



# EarlyON Child and Family Centre

## Hello EarlyON Families!

September 2020 -  
December 2020

### Program Updates:

**GREAT NEWS!** We are now open to families in our Parry Sound, South River and Burk's Falls locations. It will look different as we have regulations we need to follow in order to keep us all healthy and safe.

Some things you will notice are: you will be required to call and reserve a space. Spaces are limited so call early to avoid disappointment. Masks will be required for all adults and children over 4 years of age. Facilitators will be required to wear masks, and face shields. When you arrive you will be screened and have your temperature taken.

In the program itself you will notice that areas to play are positioned to ensure children are physically distancing. You will also notice there will be less materials for the children to play with however we will be using intent behind each material we choose to ensure a rich learning/exploring environment. For the families that are unable to attend in person we will be continuing to provide virtual programming so please continue to follow us on our Facebook page.

At the end of each program day all toys and equipment will be cleaned and sanitized. We are so happy to be welcoming families back. Please be patient with us as this is yet another learning curve for us all and we will do the very best we can to provide a caring, comfortable environment for us all.

Please also remember to reach out if at anytime you have questions.

Your Excited EarlyON Team!

### EarlyON Child and Family Centre

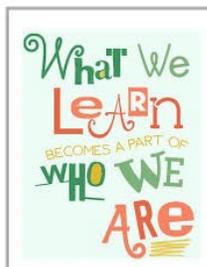
#### Special points of interest:

- ☺ Program Updates
- ☺ Facebook QR code
- ☺ How to reach us

### Contents

Something to Ponder	2
Upcoming Community Events	2
Healthy Recipe	2
Inclusion Support Services	3
Great Beginnings	3

Facebook QR code



# Self Care is Important!

We all know you are no good to anyone if you don't care for yourself first. Being a parent/caregiver to children is exhausting, add the stresses of COVID-19 and we are all in need of some "me" time. We have come up with our top 5 favourite ways to take care of yourself during these crazy times with little to no cost out of pocket. Sounds like a win, win situation.

## **Spend Time in Nature**

Studies have found that spending time in nature can be good for your psychological well-being. A quick walk in the park, a hike on a trail, or time spent tending a garden could help you feel rested and relaxed.

## **Go for a Walk**

Exercise can be just as good for your mind as it is for your body. Though you might not always feel like you have time to hit the gym or to engage in an intense workout, fortunately, a brisk walk can be an excellent self-care strategy.

## **Turn Your Bedroom Into a Retreat**

If your bedroom is filled with piles of clothes and clutter, you may feel more stress when you enter it. A good way to take care of yourself is to turn your bedroom into a retreat that you look forward to entering. Decluttering can make it feel more relaxing and doesn't cost anything.

## **Listen to Music**

Whether you find classical music soothing or you prefer to dance to some 80s tunes, listening to music can be a great way to take care of yourself. You don't necessarily need to set aside a special time to listen to music

## **Take a Break From Electronics**

Scrolling through social media, surfing the internet, and binge-watching TV might seem like a good way to relax. On the contrary, those activities can sometimes cause more stress than they relieve.

## Inspiring minds

**Please stay tuned for updates in the future.**

## Program Information

### Our EarlyON team:

Lana Whetham– Supervisor

April Gagnon– Team Lead

Connie McCaig– Literacy Facilitator– East/West

Lori Girard– Resource – West Satellites

Annette Lyons– Sound Community Hub

Jean MacGregor- Sound Community Hub

Jennifer Griffiths–South River & East Satellites

Jasmine Schell– East Satellites

Carolann Moore– Land of Lakes

Rahne Graham– East Satellites

### **Word of the Month**

*October -Imagination*

*November - Community*

### **Topic of the Month**

*October -Early Learners,  
Big Emotions*

*November—Winter Outdoor  
experiences*

*December—Holiday Memories Made  
at Home.*

For more information  
about many of our  
programs and services  
please visit our web-  
site at:

[www.foreverychild.ca](http://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

## Who are your Resource Teachers?

West Parry Sound:  
1-866-850-8855

705-746-9522

Tim McWhirter ext. 4356

Shepherd Winfield ext. 4357

Jennifer Fares ext. 4358

East Parry Sound:  
1-800-563-4201

705-386-2552

Janice Furchner ext. 5432

Diane Donahue ext. 5434

Kristy Simms ext. 5433

## Great Beginnings Parent/Child Program

Great Beginnings is a program to support expecting and new parents with children under the age of 3. Due to COVID-19 the program is currently operating virtually. Every Tuesday at 1pm there is a education session open to the public in Parry Sound/Muskoka, you can find out more about that on our Facebook pages. For registered participants the program is currently offering weekly local social support groups, community kitchens and a meal kit delivery program. If you are interested in learning more about the education sessions or registering for the program please call Krista (x4231) or send a message on Facebook to Great Beginnings-West Parry Sound or Lori (x2211) or send a message on Facebook at Great Beginnings- East Parry Sound.

## This month's healthy recipe

### Lentil & Basil Pesto Pasta

#### Ingredients

##### Pesto

1 cup (250 mL) packed fresh basil leaves (reserve a few leaves for garnish)

1 garlic clove

¼ cup (60 mL) toasted pine nuts

½ cup (125 mL) cooked or canned green lentils, drained and rinsed

3 Tbsp (45 mL) lemon juice

1/3 cup (80 mL) canola oil

½ cup (125 mL) grated Parmesan cheese (reserve some for garnish)

salt & ground black pepper, to taste

##### Pasta

3½ cups (875 mL) dry farfalle (bowtie) or your favourite pasta

2 Tbsp (30 mL) canola oil

1 cup (250 mL) cherry tomatoes, halved

½ cup (125 mL) cooked green lentils

salt & ground black pepper, to taste

extra virgin olive oil, for garnish



#### Directions

1. IN the bowl of food processor, add basil, garlic, pine nuts, lentils, and lemon juice. Pulse, then add oil and purée. Add Parmesan cheese and process once more. Season with salt and pepper. Set aside.
2. BRING a large pot of salted water to a boil. Add pasta and cook until "al dente" or until desired texture is reached. Drain and toss with 1 Tbsp (15 mL) of oil to prevent pasta from sticking.
3. HEAT remaining 1 Tbsp (15 mL) of oil in sauté pan while pasta is cooking. Add cherry tomatoes and cook just until heated through. Add lentils and season with salt and pepper. Remove from heat and reserve.
4. TOSS pasta, sautéed tomato mixture, and pesto in a large bowl.
5. GARNISH with Parmesan cheese, basil, and a drizzle of olive oil as desired. Serve immediately.