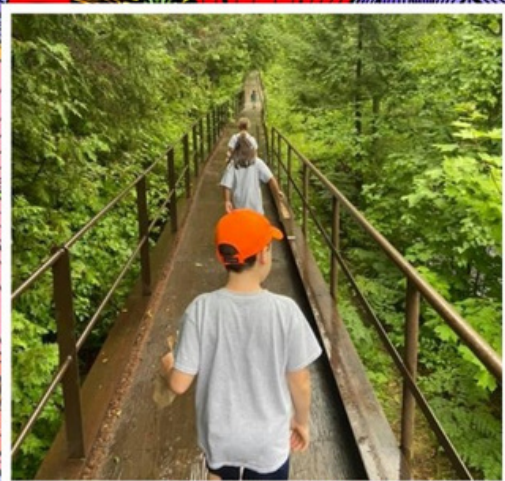


# EarlyON Newsletter



The **niibin** (summer) EarlyON newsletter is brought to you by your **local EarlyON centres!**



# *FRIENDSHIP*

WWW.SUNSHINE-PARENTING.COM  
(BEING YOUR KIDS COACH)

Friendships help children develop emotionally while boosting social skills. Healthy relationships can assist a child to learn how to control emotions and express feelings.

Friendship encourages children to:

- Practice kindness
- Empathize
- Develop conflict resolution skills
- Learn coping strategies for emotions
- Share, invite, join in ideas, activities and conversations
- Ask questions, be happy, smile.
- Find the right “tribe” based on personality and interests.



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



on Zoom

# TUMMY TIME!

"Helping babies reach  
their first milestones!"

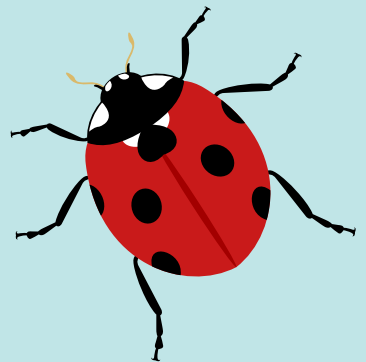
WEDNESDAYS IN AUGUST: 4, 11, 18, 25  
PRE-REGISTER AT [KEYON.CA](https://www.keyon.ca)  
SEND US A MESSAGE ON FACEBOOK FOR MORE  
INFORMATION!

# *FIVE WAYS TO HELP YOUR CHILD OVERCOME A FEAR OF BUGS*

Bugs are everywhere! Some children may develop a fear of bugs, which can make outdoor playtime distressing. These fears are normal and can occur because of a negative experience, from witnessing other people reacting in a frightened way, sensory processing issues, or because they have a creative imagination.

Here are 5 ways to help them work through their fears:

- **Baby Steps:** Try taking it step by step, exposing them to insects a little bit at a time. Start by looking at pictures together or reading books about bugs. Then move up to observing ant hills or the bugs on the outside of your windows. You could then look for bees enjoying the flowers. Eventually, working up to possibly touching/holding a ladybug or pill bugs.
- **Safety First:** Discuss which bugs are safe to hold and which ones are best observed from a distance. The bugs that are typically safe to hold are daddy long legs, crickets/grasshoppers, beetles, dragonflies and moths. Whereas, it is best to simply observe hornets, bees, pine bugs and centipedes, because if they get scared they may be stung or bitten.
- **Observe and Discuss:** Take some time to walk around your yard or neighbourhood to search for different species of insects. Discuss what they are and what they are doing. Talk about how important bugs are, and how they are essential in the food chain.
- **Create a Terrarium:** Try creating a terrarium using a plastic container (with air holes) or an insect catcher, adding soil, leaves, rocks, bark, and small plants. You could catch snails, beetles, ladybugs, etc. and add them to your habitat. Add in a bit of potato, carrot, or lettuce to provide them with food and water. Observe your insects for a few days and then return them to the wild. Don't forget to thank them as you set them free!
- **Practice Staying Calm:** Explain and model that when a bee or hornet flies near you, you should stay calm and still. Too much movement can cause them to feel threatened and they may be more likely to sting. Explain that they are just curious and trying to figure out how you smell and taste. Try pointing out how important bees are to our eco-system and that without them we wouldn't have honey, fruits and vegetables.



<https://childrensmid.org/browse-by-age-group/ahhhh-bugs-help-young-child-overcome-fear/>

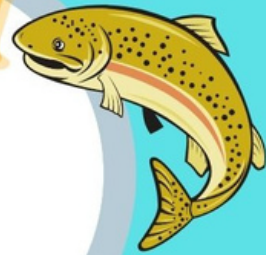
<https://www.todaysparent.com/kids/preschool/fear-of-bugs/>

<https://www.pbs.org/parents/thrive/helping-children-overcome-a-fear-of-bugs>



VIRTUAL

# Summer CAMP



**If your child can't get to  
Summer Camp, we'll bring  
Summer Camp to them!**

**Join us every Tuesday in  
August from 10:00am -  
10:30am for 5 weeks of virtual  
camp activities and fun!**

Please pre-  
register at  
[Keyon.ca](http://Keyon.ca)



