

SAULT STE. MARIE, PRINCE TOWNSHIP & SAULT NORTH  
WINTER 2022-2023 / VOLUME 21

# EarlyON Newsletter



# Relaxing Mind & Body

## Developing Self Regulation

Did you know that relaxation is a learned skill? Relaxation can improve a child's early learning experiences by assisting them through challenges. By calming the nervous system and loosening muscles, relaxation exercises promote better sleep and boost the immune system. It helps children to realize that they can be in control of their own bodies and feelings rather than letting their feelings control them. There are many different activities that can assist children in developing these skills, the birthday candles calming activity is one that families can try!

### ***Birthday Candles Calming Activity***

Inviting each child to hold up their fingers on one hand. Ask them to imagine that each one is a birthday candle.

One at a time, ask them to blow out the candles on the cake using a long breath. Between each, have the child inhale a slow, deep breath. We can also count the number of candles as we blow them out.

As each candle is blown out, that finger can curl back into the palm of their hand until they have a closed fist.



#### References:

10 Activities that Help Children Relax Mind & Body and Develop Self Regulation Skills. [www.raepica.com](http://www.raepica.com)  
Visit the Zero to Three website for more easy mindfulness activities to do with young children.  
<https://www.zerotothree.org/resources/3406-mindfulness-practices-for-families>





# Made with Love



DIY  
Teethers  
Necklaces  
Soother Clips



Please follow us on Facebook or KEyON for  
Date and Time

# LET'S SING ALONG

## Neige, neige blanche

Neige, neige blanche  
Tombe sur mes manches  
Et sur mon tout petit nez  
Qui est tout gelé.

Neige, neige blanche  
Tombe sur ma tête  
Et sur mes tout grands souliers  
Qui sont tout mouillés.

Neige, neige blanche  
Viens que je te mange  
Pose-toi tout doucement  
Comme un p'tit fondant. Ham!

## Snow, White Snow

Snow, white snow, my dear snow  
Fall on my sleeves below  
And on my wee little nose  
I feel that it froze.

Snow, white snow, my dear snow  
Fall on my head just so,  
And on my big shoes, I fret  
They've become so wet.

Snow, white snow, my dear snow  
Come, I'll eat you just so  
Land oh so softly on me  
Like a melting sweet. Yum!







# How To Enjoy Safe Winter Play

Winter can be a season filled with lots of outdoor play and fun, but its important to take the right precautions to keep kids happy and healthy while exploring outdoors in the cold winter months.

- Consider keeping them indoors whenever the temperature or the wind chill is reported to be -27°C (-16°F) or lower. At these temperatures, exposed skin will begin to freeze.
- Check often to see that your child is warm and dry. Younger children should take regular breaks and come inside for a warm drink.
- Building forts and tunnels can be fun, but this activity should always be supervised by an adult. Forts and tunnels can collapse and suffocate you.
- Don't put metal objects in your mouth. Lips and tongues can freeze to the metal and cause an injury.
- Be cautious of children putting snow in their mouths, encourage children to catch snowflakes on their tongues instead!

Appropriate winter clothing plays an integral part in ensuring children are happy and healthy while playing outdoors. Here are a few tips to help make sure your children's outerwear is appropriate for their outdoor play.

- Dress your child in layers of clothing that can be put on and taken off easily.
- Infants being pulled in a sled need extra bundling. Because they aren't moving, they can't generate body heat the way a playing child can.
- Ensure ears are covered in a hat to prevent frostbite.
- Wear mittens instead of gloves so that fingers can be bunched together for warmth. Mittens that reach to the child's forearm provide more warmth, and mittens with drawstrings can ensure snow does not enter their mittens and keeps children's hands warm.
- Wear warm, waterproof boots that are roomy enough for an extra pair of socks and to wiggle toes.
- In younger children, remove drawstrings from clothing that could catch on climbing or play equipment. Use Velcro or other snaps instead. Use a neck warmer instead of a scarf, and mitten clips instead of a string to prevent choking.
- Remove wet clothing and boots immediately after playing.

References:

By Emma Leblond

[https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/winter\\_safety](https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/winter_safety)

# Fun Outdoor Winter Activities



## Materials Required:

- Appropriate winter clothing (described above)
- Spray/squirt bottles, food colouring
- Mr. Potato Head pieces

Here are a few examples of safe and fun outdoor play to try out this winter!

## Snow painting:

Mix water and food colouring in a spray/squirt bottle. Children can spray the water onto the snow and create beautiful outdoor paintings.

## “Snow-tato Heads”

Form snow into small sphere shapes. Using Mr. Potato Head pieces, turn ordinary snow into your own snow creatures!





