

EarlyON Newsletter

Sault Ste. Marie, Prince Township & Sault North



The birds are singing.
The sky is bright.
The sun is shining.
Everything's ALRIGHT!

Soon we will be together,
like we all should.
But for now, stay home
and stay safe!
Because it's all good!

Our EarlyON Centres may currently be closed but there are **daily interactive virtual programs**, as well as tons of social media posts to keep children happy, entertained and learning from home.

Know that we're here for you if you need us!

Keep checking our social media for re-opening dates.

virtual opportunities



FOLLOW US ON
FACEBOOK FOR A
VARIETY OF DAILY
ACTIVITIES,
INTERACTIVE ZOOM
AND VIRTUAL
PROGRAMMING

ZOOM LINKS WILL
BE POSTED DAILY
PRIOR TO EVENT



VIRTUAL PROGRAMMING COMING UP THIS MONTH...


M	ZOOM - KINDER-CHAT 9:30AM
T	ZOOM - CIRCLE TIME WITH MANDY 2:00PM
W	ZOOM - SING ALONG WITH RACHEL 2:00PM
TH	MINUTE TO WIN IT 9:00AM
F	READY, SET, KINDEGARTEN 9:00AM

Sing-a-Long with Rachel

Do you love to sing? Bring
your voice and maybe your
instrument to sing-a-long to
our favourite songs!

Zoom class
Wednesdays in May at 2:00 PM



 EarlyOn Child and Family Centre
Prince, SSM & Sault North

Zoom Virtual Programming Schedule



Virtual schedule is
subject to change
based on in-person
programming
restrictions. Please
check Facebook for
current updates.



Mondays

10:30 a.m. EarlyON Story Time
2:00 p.m. Let's Get Moving



Tuesdays

10:30 a.m. EarlyON Story Time
2:00 p.m. EarlyON Play Along

Wednesdays

10:30 a.m. EarlyON Story Time
2:00 p.m. EarlyON Science Exploration

Thursdays

10:30 a.m. L'heure du conte
2:00 p.m. Let's Get Moving

Fridays

Watch our Facebook page for French Friday fun
and other activity challenges.

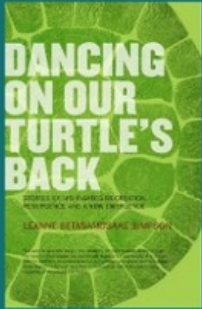
Like, Comment or
Share your experiences
for a chance at weekly
draws!



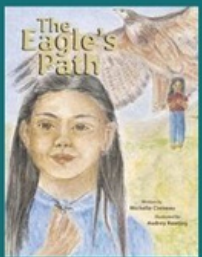
EarlyOn SSM

cultural opportunities

MUKWA WAANZH BOOK HIGHLIGHTS OF THE MONTH



"Leanne Betasamosake Simpson does an excellent job covering topics like Indigenous Storytelling, the Seven Fires of Creation, Breastfeeding as Treaties, among many other topics, from an Indigenous point of view written in a way everyone can understand. An excellent resource that everyone should read."



"A children's story about Indigenous identity, sexuality and understanding the value in accepting everyone for who they are. A two-spirit resource that is appropriate for all ages."

Join us for a live reading of this story on **May 29, 2021 at 2PM** on our Urban Indigenous EarlyON Facebook.



Anishinaabemowin Zoom Fridays
Fridays @ 2PM
Zoom link available through
Facebook page.

Watch for a new May
Reading Challenge!

Weekly schedules posted
Mondays on Facebook.



BINESHIINH (BIRD) WORD SEARCH

Mukwa Waanzh



G N Y A X S O B P O U G G M E T M D G P
X I X A F S T P L O U F N P D P V U F N
F R J R K N M P E Q E N B L W W J Y T C
R Y D I X N I R O E I B M X H H G S T F
Y D J U G O C K L A C C R K O N R F O B
Z P E W J I M V A A O H F O J D W X Y S
O R V J Z N J V Q W R S E B N I T U P S
E Q S K F T M I G O Q H V E L I W C A U
W I D W R H T C G D A U U W E N V M J I
B M S B K F R P Y A G F J W Q D Z K I M
S C D V Q F J I Y Y A Q M L O I A M J I
I J W K U N S C V N S A L Z U I N M A G
K U H Z O X U W G J W U N O N S B D A I
K V C F L B X N D P A Y Y E O I B B K Z
C U Y G Q Y K O D O Y S A I S T D P H I
K G L S Q V Z F D C R U P Z P H D U Y Y
J U I C Z B E T M T Q F D A D Q I J N C
N F G E H I N X R C A Z V D C R A I V D
T Y U L L K B Z L J B Y F R S U Q C N G
M K C Q D N S B A A P A A S E L O K F H

