

# EarlyON Newsletter



Nice  
weather  
means  
playing  
outdoors



**Be Safe  
&  
Have Fun!**



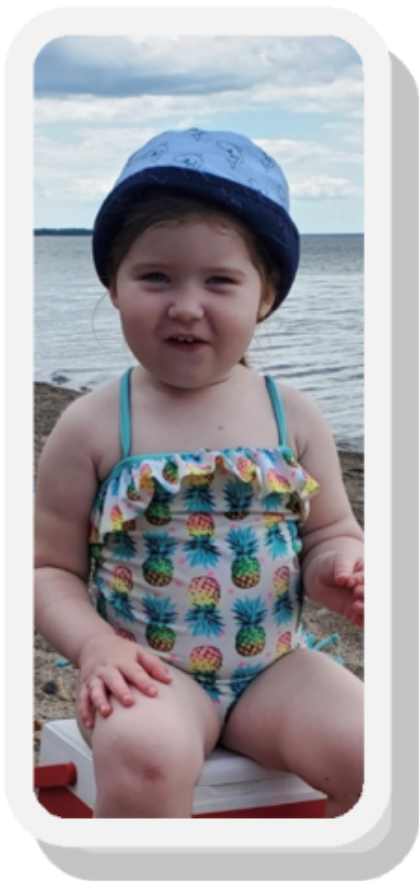
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# SUMMER SAFETY

WWW.CHILDRENS.COM ARTICLE:  
10 SUMMER SAFETY TIPS FOR KIDS

Children are filled with excitement and anticipation prior to the summer break. Sunshine and warm weather brings joy and outdoor adventures to many families. Ensure that your summer memories can be positive, fun, learning experiences by following these safety tips!



## SUMMER SAFETY TIPS

**Heat:** Extreme exposure to heat can lead to heat exhaustion. Wearing light clothing, a hat and taking water breaks often to encourage proper hydration can help reduce the risks.

- Frozen fruit, Popsicles and Freezies can be a good way to assist in ensuring hydration is maintained during hot days.

**Skin Protection:** Seek shaded areas for outdoor activities during peak sunshine hours or encourage indoor activities during this time.

- Apply sunscreen with SPF 30 or higher and reapply immediately after being in the water.

**Bug Bites:** apply insect repellent prior to spending time outdoors. Check for ticks (scalp, groin, legs, back of neck) and consult a health care provider if necessary.

**Water safety:** supervise children at all times when in or around water. Life jackets and swimming supports can help children to experience some independence during water play however, close supervision is always important.

**Car safety:** ensure car seat is properly installed and that children are not left unattended in the vehicle.

**Playground safety:** Close supervision can help children learn, explore and grow in a safe and fun way!

- Check for hot spots on equipment prior to your child touching it.

**Safety equipment:** Safety equipment such as life jackets and bike helmets can protect children from injury when used properly.





# Kinder G Garden

A garden is a wonderful place filled with all types of learning. Let's learn together! We will be giving a bag of soil, seeds and pots to help our littlest gardeners get started in nature's classroom.

Each weekly class will be spent on Zoom discussing the things we saw and learned in our gardens.

Thursdays  
at 2:00PM:  
June 10, 17, 24  
July 8

LIMITED SPOTS AVAILABLE!  
Send us a message on  
Facebook: your child's name  
and age, your name, postal  
code and email

# NATIONAL INDIGENOUS HISTORY MONTH

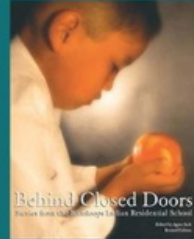
June 1, 2021 marks the beginning of National Indigenous History Month and with the recent discovery of 215 remains of Indigenous children in a mass grave on the grounds of Kamloops Residential School, the Urban Indigenous EarlyON wishes to extend our solidarity and unity with the families and communities of these children as we grieve alongside them. Many people in the Bawaating area will feel confusion, outrage and sadness at these recent discoveries, and our EarlyON staff continue to be committed to supporting both Indigenous and non-Indigenous families in educating and providing resources on the history, culture and traditional practices of Indigenous people.



## MUKWA WAANZH BOOK HIGHLIGHTS OF THE MONTH



The lived experience of eight year old Irene as she is removed from her home and placed in an Indian Residential School. An excellent children's resource to shed light on a piece of Canada's history in a way that children can understand and relate to.



The written testimonies of 32 survivors from the Kamloops Indian Residential School. The storytellers use their voices to share with us their stolen time at the school and the lasting impact their experiences have had on their lives.

We encourage you to reach out and take the steps necessary to educate yourselves and your children on the history of the Indian Residential School system and the impacts felt throughout Indigenous communities today. Join us throughout the month of June on our social media platforms as we discuss the history of Indigenous people and the many ways we celebrate who we are today.



