



# EarlyON Child and Family Centre

## Hooray for Springtime!

### Some Spring Ideas

- ◆ Go on a walk
- ◆ Plant flowers
- ◆ Play hopscotch
- ◆ Play at a playground
- ◆ Go stargazing
- ◆ Go on a picnic
- ◆ Backyard obstacle course
- ◆ Look for birds
- ◆ Look for wildlife
- ◆ Take a picture of nature
- ◆ Visit a farm
- ◆ Make a birdfeeder
- ◆ Cook something new
- ◆ Visit downtown
- ◆ Watch butterflies
- ◆ Dance in the rain
- ◆ Jump in puddles
- ◆ Blow bubbles
- ◆ Go on a scavenger hunt
- ◆ Read outside
- ◆ Do an art project
- ◆ Make a sensory bin
- ◆ Pick up litter
- ◆ Play tag
- ◆ Start a garden
- ◆ Hunt for books
- ◆ Draw flowers
- ◆ Take family photos
- ◆ Visit somewhere new
- ◆ Make a fort
- ◆ Collect nature materials
- ◆ Make mud pies
- ◆ Touch trees
- ◆ Paint rocks
- ◆ Paint sticks
- ◆ Make Playdough
- ◆ Finger paint

Mar. - May. 2019

EarlyON Child and Family Centre

### Special points of interest:

- ☺ Some Spring Ideas
- ☺ Facebook QR code
- ☺ Literacy tips
- ☺ How to reach us

### Contents

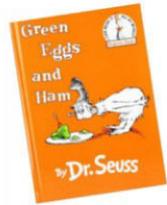
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Facebook QR code



# Literacy 5 Tips for Reading Aloud

With a little practice and these tips, you too can become a master storyteller.



## 1 PICK A GREAT BOOK.

Not all books are created equal in the world of read-aloud. Choose books that interest both you and your child.



## 2 REMEMBER YOU'RE READING TO A CHILD, NOT A CHAIR.

Put a little emotion into the story and get into the rhythm of the language. Ham it up try doing the voices.

## 4 ADD A SOUNDTRACK.

Take clues from the text and try adding some sound effects!



## 5 MAKE MISTAKES.

Try replacing words and let your child correct you. Not only does this involve your child, but it also shows him that it's okay to make mistakes when reading.

**AND LASTLY, ENJOY YOURSELF!**

## Program Updates:

During March Break; March 8th until March 15th  
All Satellite Programs will be closed. All Main Hubs remain open!  
**\*\*Kearney EarlyON Program will be open March 8th!\*\***

Our Moms to Moms programs age range is now 0-18 months.  
Come out and join us!

## Program Information

### Our EarlyON Team:

For more information about many of our programs and services please visit our website at:  
[www.foreverychild.ca](http://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  
Samantha Hanna—West Satellites  
Laurie Macdonald– Sound Community Hub  
Jean MacGregor- Sound Community Hub  
Donna Brimbacombe– South River & East Satellites  
Jennifer Griffiths– East Satellites  
Jasmine Schell– East Satellites  
Carolann Moore– Land of Lakes

### Word of the Month

March-Jovial  
April-Precipitation  
May-Bountiful

### Topic of the Month

March- Children's Garden  
April-Recognizing and Celebrating Your Child's Uniqueness  
May-A Child's Garden

# Inclusion Support Services

## Ages and Stages Developmental Questionnaire

**What:** This questionnaire is designed to help parents and Early Childhood Educators monitor the development of their children. The checklist looks at communication, gross motor, fine motor, problem solving, personal and social development. It gives a general overview as well as a good indicator of where your child is, at that specific time.

**Who:** Questionnaires start as young as 2 months of age and gradually progress to 60 months of age. Because your child will develop rapidly during the first five years of life, a follow up screening can be arranged at any time.

**When:** Our Resource Teacher will meet with you and your child at a time and place that is convenient for you. The checklist will take about one hour or so, depending on the child. This screening can be done at any time and is recommended for all children.

If you have any questions, or would like to book an appointment please talk to your EarlyON facilitator.

## Great Beginnings Parent/Child Program

Great Beginnings are a group of parents and their children who get together to learn and play. 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 Dana.

## This month's healthy recipe

### Ingredients

- 2 English muffins, split, or 4 slices sourdough, rye, or whole wheat bread
- 2 tablespoons prepared mayonnaise (optional)
- 1 recipe Tuna Salad, recipe follows
- 1 cup shredded sharp farmhouse Cheddar cheese

### Tuna Salad:

- Two 6-ounce cans white meat tuna packed in water, drained
- 2 tablespoons minced celery
- 2 tablespoons minced red onion, soaked in cold water for 5 minutes and drained
- 1 teaspoon minced flat-leaf parsley
- 1/3 cup prepared mayonnaise
- 1 tablespoon whole grain mustard
- Freshly ground black pepper,
- Freshly squeezed lemon juice, to taste (optional)

### Directions:

Preheat the broiler and set the rack about 4 to 5 inches from the heat source. Spread the bread out on a baking sheet and toast. Spread the toasted muffins or bread with the mayonnaise, if using. Top with the Tuna Salad and then the shredded cheese. Place the baking sheet under the broiler and heat for 3 to 5 minutes, until the cheese has melted. Serve immediately.

**Tuna Salad:** In a small mixing bowl break up the tuna with a fork. Toss with the celery, onion, and parsley. Add the mayonnaise, mustard, and season with pepper to taste. Stir to combine. Add lemon juice, if using.

