

# EarlyON Newsletter

Sault Ste. Marie, Prince Township & Sault North



Our EarlyON Centres may currently be closed but there are **daily interactive virtual programs**, as well as tons of social media posts to keep children happy, entertained and learning from home.

Know that we're here for you if you need us!

**Keep checking our social media for re-opening dates.**

# virtual opportunities



## VIRTUAL PROGRAMMING COMING UP THIS MONTH...

<b>M</b>	ZOOM - KINDER-CHAT 9:30AM
<b>T</b>	ZOOM - CIRCLE TIME WITH MANDY 2:00PM
<b>W</b>	ZOOM - SING ALONG WITH RACHEL 2:00PM
<b>TH</b>	MINUTE TO WIN IT 9:00AM
<b>F</b>	READY. SET. KINDEGARTEN 9:00AM

FOLLOW US ON FACEBOOK FOR A VARIETY OF DAILY ACTIVITIES. INTERACTIVE ZOOM AND VIRTUAL PROGRAMMING

ZOOM LINKS WILL BE POSTED DAILY PRIOR TO EVENT



# Sing-a-Long with Rachel

Do you love to sing? Bring your voice and maybe your instrument to sing-a-long to our favourite songs!

Zoom class  
Wednesdays in May at 2:00 PM



 EarlyOn Child and Family Centre  
Prince, SSM & Sault North

## Zoom Virtual Programming Schedule



Virtual schedule is subject to change based on in-person programming restrictions. Please check Facebook for current updates.



### Mondays

10:30 a.m. EarlyON Story Time  
2:00 p.m. Let's Get Moving



### Tuesdays

10:30 a.m. EarlyON Story Time  
2:00 p.m. EarlyON Play Along

### Wednesdays

10:30 a.m. EarlyON Story Time  
2:00 p.m. EarlyON Science Exploration

### Thursdays

10:30 a.m. L'heure du conte  
2:00 p.m. Let's Get Moving

### Fridays

Watch our Facebook page for French Friday fun and other activity challenges.

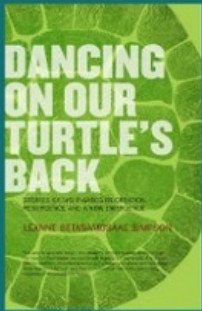


Like, Comment or Share your experiences for a chance at weekly draws!

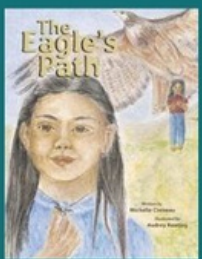
# cultural opportunities



## MUKWA WAANZH BOOK HIGHLIGHTS OF THE MONTH



"Leanne Betasamosake Simpson does an excellent job covering topics like Indigenous Storytelling, the Seven Fires of Creation, Breastfeeding as Treaties, among many other topics, from an Indigenous point of view written in a way everyone can understand. An excellent resource that everyone should read."



"A children's story about Indigenous identity, sexuality and understanding the value in accepting everyone for who they are. A two-spirit resource that is appropriate for all ages."

Join us for a live reading of this story on **May 29, 2021 at 2PM** on our Urban Indigenous EarlyON Facebook.

Anishinaabemowin Zoom Fridays  
Fridays @ 2PM  
Zoom link available through  
Facebook page.

Watch for a new May  
Reading Challenge!

Weekly schedules posted  
Mondays on Facebook.



## BINESHIINH (BIRD) WORD SEARCH



Mukwa Waanzh

G N Y A X S O B P O U G G M E T M D G P  
X I X A F S T P L O U F N P D P V U F N  
F R J R K N M P E Q E N B L W W J Y T C  
R Y D I X N I R O E I B M X H H G S T F  
Y D J U G O C K L A C C R K O N R F O B  
Z P E W J I M V A A O H F O J D W X Y S  
O R V J Z N J V Q W R S E B N I T U P S  
E Q S K F T M I G O Q H V E L I W C A U  
W I D W R H T C G D A U U W E N V M J I  
B M S B K F R P Y A G F J W Q D Z K I M  
S C D V Q F J I Y Y A Q M L O I A M J I  
I J W K U N S C V N S A L Z U I N M A G  
K U H Z O X U W G J W U N O N S B D A I  
K V C F L B X N D P A Y Y E O I B B K Z  
C U Y G Q Y K O D O Y S A I S T D P H I  
K G L S Q V Z F D C R U P Z P H D U Y Y  
J U I C Z B E T M T Q F D A D Q I J N C  
N F G E H I N X R C A Z V D C R A I V D  
T Y U L L K B Z L J B Y F R S U Q C N G  
M K C Q D N S B A A P A A S E L O K F H