Words

Gijigijigaaaneshiinh Diindiisi Baapaase
Opeechee Ajijaak Nika Migizi

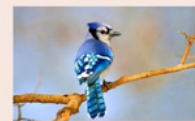


MUKWA WAANZH



OUTDOOR BINESHIINH SCAVENGER HUNT

☐ DIINDIISI



☐ BAAPAASE



☐ MIGIZI



☐ AJIJAAK



☐ NIKA



☐ OPEECHEE



☐ GIJIGIJIGAAANESHIINH



outdoor activities

Bird Watching

Chickadee dee dee! Bird watching with children is a great way to learn more about our natural world. This year create a spring nesting materials station to better understand the life cycle of the bird. We hope that you enjoy collecting these materials as a family in your backyard or nearby green space. Be sure to hang it somewhere safe where you can observe your new feathered friends.

Items Required:

For the holder

- A wire whisk or mesh produce bag

For the nesting materials

- Dead leaves
- Small twigs
- Dry grass
- Straw
- Dog/ cat/ rabbit fur (be sure the fur has not been treated with tick or flea medication)
- Cotton batting (such as the cotton found in a medicine bottle, pulled apart slightly and unraveled)
- Cattail or milkweed fluff



Be sure NOT to include yarn/string/twine, dryer lint, wool, or synthetic materials as these items can harm the nestlings and fledglings.

Did you know...?

The Sault Ste. Marie International Bridge has a Peregrine Falcon Nesting Box set up for live viewing every spring! Follow the progress of the falcons by tuning in to <https://www.saultbridge.com/falcam/>

Children's Learning: As children collect the found materials for their nesting station they will learn textures and new vocabulary. We can encourage the development of empathy and social responsibility as we care for the creatures in our environment.



Take a walk to the mailbox



Mail a Hug

Show a loved one just how much they are missed



Trace your child from the chest up and let them decorate it. Cut out the shape and you have yourself a mailable hug.



Fold it up, and mail all of that love!!

Resources:

<https://empressofdirt.net/offer-nesting-materials-for-birds/>

<http://www.ourherbgarden.com/safe-bird-nesting-material.html>

Outdoor Play

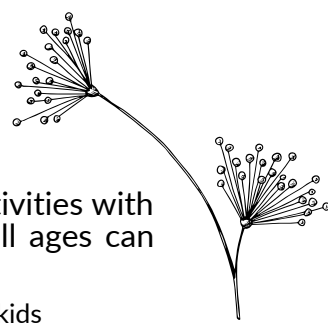
There are many benefits to outdoor play and nature exploration. These benefits are for children as well as parents and caregivers. As the weather begins to improve, we hope that all families are able to take some time to enjoy to beautiful season changes and experiences.



Help math and science skills bloom in your garden. If you're starting work on a garden, this is a perfect opportunity to teach math and science concepts while your kids get some much-needed fresh air. Have them measure water into a watering can, count seeds, start tallying days on a calendar to keep track of plant growth, and record observations. (If you don't have a backyard, you can start a windowsill garden with kids. They can measure soil into small pots, count and plant seeds, predict which seeds will sprout first, and make observations.)



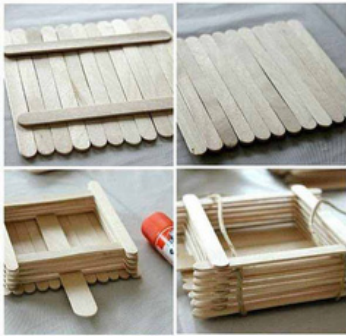
Enjoy the outdoors. Communal playtimes at the park may not be possible right now, but you can still enjoy outdoor family activities that give your child's motor skills a pick-me-up. Choose activities that involve both gross motor skills (running, jumping, playing catch, dribbling a ball) and fine motor skills (collecting and sorting objects, using small tools). Go on a family walk and play "I Spy." Have an outdoor family dance party. Collect things like pinecones, acorns, and pretty stones in a pail, and help your child sort them into groups. Make and hang homemade feeders for your backyard or windowsill birds. Your kids will get critical motor skills practice, and the fresh air and fun will give everyone an emotional boost.



Spring Garden Crafts and Activities for Kids

Spring is the perfect time to enjoy some DIY garden crafts and activities with your kids. Garden activities are great for kids because kids of all ages can enjoy working together on a project outdoors.

www.woohome.com/diy-2/12-fun-diy-spring-garden-crafts-and-activities-for-kids



101gardening.blogspot.com

joyfultoddlers.com

pinkandgreenmama.blogspot.com



designdazzle.com



hometalk.com



innerchildfun.com



happyhooligans.ca



play-trains.com



1pureheart.blogspot.com

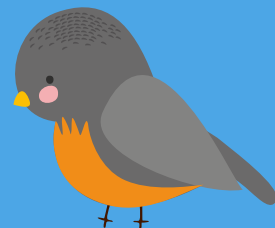
french opportunities

Families can expand their vocabulary by using the French words that relate to the Spring and practicing a French nursery rhyme.

