

EarlyON Newsletter

Sault Ste. Marie, Prince Township & Sault North



After a year where the social and economic impacts on women around the world were disproportionately greater than on men, March 8 seems to resonate even more and is a day that should be recognized by all. Celebrated on March 8 every year, International Women's Day is a day dedicated to honoring the achievements of women throughout history and all across the globe, and is typically a day for women from all different backgrounds and cultures to band together to fight for women's rights.

Of course, the global celebration of International Women's Day is a time for reflection of how far women have come, advocacy for what is still needed, and action to continue breaking down barriers. With over a century of history, International Women's Day is a growing movement centered around unity and strength.

International Women's Day has a rich history dating back 108 years! The first glimpse of it was in 1909, when the Socialist Party of America celebrated 15,000 women who protested long work hours, low pay, and the lack of voting rights in New York City.

In 1975, the United Nations officially recognized International Women's Day, and, in 1996, began to adopt an annual theme for every year. The first theme was "Celebrating the past, Planning for the Future." This year's theme #ChooseToChallenge is meant to be a shared goal throughout 2021. Visit www.internationalwomensday.com to find out more on how you can join the celebration and mark your calendars on March 8 to celebrate all the influential female figures in your life!

**A challenged world is an alert world
and from challenge comes change.**

cultural opportunities

For the Anishinaabe, March is known as Onaabani Giizis (OH-NAW-BUN-I GII-ZIS) or Moon of the Hard Crust Snow.

There is a special legend that is told around this time of year about Majikiwis (MUH-GEE-KIH-WIS) or The Spirit of Laughter. This very story will be shared on March 3 as part of this month's virtual programming.

Other special and cultural Dibaajimowinan (DI-BAW-JI-MOWIN-UN) or stories will also be shared throughout the month of March.

All programming will continue to be offered virtually as our staff continue to work remotely. **Mukwa Waanzh will be opening to offer in-person programming on March 22.** Baamaapii!

March 22 is also World Water Day. Mukwa Waanzh will be hosting a week's worth of activities, teachings, stories and songs in honour of our most sacred Nibi (NIH-BIH) or water.



The "Baby Sign" series will continue this month and will include a Sing and Sign of the Happy Birthday song, as well as the signing of colours and animals.

Mukwa Waanzh
Urban Indigenous
EarlyON



Giin Sa Mizhakwad
(You are my Sunshine)

Giin sa mizhakwad, zayagi'inaan;
(you are my sunshine, my only sunshine)

Giminiwendami' ningwakwak;
(You make me happy, when skies are grey)

Gaa wiikaa giga-gikendanzin;
(You never know dear, how much I love you)

Gego makamishiken.
(Please don't take my sunshine away)

Mukwa Waanzh
Urban Indigenous EarlyON



Niswi Giibawbi Waabiganonjii
(Three Blind Mice)

Niswi giibawbi waabiganonjii. Niswi giibawbi waabiganonjii.
Three blind mice. Three blind mice.

Waabam bimibatoowad. Waabam bimibatoowad.
Look at them run. Look at them run.

Ominzhaawaan gitige'ikwen,
They all ran after the farmer's wife,

Gishiipitoowag, Gishiipitoowag,
They run fast, they run fast

Gigii-waabamaag? Gigii-waabamaag?
Did you see them? Did you see them?

Niswi giibawbi waabiganonjii.
Three Blind Mice



nutrition

Did you know that March is National Nutrition Month?

Eating right is an important part of caring for our health and wellbeing.

March is National Nutrition Month



Fruit Pizza Recipe

makes 2 servings

Ingredients:

- 1 English Muffin
- 2 Tablespoons Cream Cheese
- Variety of Fruits (blueberries, strawberries, crushed pineapple, etc.)

Directions:

- Wash hands with soap and water.
- Split open the English muffin and toast the halves until slightly browned.
- Spread cream cheese on both halves.
- Divide the fruit between the two muffin halves and arrange on top of the cream cheese.
- These are the best when served immediately. Refrigerate leftovers within 2 hours.

Savourez une variété d'aliments sains pour avoir une bonne santé!

Les fruits



Les légumes



READING ACTIVITIES

Create a Reading Hat

Keep it simple! Hats can be made out of paper plates, newspaper, construction paper or cardboard paper. Cut the paper to fit around your child's head. Then give them some crayons, stickers, cotton balls, tissue, ribbon, material, glue or tape that they can use to decorate their hat.

www.pinterest.com



Puppet Creations

Puppets can be made out of paper bags, socks, scrap material, felt, popsicle sticks and so much more.

Give a child a variety of materials along with a pair of scissors and glue and watch as the creative puppets come to life. Ask open ended questions like “what does your puppet like to do”?.

Label Common Objects

Use white paper and print two sets of names of common items in your home. Attach one to the item and give the other to the child to use for play. Allow the child to take their time as they look around the house for common items.



Create a Reading Nook

Pick a spot! The corners of a child's room, playroom or living room are all great places to start! The environment should inspire the child to want to relax and get cozy with a book. Ideally you want to make the space big enough to allow at least two children and or an adult and child to be able to enjoy together.