# The Polar Express

Pre-registration required @ [www.keyon.ca](http://www.keyon.ca)

Join us at our Mountain View location,  
21 Mahler Road, Goulais River, for a popcorn and movie event  
on Tuesday December 6th at 10:00am.  
We will be decorating wooden trains inspired by the movie  
The Polar Express. Spots are limited.





# Salt Dough Keepsake Ornaments

Everyone loves a handmade ornament, so why not have your child's handprint or footprint hanging from your Christmas tree this year!!

## Materials Required:

For The Dough:

- 1 cup salt
- 2 cups of all-purpose flour
- 1 cup of water

To Hang:

- Ribbon or string

## Description/Instructions:

- Combine salt and flour; add water a little at a time. Mix.
- Knead until a smooth dough forms.
- Roll out dough to ½ inch thickness. Cut into circles or shapes
- Make your handprint/footprint. Be sure to wash your hands or feet when your done! Flour is a raw ingredient.
- Poke a hole at the top for your ribbon. Don't forget this step, because you won't be able to do it once the dough bakes!
- Bake at 200 for 3 or more hours until dried all the way through.
- Let cool a few hours before painting.
- Paint your favorite decoration.
- Put the ribbon through the hole at the top to make your ornament complete!



References:

<https://eatwheat.org/inspiration/salt-dough-handprint-diy-ornaments>



# Community Christmas for Children 2022

**This year's Community Christmas for Children Calendar featuring FREE and FUN activities for children and families throughout the Community during the Holidays will be available to families again this season!**

**The calendar can be found online by visiting:  
[www.childcarealgoma.ca](http://www.childcarealgoma.ca)  
or  
[www.uwssmalgoma.ca](http://www.uwssmalgoma.ca)**





# PRINCE TOWNSHIP

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## COMMUNITY CHRISTMAS FOR KIDS

*Dec 1 - Lettes to Santa*

*Dec 2 - Cat in the Hat Holiday Songs &  
Stories*

*Dec 5 - Make Your Own Gift Wrap*

*Dec 7 - PJ Party & Decorating  
Christmas Cookies*

*Dec 14 - \*Christmas Celebration\**

*Dec 16 - Pete the Cat Holiday Songs &  
Stories*

*Dec 21 - Hot Cocoa & PJ's*

*Dec 23 Magic Reindeer Food*





## Gete St. Nick Nagamowin

Up on the housetop reindeers pause.

**Adik omaa gibijii ogidigamig**

Out jumps good old Santa Clause

**Ozaagiji-gwaashkoni gete Santa Clause**

Down through the chimney with lots of toys

**Dago-niisibizo ini odaminowaaganag omaa okijaabikong**

All for the little ones Christmas joys

**Gichi-kendamooog ge abinoojiiyag**

Ho ho ho! Who wouldn't go?

**Ho ho ho! Aaniish inaa ge-zhaasig?**

Ho ho ho! Who wouldn't go?

**Ho ho ho! Aaniish inaa ge-zhaasig?**

Up on the housetop click click click:

**Owedi ogidigamig click click click**

Down through the chimney with old St. Nick

**Ji-niizhoo-niisibizowaad ini gete St. Nick**







Prince Township EarlyON

KIDS

# Christmas Celebration

WEDNESDAY, DECEMBER 14

10:00AM - 1:00PM



EarlyON  
Child and Family Centre  
ON y va  
Centre pour l'enfant et la famille



PRE-REGISTRATION REQUIRED AT [KEYON.CA](http://KEYON.CA)





H.M. ROBBINS



EarlyON  
Child and Family Centre  
ON y va  
Centre pour l'enfant et la famille

# CHRISTMAS CRAFTING

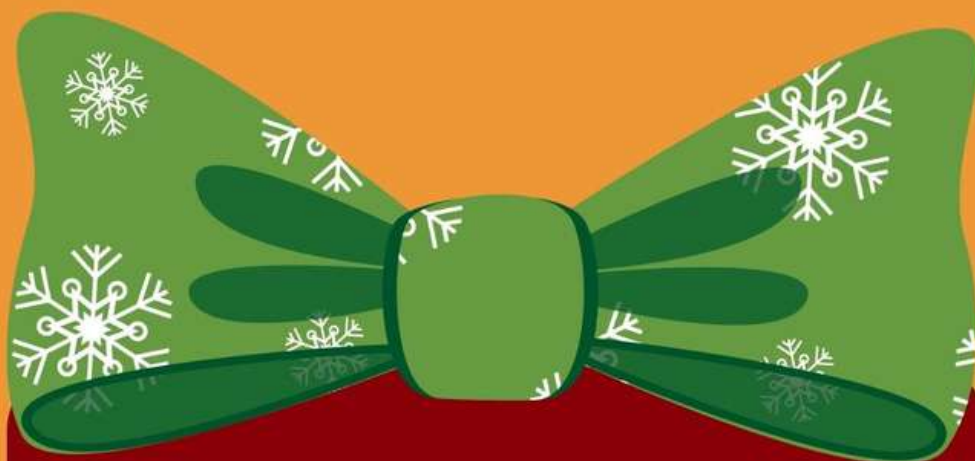


JOIN US  
THURSDAYS IN DECEMBER  
AT 1:00PM  
FOR CHRISTMAS CRAFTING



Pre-registration is required onsite or at  
[KEYON.ca](http://KEYON.ca)