Deux petits oiseaux (Two Little Dickie Birds)



Deux petits oiseaux
Sont sur une branche
L'un s'appelle Pierre
L'autre s'appelle Paul
Va-t'en Pierre! va-t'en Paul!
Viens-t'en Pierre! viens-t'en Paul!



Spring Vocabulary

Le printemps

Des bourgeons – Buds

La boue – Mud

La pluie – Rain

Un parapluie – Umbrella

Un oiseau – Bird

Un nid d'oiseau – Bird's Nest

Des tulipes - Tulips

Un imperméable – Rain Suit

Joyeuse fête des mères!



<https://www.parlerdamour.fr/citations-inspirantes-fete-des-meres/>

MAY 2

World Laughter Day

World Laughter Day is celebrated annually on the first Sunday in the month of May. This year it is celebrated on **Sunday, May 2nd**.

Health Benefits of Laughter

Sense of well-being: Laughing more often makes you feel better and look at things in a positive manner.

Release of Endorphines: When released, these natural pain killers in your body help to reduce chronic pain and make you feel good.

Boost T-Cells: When activated, T-Cells help you fight off illness.

Improved Cardiac Health: Laughter gets your heart pumping and burns calories.

Works Out Your Abs: Have you ever laughed so hard that your eyes watered and your stomach hurt? This is because the laughter causes your abdominal muscles to expand and contract.

Reduce Stress: Laughter decreases stress and anxiety by promoting the release of endorphins.

Lower Blood Pressure: Reduce risk of heart attack or stroke.

Laughter is a Learned Developmental Skills

Play is learning for children and laughter is a big part of play. Children who use humor are thinking creatively while building on vocabulary and reading skills. Most often a child will find humor in the unusual. This humor changes as they grow and their thinking skills become more advanced. Life experiences that incorporate humor such as reading funny stories, rhymes and being in silly situations will help a child develop a sense of humor.

Ways to Encourage Laughter with Your Children

- Be silly yourself.
- Tell knock-knock jokes.
- Offer a flexible play environment that a child can explore and discover what is fun.
- Share silly humor and stories.
- Look at funny photos.
- Take funny pictures.
- Make silly faces and poses to make each other laugh.
- Play peek a boo.
- Tickle each other.
- Talk in a funny voice, make silly noises.
- Sing and dance with your child.
- Watch a funny movie.
- Have a pillow fight.
- Play games that are funny such as charades, twister, hide and seek.
- Go outside and have a water fight.



Books that make you laugh



"A child's laugh could simply be the most wonderful sound in the world".

wellness together

Have regular emotional check-ins.

During challenging times, young children can easily pick up on the stress and worry of the adults in their lives.

Disruptions to regular schedules, troubling news stories, bans on social gatherings, and overheard adult conversations can leave a child confused and concerned about the future.

SET ASIDE TIME TO CHECK IN AND CONNECT WITH YOUR CHILD EVERY DAY.

Talk about your day and what will happen tomorrow. Ask them simple questions: "What was the best part of today?" "Were there any hard parts?" "How did you feel?" "Do you have anything you'd like to talk about?"

Listen carefully to what your child says so they know their thoughts and emotions are important to you.

<https://blog.brookespublishing.com/24-at-home-learning-activities-to-share-with-parents-of-young-children/>



Play Ideas to Encourage Toddler Emotions

Play is one of the best ways for young children to practice understanding, expressing and managing their feelings.

Great ways to encourage this include:

Playing and Sharing with others



Imaginative Play with puppets, dolls, or toys

Messy Play with sand, dough or paints

Reading Stories that feature characters with emotions

Outdoor Play where your child can run, tumble, or roll around

Letting your toddler take the lead with play



<https://raisingchildren.net.au/toddlers/play-learning/play-toddler-development/emotions-play-toddlers>

Mother is a verb, not a noun.

To all those who mother, we could not write our stories without you. Whether you grace every line, support a meaningful chapter, or have faded from the pages too soon, we see you.

To mother

To learn there are many ways to parent

To help others fly even if that means you're grounded

To make promises, mistakes, sandwiches, and futures

To believe you don't need a break, though some days it feels like you might be breaking

To say the words it takes a village, but struggle to use your voice sometimes when asking for help

To realize simple hugs, smiles, and your presence are your superpowers

To discover the beauty in colouring outside the lines

To wipe tears, mouths, counters, and repeat

To find out sleep comes with a clause

To worry you are changing—and worry that you're not

To work around the clock yet wish that time could somehow stand still

To listen to stories about the everyday and the someday

To give and be given a gift that doesn't always fit in a box with a bow

Mother is a verb, not a noun.

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



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



for every parent

www.triplepalgoma.ca

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



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