# VIRTUAL

## Summer

## CAMP

### Camp Supply List

**Week 1...** Paper or toilet paper tubes(2), glue or tape, scissors and string

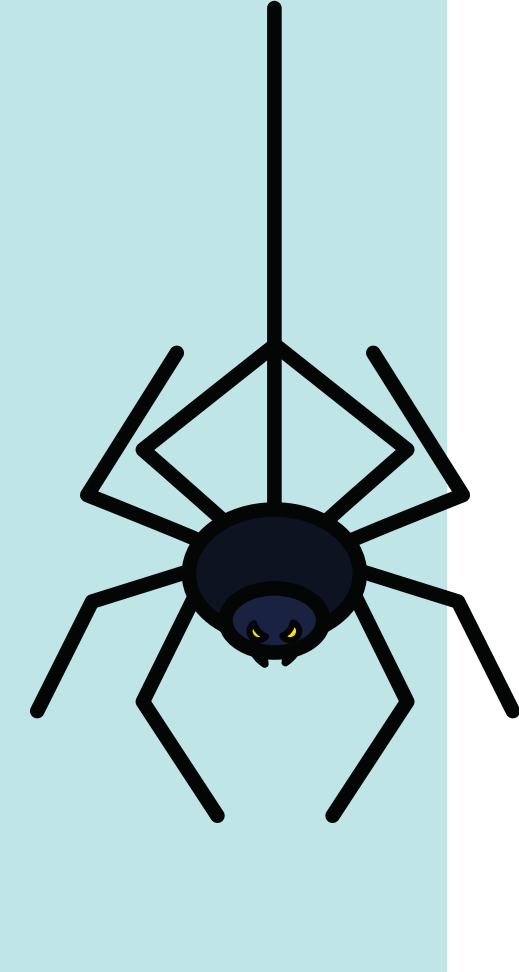
**Week 2..** Empty water bottle, rice and a funnel.

**Week 3...** Container with tight lid, water, oil and food colouring

**Week 4...** Paper, grey paint, black paint and a paint brush

**Week 5...** Songs to share with the group





# UNE COMPTINE/ NURSERY RHYME

[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)

Enjoy a traditional nursery rhyme with our Francophone EarlyON staff!

*Nursery Rhyme:*

**Petite Mamselle Mouffe**  
(“Little Miss Muffet”)

Petite Mam’selle Mouffe  
Assise sur une touffe,  
Avale son caillé sans souci.

Une grosse araignée  
S’installe à côté,  
Et Mam’selle, effrayée, s’enfuit.



16+ Most Fun  
**SPIDER CRAFTS**  
For Kids  
[kidscraftroom.com](http://kidscraftroom.com)







12 CUPS WATER  
1 CUP CORNSTARCH  
2 TABLESPOONS BAKING  
POWDER  
1 CUP DISH SOAP  
2 TABLESPOONS GLYCERIN



# GAME TIME!

A Zoom get-together filled with easy, fun games for children and their parents. We will enjoy scavenger hunts, movement and dancing games!

## numbers

**Who:** Kids ages 3 and up!

**Where:** Zoom

**Time:** 2:00 PM

**Days:** Thursdays in August  
5, 12, 19, 26

## shapes

colours









# Preparing For Back to School



Grade: \_\_\_\_\_

Teacher: \_\_\_\_\_

Year: **2021** Learning happens best when children have a sense of belonging and well being.

- 
- 
- Gradually transition your child 2-4 weeks prior to school starting into a routine that incorporates going to bed and getting up at the same time each Day.
  - Talk to your child about school and answer any questions they may have.
  - Encourage independence such as cleaning up after meals, getting dressed and choosing clothes.
  - Purchase supplies required (ask teacher for a class list).
  - Bring your child to a classroom orientation.

## Tips for Parents

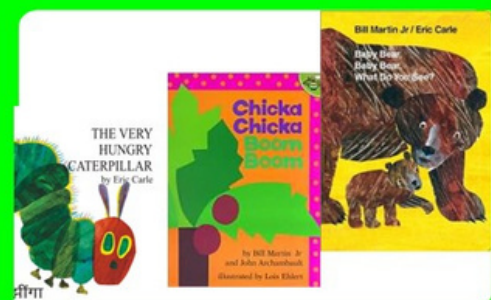
[www.fun-a-day.com](http://www.fun-a-day.com)

Article: Must- Read Back to School Tips for Parents




### Separation Anxiety

Read the story "The Kissing Hand" by Audrey Penn to your child. It talks about the fear of starting school and gives reassurance and comfort.



### Prior to School



During the summer take the time to encourage language and math skills by reading books and playing games such as scrabble, word search and cards.

# 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**



**Did you know that the Triple P Positive Parenting program can now be completed online?**

**As a part of this process, you will be connected with a Triple P Practitioner who will do check ins and assist you with any questions or clarification that may be required throughout the program.**

**For more information in regards to the Triple P Program, please visit [www.triplepalgoma.ca](http://www.triplepalgoma.ca).**

## 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)