## Places that can help with food during the holiday season.



### **Sault Ste. Marie Soup Kitchen Community Center**

172 James Street Sault Ste. Marie ON P6A 1W3  
Phone: 705-942-2694

### **St. Vincent Place**

222 Albert Street East, Sault Ste. Marie, ON P6A 2J4  
Phone: 705-253-2770 Fax: 705-253-2827

### **The Salvation Army Sault Ste. Marie**

79 Elgin St. Sault Ste. Marie , ON P6A 2Y4  
Phone: 705-759-4143

### **United Way Harvest Algoma**

446 Second Line E, Sault Ste. Marie ON P6N 4K11  
Phone: 705-253-0273 ext. 200





# Self Care

Self-care is about allowing you to have a nurturing experience of life right now. It is not a “selfish” action! In order to care for the people in your life, you must care for yourself! When you take the steps to care for your mind and body it enables you to live your best life.

Several domains of self care exist such as Physical, Social, Mental, Spiritual and Emotional. It is important for you to assess how you are currently caring for yourself in these areas and then determine if there is a growth opportunity. You may consider creating a self-care plan that is customized to your specific needs.

## Ask Yourself

- Physical Self-Care: getting adequate sleep, healthy diet, enough exercise, taking charge of health?
- Social Self-Care: enough face-to-face time with friends, what are you doing to nurture relationships with family & friends?
- Mental Self-Care: making enough time for activities that are mentally stimulating and healthy for you?
- Spiritual Self-Care: are you finding your current practices fulfilling?
- Emotional Self-Care: healthy ways to process your emotions, incorporate activities that help you recharge?

Incorporate your self-care plan into your daily routine. Take the time to nurture your own well being and become the best version of yourself.

## Resources:

[www.verywellmind.com](http://www.verywellmind.com) Article “5 Self-Care Practices for Every Area of Your Life”, by Elizabeth Scott

# ROBBINS TODDLER PICASSO



**Thursdays  
in  
January  
1:00pm-2:00pm**

**Ages  
12m - 2yrs**

**Space is limited  
please  
pre-register  
on-site or online  
at KEyON.ca**

**Come join us as we explore  
different textures, fine motor  
skills, hand-eye coordination  
and creativity to make a work  
of art while having messy fun!  
At the end of the program, you  
will be given a portfolio of your  
child's creations.**



# *Strollin' in Style*



With  
Mukwa Waanzh  
Urban Indigenous EarlyON



**January 6, 13, 20, 27, 2023**

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**10am-12pm**

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**PICNIC LUNCH PROVIDED  
REFRESHMENTS WILL BE AVAILABLE**

*Additional information on KEyON  
for activities and location*

**Please dress for the weather.**

**MUKWA WAANZH  
URBAN INGENIOUS EARLY ON**



# **BOOK CLUB**

**FOR CHILDREN  
0-6 YEARS**

**JOIN US ON  
THURSDAYS IN  
JANUARY AT  
10:30AM**

**Pre-Registration is required  
through KEyON to receive a book  
Supplies are limited**







# Baby & Me

## Baby Wearing Workout



Join us at Prince Township for fun, postnatal exercises with special guest host, The Refinery!

Thursday, January 12 @ 1pm for 6 weeks

Pre-registration is required at [www.KEyON.ca](http://www.KEyON.ca)

