

EarlyON Newsletter

Sault Ste. Marie, Prince Township & Sault North



a month of love and family

Simple Ways to Show Your Love

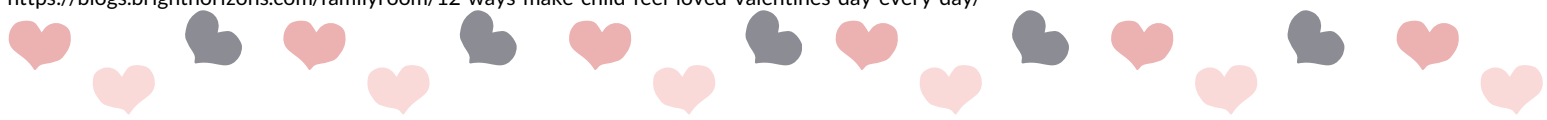
Showing your children you love them doesn't have to be complicated or cost a lot of money. Sometimes it's the simple things you do that leave a lasting impression. Try out these Covid-friendly ideas:

1. Plan one-on-one time – Go for a special one-on-one walk through a park or take a special drive together.
2. Decorate your child's door with love notes – Write down the things that you love about your child on post-its and decorate your child's door.
3. Share memories or stories – Tell them a favourite story about when they were a baby or a time they made you feel proud.
4. Put a love note in their lunch – Write a special 'I Love You' note and leave it in their lunch box to show them you're thinking of them while you're apart. If they're home for lunch, write the love note and leave it underneath their chair or plate.
5. Write on the bathroom mirror – Greet your child with a surprise message of love and encouragement on the mirror to start their day.
6. Make heart-shaped food – Try making heart shaped pancakes, pizza, or arrange a special snack in the shape of a heart.
7. Get dressed up for a candlelight dinner – Stay in and wear your best clothes for a fancy dinner at home. Add music, flowers, candles, or use string lights to make it even more special!
8. Invent a special handshake or gesture – Say "I love you" using only your hands or invent a secret handshake.



Resources:

<https://blogs.brighthorizons.com/familyroom/12-ways-make-child-feel-loved-valentines-day-every-day/>



make reading a family event

Reading to Children

Reading to children of any age will help boost brain development while creating an emotional, nurturing bond. Taking the time to connect with a child through reading a book allows their hectic world to slow down and creates a feeling of security as they begin to relax and view reading in a positive light.

Books allow children to be creative and imaginative while growing socially.



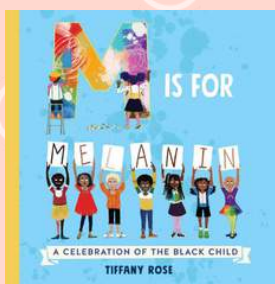
- Children *six months old and younger* do well with simple but bold or bright images with lots of contrast.
 - o Sit the child on your lap facing the book.
 - o Talk to the child as you look at the book.
 - o Point out objects and clearly name them.
- Children *seven to twelve months* old enjoy picture books with simple phrases. Repeat the child's words back to them.
- Children *twelve to eighteen months* old enjoy picture books that depict other children doing everyday things.
 - o Books with nursery rhymes, song lyrics and repetitive texts are appropriate for this age group.
 - o An important strategy while reading is to point to pictures and ask the child "what is that"? Ask open ended questions such as "what do you think will happen next"? Make corrections using a clear and positive tone.

With all that's going on in the world, it isn't an easy time to be a parent — wondering how exactly we explain it all and lead by example. Books are windows into different perspectives and experiences. They can help kids (and adults) develop curiosity, empathy, and courage.

Check out this list of 30 books that inspire kids to channel creativity, celebrate inclusion, and embody resilience so that they can build a better tomorrow: www.kiwico.com/blog/2021/01/13/30-childrens-books-that-inspire-creativity-inclusion-resilience



Ages 0-3



Ages 3-6



Ages 4-7



Ages 4-8



Ages 4-8

Family Day is February 15th

How will your family spend the day?

Watch the EarlyOn SSM Facebook page for more information on a Family Day draw!

