

# EarlyON Newsletter

Sault Ste. Marie, Prince Township & Sault North



## Embracing the Changing Season with Family

As the days grow longer, the weather gets warmer. While the sun lingers a bit more each day, have you noticed your children becoming listless and excited at the same time? They've probably caught spring fever — and the feeling is contagious. The best treatment for spring fever is to ease into the season by maintaining your family's routines as much as possible.

Spring brings so many changes, especially the weather. As it gets warmer, kids of all ages want to be outside more often. But, cool mornings, warmer afternoons and those April showers make dressing children a challenge. It's a good idea to dress children in layers— and don't forget the sunscreen. In fact, spring serves as a great time to get children into the sunscreen habit. Try to make sun protection fun. Giving an inexpensive pair of sunglasses to each child makes the kids feel cool as they head outdoors. Kids also love playing in the rain, as long as they are not too cold.

Everything seems to grow during springtime, including the kids. You're not imagining it; children really do have growth spurts in the spring. This leads to the necessary, but decidedly not fun, chore of figuring out what clothes still fit whom. Because most kids have little tolerance for trying on clothes, the job of clothing matchmaker is best accomplished by doling out small tasks and rewards. Say something like, "We'll go outside to play after you've tried on these two pairs of jeans."

With greenery and bright colors popping up throughout local towns, spring is also a great time to plant flowers with the kids. Whether you're filling a flowerpot in an apartment, planting a window box outside your home or planning a sprawling garden where the kids will love to play in the dirt, gardening offers children a chance to interact with nature and an entertaining science lesson as they control the environment and see how things grow. Remember, getting dirty is part of the experience.

# cultural opportunities

Those interested in learning more Ojibway teachings can join in on the virtual activities where EarlyON staff speak about who they are and the appropriate ways to share who you are with others.

April Moon teachings, as well as some awesome stories, will be shared this month. Families are encouraged to join in.

**Urban Indigenous EarlyON**

Traditional Ojibway Introduction

\_\_\_\_\_ indizhnikaaz  
My name is \_\_\_\_\_ ndoodem  
My clan is \_\_\_\_\_ ndoonjibaa  
I am from \_\_\_\_\_ ndow  
My nation is \_\_\_\_\_

Mukwa Waanzh

## Zeegwan Bingo

For families with children age 0-12! FAMILY ACTIVITY CARD Prizes!!

Collect Nature Supplies for an Indoor Craft	Read a Book Together	Have a Spring Picnic Outside
Join an EarlyON Zoom Activity	Puddle Hunt & Jump Outside	Draw a Portrait of Someone You Love
Get Outside for a Family Walk	Search for a Perfect Rock	Family Play Doh Sculpture Competition
Nature Scavenger Hunt	Practice Your Traditional Introductions	Join an EarlyON Zoom Activity

NOOZOWIN: \_\_\_\_\_

Send us a Facebook Message to register



**Asabikeshiihn Gii Akwaandawe**  
(The Itsy Bitsy Spider)

Asabikeshiihn gii akwaandawe  
Maaji biisaamagad gii nisaabbwe  
Baate biisaamagad waaseyaasigiizis  
Miinawaa bikeshiihn gii akwaandawe



**Check out the Urban Indigenous EarlyON Facebook page weekly for updates and activity opportunities.**

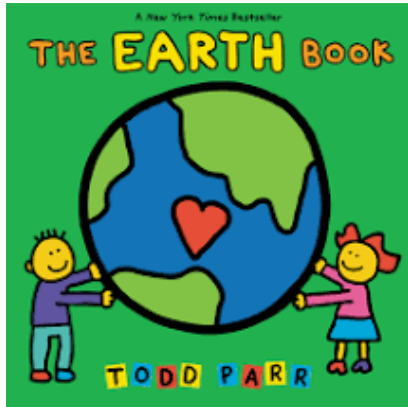
Instructions for Zeegwan Bingo can be found in the Facebook post.



# children's activities

## Earth Day is April 22

Children will enjoy a story that talks about recycling, reusing, and taking care of our earth. Check out this read aloud on YouTube below.



[www.youtube/watch?v=lpEc5nHqO2c](https://www.youtube/watch?v=lpEc5nHqO2c)



## Grow a Grass Head

Materials required:

- Old tights/ stockings
- Some compost or earth
- Grass seeds
- Rubber band or thread
- for decorating – googly eyes, felt
- A pot for your grass head to sit in!

[www.pinterest.com](https://www.pinterest.com)

EarlyON  
Child and Family Centre  
ON y va  
Creating your tomorrow in the North

## String Painting



**Cut some lengths of string, dip them in paint and let your imagination flow.**



Playing in puddles is not only a lot of fun, it is a great sensory, learning and physical experience for children. Playing in puddles is great for children to investigate concepts such as floating and sinking and measuring depth and width. Playing in puddles is also a great physical workout; it can help improve balance, is great for cardiovascular health and helps promote good sleep.