# Family Skating

at  
Prince Township Pavillion



**January 18 @ 10:30am**  
**February 17 @ 10:30am**



**MMMM**  
**Hot**  
**Chocolate**

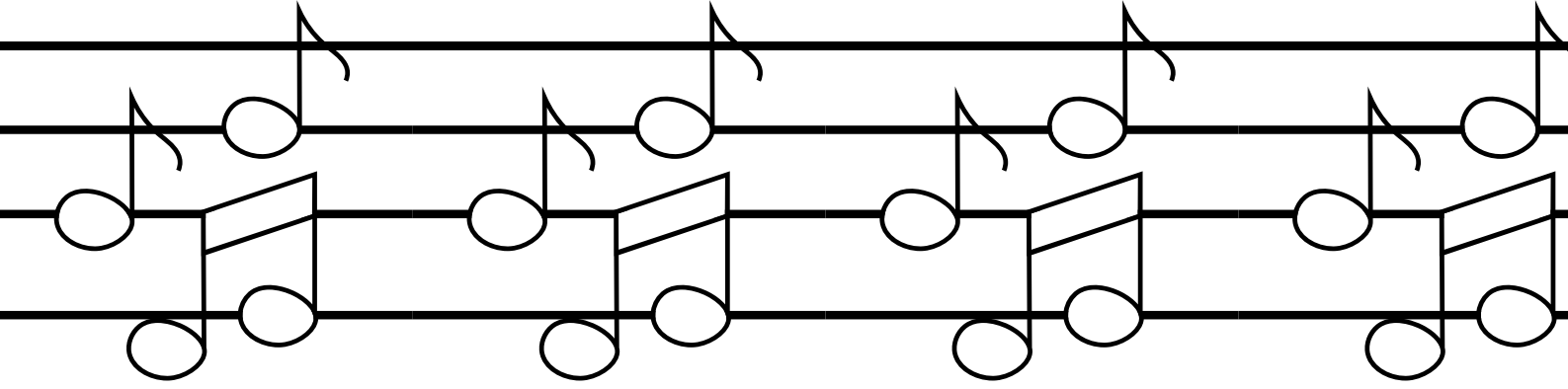


**EarlyON**  
Child and Family Centre  
**ON y va**  
Centre pour l'enfant et la famille

**Special Guest Appearance!**







# LET'S MAKE MUSIC



Rainstick

February 1st



Maracas

February 8th



Join us at our Mountain View location, 21 Mahler Road, Goulais River at 10:30am, for 4 weeks of hands on fun making your own musical instruments.



Pre-registration required @ [www.keyon.ca](http://www.keyon.ca)



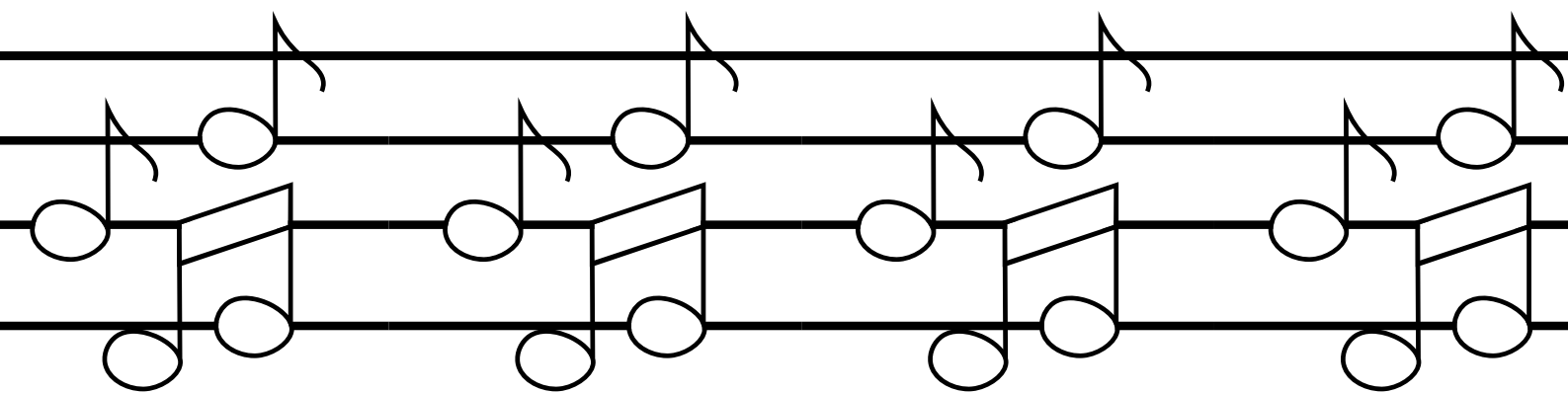
Drums

February 15th



Tambourines

February 22nd



# Snow Much Fun

Join us at H.M. Robbins EarlyON for  
some outdoor fun Thursdays in  
February from 1:00pm-2:00pm

**Feb 2:  
Snow Painting**

**Feb 9:  
Snow Volcanos**

**Feb 16:  
Snow Sculptures**

**Feb 23:  
Snow Shoeing**







# Mukwa Waanzh

URBAN INDIGENOUS EARLYON



## Cedar Tea Packages



**241 Albert St. W**

**Cedar tea packages can be picked up at  
Mukwa Waanzh on Friday February 10, 2023.**

**There are only 20 packages available.**

**First-come First-served  
until they are gone.**

**2pm-4pm**





# February 14th, 2023 Women's Memorial March



This day and every day we  
honor and remember all women lost to violence,  
abuse, and poverty.

We honor and remember the missing and murdered  
Indigenous women, girls, and two-spirit individuals  
lost to systemic racism. MMIWG2S+

Mukwa Waanzh Urban Indigenous EarlyON



# 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



@urbanindigenousearlyon



[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)