



EarlyON Child and Family Centre

Happy Holidays to Our EarlyON Families!

Dec 2018 - Feb 2019

Program Updates

New Programs- We are thrilled to be in Port Loring and Trout Creek! For program days and hours please visit www.foreverychild.ca.

New Hours- Our programs are now open until 12:30!

Triple P workshops- West Parry Sound- Sound Community Hub

Nov 22- Tantrums

Dec 13- Toilet Training

Jan 24- Being a Positive Parent

Parents are asked to register by calling 705-746-9522 x 4351 or emailing agagnon@psdssab.org.

EarlyON Child and Family Centre

Special points of interest:

- ☺ Program Updates
- ☺ Facebook QR code
- ☺ What to Say to Kids Instead of "Be Careful"
- ☺ 4 Ingredients: Mini Chicken Pot Pies
- ☺ How to contact us



Facebook QR code



Snowball

I made myself a snowball
As perfect as could be.
I thought I'd keep it as a pet
And let it sleep with me.
I made it some pajamas
And a pillow for its head.
Then last night, it ran away.
But first - it wet the bed!



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Something to Ponder: What to Say to Kids Instead of "Be Careful"

We hear it all the time from parents and caregivers, "BE CAREFUL". What does that mean? It is open to interpretation children hear it all the time and may not even know what you are talking about. Here is a list of more direct ways to express to your children how to be cautious of the space, themselves and others around them in a more direct way.

"Stay focused on what you're doing."
"What is your next move?"
"Do you feel safe there?"
"Take your time."
"I'm here if you need me."
"Watch out for other people and give them lots of space."
"Please keep one end of your stick on the ground!"
"What's your plan with that big stick?"

"Rocks need space!"
"Find more space!"
"That rock looks really heavy! Can you manage it?"
"Please move slowly and carefully near the ____."
"Do you feel stable/balanced?"
"Do you need more space?"
"Check in with each other. Make sure everyone is still having a good time."
"Ask her if she's ok."
"Ask him if he's still having fun."
"Did you like that? Make sure you tell her if you didn't like that."
"If you need to run, meet me at the next trail marker!"
"Let's check this cave/fort to make sure it's safe to hide in."

Upcoming Community Events

Christmas closures: EarlyON Child and Family Centre's closures : The main sites in Parry Sound, South River and Burk's Falls will be closed Monday December 24th reopening on January 2, 2019. Satellites Will be closed December 24th and will reopen January 7th, 2019.

Reminder: When buses are cancelled EarlyON Satellites are also cancelled. Main sites in Parry Sound, South River and Burk's Falls remain open. Please follow us on Facebook for updated program cancellations.

Program Information

Our EarlyON team:

For more information about many of our programs and services please visit our website at:
www.foreverychild.ca
Follow us on Facebook
or call 705-746-9522 ext 4350

Lana Whetham– Supervisor
April Gagnon– Team Lead
Connie McCaig– Literacy Facilitator– East/West
Lori Girard– Resource – West Satellites
Laurie Macdonald– Sound Community Hub
Jean MacGregor- Sound Community Hub
Samantha Hanna– West Satellites
Donna Brimbacombe– South River & East Satellites
Jennifer Griffiths– East Satellites
Jasmine Schell– East Satellites
Carolann Moore– Land of Lakes

Word of the Month

Dec-Anticipation
Jan- Frigid
Feb- Adorable

Topic of the Month

Dec- Christmas around the World
Jan-I am a Toddler
Feb-Separation Anxiety

Inclusion Support Services

The Ages and Stages Questionnaire is a FREE developmental screening tool for children 1 month to 5 years of age and the Ages and Stages Questionnaire: Social-Emotional Questionnaire is a screening tool for children 6 months to 60 months of age.

With early identification, a child can receive the help they need to develop to their fullest potential. For more information or to set up an appointment please speak to your EarlyON facilitator.

The ASQ-3/ASQ:SE:

Areas of child development screened include:

- Speech and Language
- Fine and Gross Motor Skills
- Social and Self-Help Skills
- ASQ: SE Social Emotional and behaviour
- It is not an intelligence test
- It is not an assessment
- It does not give a diagnosis
- It does provide a snapshot of areas of strengths and needs
- It does indicate potential concerns and the need to refer for further evaluation

Great Beginnings Parent/Child Program

Great Beginnings are a group of parents and their children who get together to learn and play. They learn about: family health, nutrition, community services and other topics. Pregnant women of any age or mothers with infants up to 6 months of age are eligible to attend the **Prenatal Program**. Parents with children 6 months and up are eligible to attend the **Growing Up Program**. Programs are hosted by an experienced Facilitator.

Great Beginnings East Parry Sound: please call 705-384-5225 x 2211 to register with Lori.

Great Beginnings West Parry Sound: please call 705-746-4293 x 4231 to register with Melissa.

This month's healthy recipe

4 Ingredients: Mini Chicken Pot Pies

Crescent dough - Store bought
1 c. cooked chopped cooked chicken
3/4 c. canned cream of chicken
thawed garden vegetables
chicken seasoning or salt and pepper (optional)
Ingredient Mini Chicken Pot Pies

Instructions

Preheat oven to 400f

In a bowl, mix chicken, cream of chicken and sprinkle a little chicken seasoning or salt and pepper. Set aside

Using a glass or cookie cutter, carve out circles of crescent dough

Grease a muffin tin with cooking spray and carefully place dough in each circle

Add chicken mixture into each circle

Using the leftover dough, cut strips and place it on top.

Bake for about 20 minutes, check at 15 minutes for desired brownness

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