunch outdoors to share a Teddy Bear picnic with your children!

The Best Start Nexus guide "When Children Speak More than One Language", explains that in order for your child to learn another language you should expose them to it through loving interactions during your day to day activities (e.g. while dressing, playing, or going outside). Some factors that will help your child learn another language include: positive experiences, motivation to learn, and the amount of time hearing and speaking the language.

Involve the family as you prepare the materials that you need to go on your picnic. You will need: a blanket, sun protection, healthy snacks and drinks, a favourite toy, and a book. As you are enjoying your picnic, talk about what you see, hear, smell, taste, and touch in order to encourage language learning. Finish your picnic off by reading a French book and singing French songs together or listening to French music.

Mieux-être ensemble – pique-nique familial

Les repas offrent une excellente occasion d'exposer votre enfant à différents mots de vocabulaire français et à des conversations significatives. Remuez les affaires cet été et créez des souvenirs mémorables en prenant votre dîner à l'extérieur afin de partager un pique-nique de nounours avec vos enfants!

Le guide d'un meilleur départ de Nexus "Quand les enfants apprennent plus d'une langue", explique que pour que votre enfant puisse apprendre une autre langue, vous devriez l'exposer à cette langue par le biais d'interactions amicales pendant les activités de jour en jour (p. ex. lorsqu'il s'habille, lorsqu'il joue, ou s'il va dehors). Certains facteurs qui aideront à votre enfant à apprendre une autre langue comprennent : des expériences positives, une motivation d'apprendre, et un montant de temps à entendre et à parler la langue.

Impliquez la famille alors que vous préparez tout ce dont vous avez besoin pour faire un pique-nique. Vous aurez besoin : d'une couverture, de l'écran solaire, des collations nutritives et des breuvages, un jouet favori et un livre. Alors que vous profitez de votre pique-nique, jasez au sujet de choses que vous voyez, entendez, sentez, goûtez et touchez afin d'encourager l'apprentissage du langage. Terminez votre pique-nique en lisant un livre français et en chantant des chansons françaises ensemble ou en écoutant de la musique française.

For a tasty French dessert to bring on your picnic try making Blueberry Clafoutis.

The recipe can be found in French and English by visiting the following websites:

<https://www.lesoeufs.ca/recettes/clafoutis-aux-bleuets>

<https://www.eggs.ca/recipes/blueberry-clafouti>

To learn more about how you can teach your child a second language, visit:

https://resources.beststart.org/wp-content/uploads/2019/01/K51-E-When_Families_Speak_EN_2020.pdf



Here is the French version of the song
The Ants Go Marching
to enjoy on your family picnic

Cinq bibittes

(Clown Samuel – by Suzanne Pinel)

Cinq bibittes s'en vont marchant là-bas, là-bas.

Cinq bibittes s'en vont marchant là-bas, là-bas.

La cinquième bibitte a culbuté

S'est cassé le bout du nez

Ha, il n'en reste plus que 4

1 – 2 – 3 – 4, là-bas, là-bas

Quatre bibittes s'en vont marchant...

Trois bibittes s'en vont marchant...

Deux bibittes s'en vont marchant...

Une bibitte s'en va marchant là-bas, là-bas.

Une bibitte s'en va marchant là-bas, là-bas.

Cette dernière bibitte s'est en allé

Dans le sable, elle s'est cachée

On ne l'a plus retrouvée

Là-bas, là-bas, là-bas, là-bas!



community resources

BounceBack® is a free skill-building program managed by the Canadian Mental Health Association (CMHA) for all Ontario Residents.

BounceBack® is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness. For more information or to see if the BounceBack program may be right for you, visit bouncebackontario.ca.

<https://bouncebackontario.ca/bounceback-offers-quick-tips-to-support-your-mental-health-during-covid-19>
<https://bouncebackontario.ca/wp-content/uploads/2020/04/BounceBack-Tip-Sheet-Covid19-EN.pdf>



www.triplepalgoma.ca

Phone appointments available.

Triple P Online Newsletter here!



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