## PUDDLE JUMPING



[gardening4kids.com.au](https://gardening4kids.com.au)

Share with us your favourite puddle jumping or spring fun photos for a chance to win new rain gear, including a muddy buddy suit! Email [ssmeyss@childcarealgoma.ca](mailto:ssmeyss@childcarealgoma.ca) or send them through Facebook to EarlyOn SSM. The draw will take place Friday April 19, 2021.

# *recycling tips for kids*



## **How to Reduce Waste at Home**

Teaching kids about recycling and reducing waste will not only help keep your house clean, but it can also save you money!

### Roles for Reducing Waste & Recycling

By designating different roles for family members, you can help divide up responsibilities and keep each other in check!

#### *Recycling Resource*

There are a lot of rules when it comes to recycling, and they vary depending on where you live. You can find out information about your local recycling program with a little research. Assign this role to an older child who can look up your city's recycling rules and enforce them in your household! To get your kids excited about recycling, have them check out National Geographic's game called Recycle Roundup or the EPA's Recycle City. Both resources teach kids about sorting waste and keeping communities sustainable.

#### *Energy Vampire Slayer*

Some devices still steal your power (and run up your energy bill) even when they're turned off! Energy vampires come in all shapes and sizes but can be slayed in one swift motion – unplugging. Your household Vampire Slayer will be responsible for unplugging all unused electronics that use standby power. These include, but aren't limited to, televisions, game consoles, microwaves, printers, phone chargers, computer cords, and coffee makers.

#### *Switch Master*

A simple flip of a switch can save you a lot of energy. The Switch Master will make sure all the lights are turned off in empty rooms and before you leave the house.

#### *Water Warrior*

We all leave the water running while washing dishes or brushing teeth occasionally, but doing this just one time leads to a lot of water waste. Letting your faucet run for five minutes can waste 10 gallons of water and uses enough energy to power a 60-watt light bulb for 18 hours according to the EPA. The household Water Warrior will be in charge of reminding the rest of the family to turn off the tap! You can make a fun activity out of it, and have your child create signs to post near the sinks around your house.

### Systems for Success

You can also reduce waste at home with simple systems that encourage green habits throughout your house.

#### *Selective Sorting*

With help from the household Recycling Resource, set up a system that works for your family and your city's recycling rules.

- Try not to use plastic trash bags in your recycling bins because they're not always recyclable. If you do, just dump out your recycling and reuse the trash bag. Paper bags are a great alternative!
- Make sure to wash out food packaging before recycling.

#### *Battery, Bulb & E-Waste Bins*

Old electronics, batteries, and light bulbs are considered hazardous waste and need to be recycled at a special facility. Create separate (plastic) bins for these materials and store them in a cool place. Every six months, look up a local hazardous or e-waste recycling drop off center and take a field trip! Staples, Best Buy, Lowes and The Home Depot provide e-waste and/or battery collection services.

#### *Upcycle Used & Unwanted Items*

Show your kids how to turn trash into a treasure with fun DIYs and activities! Create a space to store toilet paper rolls, egg cartons, tissue boxes, plastic bottles, glass jars, and metal food cans.

#### *First In First Out (FIFO)*

To prevent food waste, many grocery stores and restaurants follow a "first in first out" system, and you can do the same thing at home! Have your kids check the expiration labels of all the food in your fridge — then have them organize foods so that the newer foods are in the back and older foods are in the front. This way your family will likely eat the food with the closest expiration date first, which will reduce the chances of food being forgotten or going bad in the back of your fridge.



# oral health month

## Oral Health Tips

- Assist your child with brushing their teeth twice each day.
- Use Canada's Food Guide to incorporate the various food groups. Avoid sugary food and drinks.
- After eating sugary or sticky foods, brush your child's teeth and have them rinse their mouth with water.
- Children should brush their teeth for approximately 2 minutes.
- Begin flossing once your child's teeth are touching.
- Change your child's toothbrush every 1 to 3 months or immediately after an illness.
- Let your child watch you brushing your teeth. Children are great imitators.



## Brush, Brush, Brush Your Teeth

Brush your teeth up and down.

Brush your teeth round and round.

Brush your teeth from left to right.

Brush your teeth in the morning and at night.

Brush, Brush, Brush.

Brush, Brush, Brush.

Repeat 3x while child is brushing their teeth to encourage them to brush for long enough.