## MUKWA WAANZH HOW TO BE A "GOOD ALLY"

@INDIGENOUSMOTHERHOOD

1. Recognize ways in which you, and the systems you are a part of, are continuing to benefit from the oppression of Indigenous peoples.
2. Speak about genocide with the knowing that it is still happening today. The child welfare system is the watered down version of Residential Schools with the same intent and goal.
3. Understand history. Know what Treaty lands you're on and what that means.
4. Teach your children the truth in developmentally appropriate language. Raise kids to know the sacred agreements and what their roles are in those sacred agreements.
5. Do not expect us to teach, educate or reconnect you. That is not our job.

## PRIDE MONTH

June also marks the beginning of Pride Month and our staff will also be having important discussions on the history of our 2SLGBTQIA+ community and the any ways you can get involved, have discussions with your children and celebrate and support our 2SLGBTQIA+ friends all month long.



# Shop Class @ Home



Welcome to our Shop Class  
on Zoom!

Join us as we get together  
to create four special crafts!

Adult supervision and  
participation is **REQUIRED!**

CLASSES:  
June 2021:  
9, 16, 23, 30  
Wednesdays  
at 2:00PM

NAPKIN HOLDER  
CUSTOM TRUCK  
CHALKBOARD  
CARRY-ALL

**LIMIT OF 10 SPOTS!**

Send us a message on Facebook:  
your child's name and age, your  
name, postal code and email

**4**  
fun crafts for  
**FREE**



# *INCLUSION: TALKING TO CHILDREN ABOUT DISABILITIES*

WWW.CBC.CA ARTICLE: 5  
MEANINGFUL WAYS TO TEACH YOUR  
CHILD ABOUT DISABILITIES

## **Five Meaningful Ways to Teach Inclusion**

### 1. Read Books Together

Picture books are a great starting point to open up natural conversations about topics such as autism, ADHD, sensory processing disorder, hearing impairment, visual impairment etc.

### 2. Answer Questions Honestly

Children are curious! Although it may be hard and uncomfortable at times we need to educate our children about disabilities and give them the vocabulary and terms to help them understand.

### 3. Celebrate Uniqueness

Every child has unique qualities and when we recognize those and talk about them we are teaching our children to look for these special qualities in others.

### 4. Teach And Model Inclusion

A simple “hello” and “smile” gesture helps others feel accepted. Asking others to join in sets the stage for acceptance.



### 5. Teach and Model Kindness

Kindness and respect goes a long way. Talk about bullying and how to identify it. What to do if they encounter it against them or towards others.

Access to toys and books that celebrate differences, and may resemble themselves can assist children in understanding and appreciating individual uniqueness. This can lead to conversations about disabilities and help foster inclusion and diversity.

## *Children's Books Honoured for Disability Narratives*







# WAYS TO CELEBRATE “LA SAINT- JEAN- BAPTISTE” AS A FAMILY

[HTTPS://WWW.EDUCATOUT.COM/ACTIVITES/THEMES/SAINT-JEAN-BAPTISTE--ACTIVITES-POUR-ENFANTS-.HTM](https://www.educatout.com/activites/themes/saint-jean-baptiste--activites-pour-enfants-.htm)

Learn French by exploring the culture and participating in meaningful experiences as a family.

*Nursery Rhyme:*

**Gens du pays (Paroles et musique : Gilles Vigneault)**

Gens du pays, c'est votre tour  
De vous laisser parler d'amour  
Gens du pays, c'est votre tour  
De vous laisser parler d'amour

## 6 Ways to Celebrate la Saint-Jean-Baptiste as a Family

Saint-Jean-Baptiste day is observed every year on **June the 24th**. On this day we celebrate the summer solstice and French culture. Typically we would all gather together for the festivities; however, this year we can find new and fun ways to celebrate at home as a family!

1. Try making a French recipe (pouding chaumeur, crêpes, tourtière, fèves au lard)
2. Decorate your house or backyard with string lights or flameless candles
3. Make a window banner that says “Joyeuse Saint-Jean-Baptiste” with the Franco-Ontarian flag
4. Listen to French music (some of our ON y Va! favourites include Carmen Campagne, Alain le lait, and Charlotte Diamond)
5. Watch a YouTube video to learn how to play the spoons
6. Have a family picnic and read French books outside

## Saint-Jean-Baptiste festival, June 2019



# EarlyON Erin Adventures



**We would like introduce you to  
our new friend EarlyON Erin!**



**You can get your own  
EarlyON Erin at The  
Timberland General  
Store, The Air Ways  
General Store or you can  
print off your own copy.**

**Follow us every  
Thursday in June  
at 9:30 am and  
share with us  
your EarlyON  
Erin Adventures!**





# HEALTH & NUTRITION

## Five Tips to Stop Endless Snacking

Snacks are critical to a child's healthy development, by providing essential nutrients and much needed boosts of energy.

