



EarlyON Child and Family Centre

Screen Time and Young Children

Fall 2019

EarlyON Child and Family Centre

Children under 5 years old are exposed to more screens than ever before, including televisions, computers, gaming consoles, smartphones and tablets.

When thinking about how much time your child spends with screens, be sure to include all these different devices. Also include time spent viewing at home and in other places, like child care.

What is the right amount of screen time for my child?

Young children learn best from face-to-face interactions with caring adults. It's best to keep their screen time to a minimum:

For children under 2 years old, screen time is not recommended.

For children 2 to 5 years old, limit routine or regular screen time to less than 1 hour per day.

Special points of interest:

- ☺ Screen time and young children
- ☺ Facebook QR code
- ☺ Healthy recipe
- ☺ Upcoming events
- ☺ Inclusion Support Services
- ☺ How to reach us

Contents

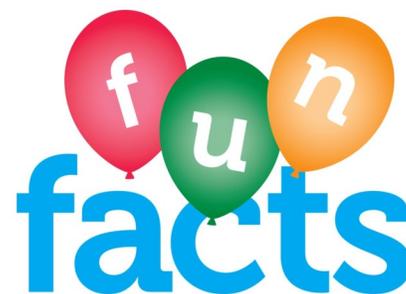
Fun facts	2
Upcoming Community Events	2
Healthy Recipe	3
Inclusion Support Services	3
Great Beginnings	3

Facebook QR code



Fun Facts!

Your heart is about the same size as your fist
Glass balls can bounce higher than rubber ones.
It is impossible to lick your own elbow
No words in the dictionary rhymes with the word orange.
Hippopotamus milk is pink.
Applesauce was the first food eaten in space by astronauts.
Cans of diet pop will float in water, regular pop cans will sink.
Cows can walk upstairs, but not down them.
You can cut a pie into 8 pieces, with only three cuts
There are 31,536000 seconds in a year



Upcoming Community Events

Kids Chess Club

Library

Join us, Wednesdays from 4 - 5 PM for kids' chess club! Drop in for all skill levels. This program is FREE, no registration required.

Halloween in Parry Sound

Saturday, October 26, 2019 10:00 a.m. - 12:00 p.m. Stores will be open and giving out Halloween candy or gifts. Look for the Halloween balloons for participating businesses

Sundridge The fire department is having a open house Oct. 12th, there will be a tour with fire safety information and free BBQ,

Powassan Honey fest Oct. 19th with Children's activities— 250 Clark

South River Halloween Party Oct. 21st 11:00—3:00 \$2.00 per child, Lunch provided. Call Candy or register 705-384-5384

Program Information

Our EarlyON team:

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

Oct. Cornucopia

Nov. Respect

Dec. Joyful

Topic of the Month

Oct. Raising Creative thinkers

Nov. Children's Art Product vs. Process

Dec. Sharing

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

Inclusion Support Services

What do we do?

Inclusion Support Services offers Resource Teachers to assist children and their families in obtaining their goals.

Resource Teachers use the Person Centered Planning approach. This means making the goals of the children and their family their priority.

Goals may be planned to support any area of development (speech and language, cognitive, self help skills, fine motor, gross motor, and social and emotional) for your child.

Support is provided to any child aged 0-6 requiring additional support (and their family). Child must attend a licensed child Care Program or EarlyON to be eligible for service. There is no fee for this service.

How to Refer?

Referrals are accepted from families, preschool programs, schools, and community agencies within the District of Parry Sound. Referral forms can be obtained from your local EarlyON facilitator a Resource Teacher or The District of Parry Sound Social Services Administration Board website at <http://www.psdssab.org>.

Who are your Resource Teachers?

West side of District:
1-866-850-8855
705-746-9522

Tim McWhirter ext. 4356
Shepherd Winfield ext. 4357
Jennifer Fares ext. 4358

East side of District:
1-800-563-4201
705-386-2552

Janice Furchner ext. 5432
Diane Donahue ext. 5434
Christie Simms ext. 5433

Great Beginnings Parent/Child Program

Great Beginnings is 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 Krista

This month's healthy recipe

Low Carb Stuffed Peppers

Ingredients

1 lb. lean ground beef or turkey
1 small onion diced
2 tsp garlic minced
4-6 medium peppers
1 medium pepper diced
2 tsp Italian seasoning
1 cup shredded cheddar cheese
1/2 cup shredded mozzarella cheese
5 oz. tomato sauce
14 oz. diced tomatoes
salt & pepper

Instructions

Preheat the oven to 350 degrees.

Brown the ground beef (or turkey) in the minced garlic and diced onion and drain grease.

In a large bowl combine the cooked meat, 3/4 cup of shredded cheddar cheese, diced pepper, Italian seasoning, tomato sauce, and diced tomatoes.

Add salt and pepper to taste.

Slice the tops off the pepper and scoop out the insides.

Pour the reserved diced tomato juice into the bottom of an 8x8 or 9x9 baking dish.

Fill each pepper with meat mixture and place in the baking dish.

Sprinkle the top of each pepper with mozzarella cheese and remaining cheddar cheese.