**Prendre  
soin de  
ses dents**



Les dents doivent être nettoyées comme la tête, les pieds ou les bras. Il faut se laver les dents 2 à 3 fois par jour, pendant au moins 3 minutes. C'est le temps d'une chanson!

Voici une chanson pour te guide :

Voici comme on brosse les dents, brosse les dents, brosse les dents

Voici comme on brosse les dents le matin en se levant

Voici comme on brosse les dents, brosse les dents, brosse les dents

Voici comme on brosse les dents la soirée avant de se coucher

Trois fois par jour c'est important

Brosse, brosse les dents!

## Coping with Change – 6 Simple Tips to Help You Become More Adaptable

Change is inevitable. In fact, one of the few constants in life is that things will always change. Why then, do we often have such a challenge in coping with change?

You may have an easier time dealing with change than others. On the other hand, you may tend to have trouble handling change because you become almost addicted to holding onto things as they are. Either way, the effects of change in your life come down to healthy and positive attitude.

When things are bad, it's nice to know that they'll eventually change for the better. However, when things are good, **you need to have the wisdom to know that things won't last forever**. You can take heart, though, in the fact that everything *will* come around full circle back to good again.

**How you cope with change can make a big difference in your life.** You can take change by the horns and wring every last benefit out of it, or you can moan and groan and have a hard time going nowhere. The choice is up to you.

Here are some simple tips to help you handle change in a positive manner:

- 1. Focus on flexibility.** Instead of focusing on change as a whole, it might help to focus on smaller things. One thing you can do is work on being more flexible. If you find that you expect everything to go a certain way, you're likely crushed when things don't go according to plan.
  - **Focus on dealing with several possible outcomes**, even if they're not your preferred results. Leave yourself time to come up with alternatives when things change.
- 2. Have a positive attitude.** When you have a positive attitude, you'll see change as necessary and good. **Things need to change in order for you to evolve as a person.** Focus on the things that are going well and remain optimistic that the change will bring even greater opportunities into your life!
- 3. Be forward thinking.** Live in the present moment, but plan for the future. You'll most often run into trouble with change when you spend much of your time worrying about the past.
  - **Things may never be like they were**; they're only like they are right now. You can do something positive in this moment by forgetting about the past and focusing on doing something spectacular for your present.
- 4. Ask for help.** Remember that you're not alone in life. It might feel like that sometimes, but it's not true. If you're having an especially hard time dealing with a certain change, it's completely understandable, and **you should feel no shame in asking for help**. Sometimes you'll feel better if you can just lean on a friend or family member for some support.



- 5. Look at the big picture.** Sometimes, in order to find a positive mindset about change, it helps to step back and look at the bigger picture. You might be caught up in dealing with one aspect and it might be consuming all of your life in that moment.
  - **Take a breath and realize that there's much more to life.** Think about what your ultimate goals are and remember how you've dealt with changes in the past. Maybe there's a life lesson that you learned that'll make you better able to cope now.
- 6. Focus on things that stay the same.** While nothing in life is permanent, there are certain things you can count on. If you think of these things when you're in need, it just may provide you with comfort.
  - For instance, maybe you're upset that you have to move away, but you can take comfort in the fact that you're moving with your family or that you'll meet some wonderful new people along the way!

Remember that everyone is different; **you might find a certain strategy for coping with change better suited for yourself than someone else**. Your goal is to find something that works for you!

<https://dadcentral.ca/coping-with-change-6-simple-tips-to-help-you-become-more-adaptable/>

By Ed Gough, Jr.





# COMMUNITY SERVICE

virtual tours



## PRINCE TOWNSHIP EARLYON CHILD AND FAMILY CENTRE

*would like to invite you to join our virtual field trips!*

**FOLLOW US ON FACEBOOK FOR A VARIETY OF VIRTUAL  
TOURS OF LOCAL COMMUNITY SERVICE PROVIDERS**

Some places you will see include Sault EMS, FJ  
Davey Home, Canadian Bushplane Heritage Centre,  
Entomica and much more!



# community resources



Canadian Mental  
Health Association  
Algoma  
Mental Health & Addiction Services

705-759-5989 or 1-855-366-1466

Association canadienne  
pour la santé mentale  
Algoma  
Services de santé mentale et de toxicomanie



Soup Kitchen  
705-942-2694



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.



for every parent

[www.triplepalgoma.ca](http://www.triplepalgoma.ca)

Are You in Need of 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; @socialservicesssmd



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



[www.childcarealgoma.ca](http://www.childcarealgoma.ca)



Indian Friendship Centre  
in Sault Ste. Marie

[www.ssmifc.ca](http://www.ssmifc.ca)



[www.princetownship.ca](http://www.princetownship.ca)



[www.socialservices-ssmd.ca](http://www.socialservices-ssmd.ca)