Snacking non-stop throughout the day can interfere with a child's natural instinct to experience hunger. It can also make them less hungry for meal times.

Now that children are spending most of their time at home, one common parenting dilemma is coping with endless snack requests! Here are 5 tips to help stop the endless daytime snacking:

1) **Create a Snack Routine.** A growing child should typically be eating every 2-3 hours. Follow a predictable routine (breakfast, lunch and supper, with a snack in between) similar to the one that your child would have if they were at school or daycare.

If your child comes asking for a snack, remind them when the next meal will be. You could also let them know that you have set a timer or show them snack time on the clock. If your child seems particularly hungry, stay flexible and honour their needs by adjusting your routine for that day. They may be experiencing a growth spurt!

2) **Do Snack Prep for the Day.** Take some time in the morning or the night before to prepare a bin with a variety of snacks. Include something salty, crunchy, healthy, soft, a treat, a water bottle, etc.

Keep the snack baskets accessible so that they can help themselves. Inform them that once the baskets are empty there are no more snacks for the day. At first, they may run out early in the day, but they will quickly learn to pace themselves in the future. Have them help you prepare the baskets to give them ownership.

3) **Drink Plenty of Water.** Children sometimes perceive dehydration as hunger. Make sure that they are drinking plenty of water throughout the day. If they come to you for a snack, ask them to drink water first and wait to see if they are feeling less hungry.

4) **Offer Activities to Keep them Busy.** Similar to adults, boredom can cause us to reach out for a snack. By keeping them busy with an activity, they will likely be engaged and distracted from thinking about snacks.

5) **Provide Well-Balanced Meals and Snacks.** Try your best to include all of the food groups in their breakfast, lunch and dinner plates. When they have well-balanced plates they are more likely to stay full for longer. Proteins and fats are the most filling parts of the meal.

Think of snacks as MINI MEALS. By providing snacks that are balanced and not just empty calories, they will be less enticing.

Many packaged snacks contain empty calories and are less likely to keep them full for long. Try adding in fibre and protein to their snacks throughout the day, which will help keep them full for longer.

### Well-Balanced Snack Ideas

- Celery with nut or soy butter and raisins
- Crackers, cheese and grapes
- Yogurt and granola or trail mix
- Boiled egg and dill pickles
- Mini naan bread, hummus and cucumbers
- Piece of zucchini/banana loaf and milk



DON'T FORGET  
FATHER'S DAY!

June 20th

Resources from previous page:  
<https://www.familyeducation.com/coronavirus-resource-center/5-ingenious-tricks-to-stop-your-family-from-snacking-all-day-long>  
<https://kidshealth.org/en/parents/snacking.html>  
<https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/when-should-my-kids-snack>

## *MEN'S HEALTH MONTH*

[HTTPS://MENSHEALTHFOUNDATION.CA/CANADIAN-MENS-HEALTH-MONTH/](https://menshealthfoundation.ca/canadian-mens-health-month/)

Move for Your Mental Health is all about getting a bit more active and informed in June. There's something for everyone.

June 1st – 30th, 2021

## CANADIAN MEN'S HEALTH MONTH

### MOVE FOR YOUR MENTAL HEALTH

Move for Your Mental Health is the theme of Canadian Men's Health Month, a series of virtual events, fitness classes, and movement pledges to encourage Canadian men and their families to get active while raising funds supporting men's mental health.

<https://menshealthfoundation.ca/canadian-mens-health-month/>



Dad Central

[HTTPS://MENSHEALTHFOUNDATION.CA/CANADIAN-MENS-HEALTH-MONTH/WWW.DADCENTRAL.CA](https://menshealthfoundation.ca/canadian-mens-health-month/www.dadcentral.ca)

Three Simple Steps to Succeed as a Dad  
- Dad Central Resource

## THREE SIMPLE STEPS TO SUCCEED AS A DAD

### Know Dads Matter:

Involved, responsible, and devoted dads positively impact every part of a child's ability to succeed in life. Dad, you are so important!

### Be a Good Partner:

Parenting is a shared journey, no matter your situation. Building a good relationship with your partner makes a huge difference.

### Connection is the Key:

Intentionally connect and communicate with your child every day. They need you at every age and stage.

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



# COMMUNITY RESOURCES

**Soup Kitchen**

**705-942-2694**

**CMHA Algoma**

**Mental Health & Addictions Services**

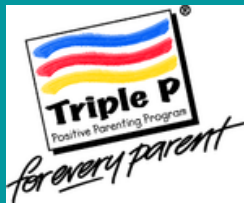
**705-759-5989 or 1-855-366-1466**

**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**



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

**Visit EarlyOn SSM on Facebook  
for activities and challenges,  
for your chance to win a  
monthly prize basket.**

**For EarlyON 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)**



**Social Services | Services Sociaux  
Zhawenimi-Anokiitaagewin  
Sault Ste. Marie District**

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