Materials: cozy blankets, pillows, stuffed animals, puppets, books, finger plays, songs, music and visual pictures that will inspire story telling.



spring forward

The start of spring brings many milestones: warming weather, budding trees and the promise of summer. Perhaps just as welcome, spring brings the start of daylight saving time, commonly known as “springing forward,” when much of the Northern Hemisphere will set their clocks forward one hour. Parents of small children often dread these shifts, which can upend nap and bedtime routines. But with an understanding of how the time change affects sleep, and a bit of planning, you can help ease the transition for your family.

The beginning and end of daylight saving time can cause sleep problems for parents and children alike. Younger children will get up earlier after falling back and teenagers will struggle after “springing forward.” Tired parents will lose either way. Making some modest changes to your child’s sleep schedule beforehand can help cushion the blow.

Tips to Prep Your Kids for Daylight Savings Time

Plan Ahead - As the saying goes, the best defense is the best offense. It’s good to have this date on your radar more than a day or two in advance. Start pushing bedtime in the direction of the time shift 5 minutes at a time the week before. An hour change is something fully sleep trained adults even have trouble adjusting too. Give little ones a little more buffer time in the week leading up to it.

Blackout Curtains - The time change will affect the amount of light that comes into your little one’s room. Invest in blackout curtains to help easily control their baseline for darkness in the peak years of sleep training.

Kid-Friendly Alarm Clocks - Pick up an alarm that’s tailor-made for kids who aren’t yet able to tell or read time. They’re absent of sound. They use soft light signals to tell kids when it’s ok to get out of bed or when they should try falling back asleep. At the very least, it’s one way to say “don’t wake up your parents yet!”

Take It Easy - Even if you lean into all the tips and tricks, a daylight savings Sunday is bound to feel “off.” Avoid scheduling hectic plans that will trigger meltdowns. Have a little more quiet time baked into the schedule to give plenty of room and space for your little one to adjust to the transition. Remember, it’s only a small bump in the sleep journey road and you’ll get back on track. Good luck!

When is Daylight Savings Time for 2021?

Begins on Sunday, March 14, 2021 at 2 AM. It’s the “spring ahead” date which means you’ll need to set your clocks forward one hour before you fall asleep on Saturday, March 13.

Ends on Sunday, November 7, 2021 at 2 AM. This is when we “fall back” and you’ll need to set your clocks back one hour before you fall asleep on Saturday, November 6.



wellness together

Positive Affirmations for Kids, From Toddlers to Teens

By: Marisa Lascalea

BELIEVE IN YOURSELF

A good pep talk is a great way to get yourself through a rough spot in your day, so it's smart to get kids to learn how to pump themselves up. One way to do that is through positive affirmations for kids, or short, uplifting phrases that kids can repeat to themselves (like these daily affirmations, for example). "Positive affirmations are a form of self-talk, which is an effective strategy for building up positive beliefs about ourselves," says Emily Edlynn, Ph.D., a clinical psychologist who specializes in working with children and adolescents. "In psychology, we know that thoughts, emotions and behaviours are all closely connected and influence each other, so when we target thoughts to be more positive, that affects how we feel and how we act. In children, this can be a critical part of building self-esteem, especially for children who struggle with confidence.

"So, how do you put this into practice? Parents and kids can choose a few affirmations and go over them at a certain time each day, like first thing in the morning or before bed. "It is important for positive affirmations to be believable to be effective, and to emphasize character traits and values important to the child," Dr. Edlynn says. "There's no science-based guidance for how many or how often, but if you want your child to build a habit of positive affirmations, visual cues like a list on their bathroom mirror can help remind them. Since positive affirmations are meant to be repeated, be selective with your child about how many to focus on. Since positive affirmations should reflect personal values, these may shift as your child ages, so they can create new ones as what is important to them changes." To get inspired to write your list, here are 10 ideas for positive affirmations for kids. For 90 more, visit <https://www.goodhousekeeping.com/life/parenting/g35309300/best-affirmations-for-kids/>

1. I am unique
2. I am loved
3. My life matters
4. It's okay if I make mistakes
5. I am kind
6. I am strong
7. I am generous
8. I am smart
9. I am helpful
10. I am truthful



10 Affirmations for Parents Who Feel Frustrated and Tired



1. With each breath, I inhale the energy of positive thoughts
2. I deserve to feel hopeful right now
3. I am doing the best for my child right now
4. I love myself exactly as I am
5. I love my child(ren) exactly as they are
6. There are good and kind people in my community
7. Challenges are an opportunity for growth
8. Change does happen
9. I prioritize my physical, mental and emotional health
10. I am persistent and energetic



community resources



**MARCH
ACTIVITY FUN
BAG GIVEAWAY!**

*Don't miss out on your
MARCH ACTIVITY FUN BAG!
Please register by phone:
March 8, 9 and 10, 9:00 AM - 11:00 AM
705-779-3627*


Bags will be available for pickup at:

Prince Township: March 12 11AM-1PM		Mountain View School: March 11 11AM-1PM
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**We're open for
Emergency Baby Needs**

Monday - Friday
9am - 1pm
Call or text: (705)206-7397



**Visit EarlyOn SSM on
Facebook for activities and
challenges, for your chance
to win a weekly Gift Card.**

Are You in Need of Help?

**Message Urban Indigenous
EarlyOn through Facebook
OR
Email: earlyon@ssmifc.ca**



**Messages will be responded to
within 24 hours**



www.triplepalgoma.ca



**Soup Kitchen
Telephone: 705-942-2694**

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