Resources:

Bates, Megan. *30 Children's Books that Inspire Creativity, Inclusion & Resilience*. KiwiCo. www.kiwico.com
Marcin, Ashley. *Reading to Children: Why It's So Important and How to Start*. Medically reviewed by Karen Gill, MD, www.healthline.com
Ohadiugha, Peter. *7 Benefits of Early Reading*. www.worldliteracyfoundation.org
Pope, Kristen. *Read Up, Parents: 14 Super Simple Ways to Get Free Books for Kids*. www.thepennyhoarder.com

French vocabulary

Families can expand their vocabulary by using the French words that relate to Valentine's Day and practicing a French nursery rhyme.

February Vocabulary Words:

Heart - un cœur

Love - de l'amour

Friendship - de l'amitié

Bouquet of flowers - un bouquet de fleurs

A Valentine - un valentin

Chocolate - un chocolat

I love you - je t'aime

Valentine's Day - la fête de la St. Valentin

Cupid - un cupidon



Sing a Song Together: "Boum, boum, boum"



J'ai un petit cœur

Qui fait

boum, boum, boum (le dire avec une voix normale)

Quand je cours

Il fait boum, boum, boum (le dire avec une voix forte)

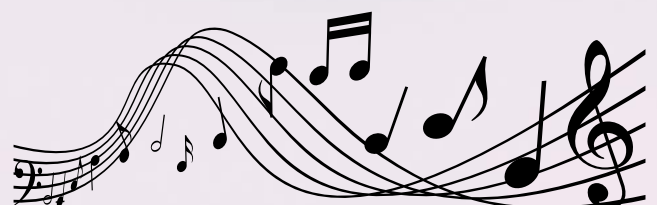
Quand je dors

Il fait

boum, boum, boum (le dire avec une voix douce)

Quand je dis : « Je t'aime. »

Il fait boum, boum, boum (le dire rapidement)



Resources:

Song - <https://www.educatout.com/activites/poupons-trottineurs/theme/la-saint-valentin.htm>



Setting Intentions Wheel

Setting goals or intentions help create new habits and behaviours, helps guide our focus and helps sustain positive momentum in our lives. Setting goals or intentions motivates us, improves our mental health, and improves our personal and professional success.



The Urban Indigenous EarlyON will be highlighting traditional forms of love and what healthy love looks like during the month of February. They will also be offering cultural opportunities to learn about February Moon.

enjoy the great outdoors



WINTER OLYMPICS

LET'S GET OUTSIDE AND HAVE SOME FUN IN THE SNOW! JOIN US ON FACEBOOK EVERY THURSDAY IN FEBRUARY AND WE WILL UPLOAD A PICTURE OF A SUPER FUN ACTIVITY YOUR WHOLE FAMILY CAN ENJOY!

- February 4 - Outdoor Maze
- February 11 - Giant Tic Tac Toe
- February 18 - Outdoor Mini Golf
- February 25 - Snowball Target Toss

PLEASE REMEMBER TO DRESS FOR THE WEATHER!



Mukwa Waanzh/Urban Indigenous EarlyON

*Sam iKido (Sam Says):
Biiskan (Put on)/Giiskan (Take off)
iw:*

 Biiskawaagan Coat	 Giizhoopizon Scarf	 Wiikwan Hat	 Mjikaawanag Mitts/Cloves
 Miiknodan Pants	 Mkizinan Boots/Shoes	 Azhiganan Socks	 Gbabgwiiwyaan Sweater/Shirt





outdoor tips & activities

Dress appropriately for the weather (coat, hat, hand coverings, warm boots, snow pants or extra leggings).
Bring a snack and water if on a nature hike.
Take your time and explore your environment.
Make sure someone knows where you are planning your hiking trip in case of emergencies.

Have fun—the most important thing is taking the time to make memories!

Outdoor Exploration

Whether in your own backyard or in your neighbourhood, there is so much to see and explore.

Games: Hide and Seek, Tag, Dodge Ball, Make Snow Angels, Build Ramps for Cars/Animals/House Play.

Take a Nature Hike around your street or at the local park.

Build a Snowman, Fort or Wall.

Science: How does ice actually form on branches? How many pinecones can you find?

Can you find letters of the alphabet in the landscape—cool math concept!

You can use every day objects to put on your snowman after it has been built.

On this occasion, we used a bucket for the hat, stones from the driveway and a funnel.

