



EarlyON Child and Family Centre

Preschool Summer Fun List

- Read, read read!
- Invite friends over for playdates.
- Attend a story time at your local library.
- Make a journal.
- Pick some flowers.
- Make ice cream.
- Make your own play dough.
- Visit a children's museum.
- Plan a summer camp at home.
- Have fun with bubbles.
- Visit the beach.
- Play in the sprinkler.
- Make s'mores.
- Be creative with sidewalk chalk.
- Have a family picnic.
- Play hide and seek.
- Have breakfast with the family in the backyard.
- Toss water balloons.
- Plant some seeds.
- Go on a bike ride.
- Have a family movie night.
- Feed the ducks.
- Get involved in a gardening project.
- Have a BBQ in the park.
- Make a fruit salad.
- Wash the car.
- Build a bird house.
- Paint with bubbles.
- Have a tea party.
- Go on a bug scavenger hunt.
- Turn on some good music and get moving.
- Watch a movie outside.
- Go to your local farmer's market.
- Cook together.
- Pick berries and make a smoothie.
- Attend a concert in the park.
- Decorate your bike.
- Make popsicles.
- Watch the sun set.
- Have a popcorn night.
- Create an activity that relates to a picture book.
- Enjoy a walk.
- Paint outdoors.



TEACHINGAND3YEARSOLD.COM

June - Aug. 2019

EarlyON Child and Family Centre

Special points of interest:

- ☺ Summer Fun List
- ☺ Facebook QR code
- ☺ 5 Reasons to get into Nature
- ☺ How to reach us

Contents

Getting Outside	2
Program changes	2
Healthy Recipe	2
Inclusion Support Services	3
Great Beginnings	3

Facebook QR



YOU WILL NEVER HAVE THIS DAY AGAIN
♥
SO MAKE IT COUNT



5 Really Good Reasons Why Kids Need Time In Nature

Research confirms what many of us know intuitively: that children who spend time in nature early on in life are much more motivated to get outside when they are older. Remember this: if you weren't lucky enough to spend time in nature when you were little, it's never too late to start getting outside and enjoying the many benefits now. But we can make the choice as parents to cultivate time outside as a priority for our kids.

1. It improves children's resilience to stress.
2. It reduces attention disorders, depression and anxiety.
3. It supports children's creativity and cognitive functioning.
4. It increases their physical activity and thereby helps to reduce obesity.
5. It helps to develop their respect and responsibility for the earth/planet.

<https://www.mindbodygreen.com/0-20310/5-really-good-reasons-why-kids-need-time-in-nature.html>

Program Updates:

Satellite Programs will be closing the week of June 17–21, 2019

The Sound Community Hub, South River and Burks Falls will remain open with regular hours during the summer.

Saturday programs will be Saturday July 13th and Saturday August 10 from 9:30 -12:00pm.

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

Program Information

Our EarlyON team:

Lana Whetham– Supervisor

April Gagnon– Program 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

June–Habitat

Topic of the Month

June- Getting Ready for K

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

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: Tortellini Soup

Ingredients:

With only 5 ingredients and 5 minutes of prep, this delicious soup will be on your table in no time flat. If you don't have fresh spinach on hand, frozen spinach will work in a pinch.

- 4 cups Chicken Broth
- 1/4 teaspoon garlic powder or 1 clove garlic, minced
- 3/4 cup cheese tortellini (about 3 ounces)
- 2 cups coarsely chopped fresh spinach leaves



How to Make It

Step 1

Heat the broth, garlic powder and black pepper in a 3-quart saucepan over high heat to a boil.

Step 2

Reduce the heat to medium. Stir in the tortellini. Cook for 10 minutes. Stir in the spinach.

Cook for 5 minutes or until the tortellini is tender but still firm. Season to taste.