Sledding at the local park or down the street in a vacant lot with a snow pile are easy ways to exercise and get fresh air.

If you are stranded at home, grab a couple of sleds, tie ropes to the handles and pull your little ones around. Great workout for you and fun for the snow pulling children (even when they fall off)!

Ask open ended questions to promote thinking and wondering...

- “I wonder how ice is made outside?”
- “I wonder what temperature will melt a snowman?”
- “Why do you think animals hibernate in the cold?”



wellness together

Start Your Day a Positive Way Positive Affirmations for Parents and Caregivers

A positive affirmation is something positive that you tell yourself, in order to help break up negative thoughts, feel empowered and boost your self-esteem. Try turning your negative thoughts into positive affirmations and start your day by repeating them 10 times. Positive affirmation is something positive that you tell yourself, in order to help break up negative thoughts, feel empowered and boost your self-esteem.

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How to create powerful affirmations:

- Place your name in the affirmation.
- Phrase the goal in the present tense, to bring it into reality.
- Add a feeling to strengthen the affirmation (I feel, I enjoy, etc.).
- Add a reward to reinforce what we are truly working towards.
- Be sure to balance the goal and reward so they are realistic, achievable, and meaningful.

Resources:

<https://www.realhappymom.com/affirmations-for-moms/>

<https://www.psychologytoday.com/us/blog/embodyed-wellness/201704/affirm-or-not-affirm>





February 24th is
Pink Shirt Day!

Pink shirt day started with two boys standing up for a new student who was bullied for wearing a pink shirt to school. The following day the boys, along with their friends wore pink shirts.

Wear Pink in support, or decorate paper shirts and hang them in your window

Bullying Stops Here

Teach Kindness everyday

Bullying can take many forms, physical, mental or cyber... Teach your child that it's OK to talk to someone, or to help others being bullied



For more information, or resources go to
<https://www.pinkshirtday.ca/support-for-parents-teachers>

Self Care

THINGS TO TRY

Practice Gratitude	Enjoy a Bath
Enjoy a Cup of Tea	Take a Nap
Enjoy Nature	Practice your Hobbies
Move your Body	Take a Social Media Break
Practice Yoga or Meditate	Try a New Recipe
	At Home Date Night

BULLYING

TIPS FOR PARENTS & CAREGIVERS

BULLYING IS NOT A NORMAL PART OF GROWING UP.

BUILD SELF-ESTEEM. Value your child's contributions and achievements. If they are socially isolated at school, get them involved in community activities.

Teach your children that if they see someone being bullied, **THEY SHOULD NOT WATCH, LAUGH OR JOIN IN.**

Help kids see the value of offering **EMPATHY AND SUPPORT** to those who are bullied.

WORK WITH YOUR SCHOOL to educate others about the problem of bullying.

MODEL RESPECTFUL BEHAVIOURS at home and in your daily interactions.

CYBERBULLYING TIPS

- **Familiarize yourself** with online activities. Learn about the websites, blogs, chat rooms and cyber lingo that your children are using.
- Keep the computer in a common area so you can **monitor activities**.
- **Recognize** that online communication is a very important social aspect in your child's life. Do not automatically remove their online privileges if you find out about a cyberbullying experience.
- **Report** incidents of online harassment, physical threats and bullying that occur over your child's cell phone to your local police.

community resources



www.triplepalgoma.ca



Telephone: 705-942-2694

Visit **EarlyOn SSM** on Facebook for activities and challenges, for your chance to win a weekly Gift Card.



Are You in Need of Help?

Message Urban Indigenous EarlyOn through Facebook
OR
Email: earlyon@ssmifc.ca



Messages will be responded to within 24 hours

For Updates and Interactive Activities



EarlyOn Child and Family Centre Prince, SSM & Sault North;
EarlyOn SSM; Urban Indigenous EarlyOn; Social Services SSM



@urbanindigenousearlyon; @socialservicesssmd



EarlyON Child and Family Centre Prince Township
@EarlyONCentre; Social Services SSM @Soc_Serv_SSM



www.childcarealgoma.ca



Indian Friendship Centre
in Sault Ste. Marie

www.ssmifc.ca



www.princetownship.ca



www.socialservices-ssmd.ca