Words

Gijigijigaaaneshiinh Diindiisi Baapaase  
Opeechee Ajijaak Nika Migizi

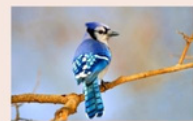


MUKWA WAANZH



## OUTDOOR BINESHIINH SCAVENGER HUNT

DIINDIISI



BAAPAASE



MIGIZI



AJIJAAK



NIKA



OPEECHEE



GIJIGIJIGAAANESHIINH



# outdoor activities

## Bird Watching

*Chickadee dee dee!* Bird watching with children is a great way to learn more about our natural world. This year create a spring nesting materials station to better understand the life cycle of the bird. We hope that you enjoy collecting these materials as a family in your backyard or nearby green space. Be sure to hang it somewhere safe where you can observe your new feathered friends.

Items Required:

### For the holder

-A wire whisk or mesh produce bag

### For the nesting materials

-Dead leaves

-Small twigs

-Dry grass

-Straw

-Dog/ cat/ rabbit fur (be sure the fur has not been treated with tick or flea medication)

-Cotton batting (such as the cotton found in a medicine bottle, pulled apart slightly and unraveled)

-Cattail or milkweed fluff



**Be sure NOT to include yarn/string/twine, dryer lint, wool, or synthetic materials as these items can harm the nestlings and fledglings.**

Did you know...?

The Sault Ste. Marie International Bridge has a Peregrine Falcon Nesting Box set up for live viewing every spring! Follow the progress of the falcons by tuning in to <https://www.saultbridge.com/falcam/>

*Children's Learning:* As children collect the found materials for their nesting station they will learn textures and new vocabulary. We can encourage the development of empathy and social responsibility as we care for the creatures in our environment.



## Take a walk to the mailbox

**Mail a Hug**  
Show a loved one just how much they are missed

Trace your child from the chest up and let them decorate it. Cut out the shape and you have yourself a mailable hug.

Fold it up, and mail all of that love!!

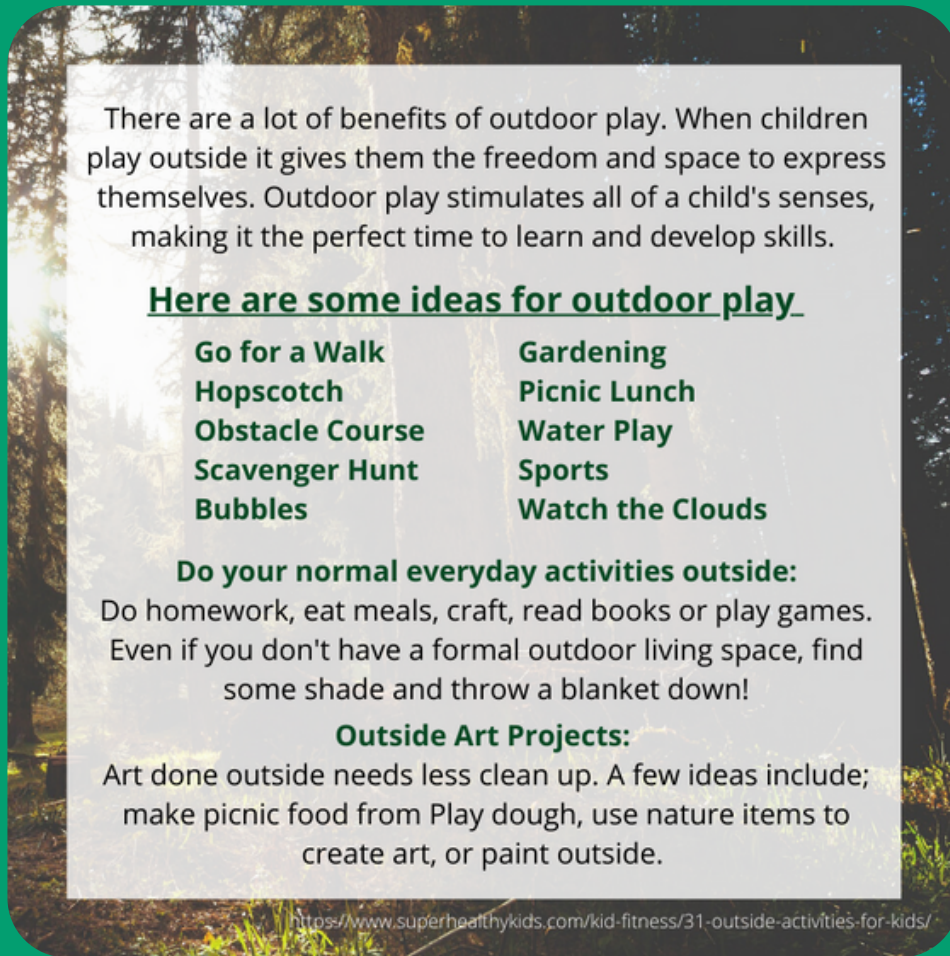
Resources:

<https://empressof dirt.net/offer-nesting-materials-for-birds/>

<http://www.ourherbgarden.com/safe-bird-nesting-material.html>

## Outdoor Play

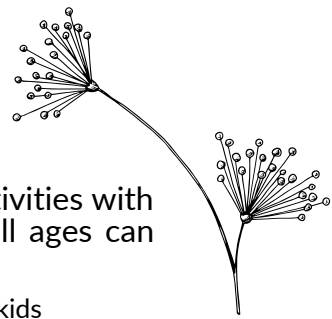
There are many benefits to outdoor play and nature exploration. These benefits are for children as well as parents and caregivers. As the weather begins to improve, we hope that all families are able to take some time to enjoy to beautiful season changes and experiences.



**Help math and science skills bloom in your garden.** If you're starting work on a garden, this is a perfect opportunity to teach math and science concepts while your kids get some much-needed fresh air. Have them measure water into a watering can, count seeds, start tallying days on a calendar to keep track of plant growth, and record observations. (If you don't have a backyard, you can start a windowsill garden with kids. They can measure soil into small pots, count and plant seeds, predict which seeds will sprout first, and make observations.)



**Enjoy the outdoors.** Communal playtimes at the park may not be possible right now, but you can still enjoy outdoor family activities that give your child's motor skills a pick-me-up. Choose activities that involve both gross motor skills (running, jumping, playing catch, dribbling a ball) and fine motor skills (collecting and sorting objects, using small tools). Go on a family walk and play "I Spy." Have an outdoor family dance party. Collect things like pinecones, acorns, and pretty stones in a pail, and help your child sort them into groups. Make and hang homemade feeders for your backyard or windowsill birds. Your kids will get critical motor skills practice, and the fresh air and fun will give everyone an emotional boost.



## Spring Garden Crafts and Activities for Kids

Spring is the perfect time to enjoy some DIY garden crafts and activities with your kids. Garden activities are great for kids because kids of all ages can enjoy working together on a project outdoors.

[www.woohome.com/diy-2/12-fun-diy-spring-garden-crafts-and-activities-for-kids](http://www.woohome.com/diy-2/12-fun-diy-spring-garden-crafts-and-activities-for-kids)



[101gardening.blogspot.com](http://101gardening.blogspot.com)



[joyfultoddlers.com](http://joyfultoddlers.com)



[pinkandgreenmama.blogspot.com](http://pinkandgreenmama.blogspot.com)



[designdazzle.com](http://designdazzle.com)



[hometalk.com](http://hometalk.com)



[innerchildfun.com](http://innerchildfun.com)



[happyhooligans.ca](http://happyhooligans.ca)



[play-trains.com](http://play-trains.com)



[1pureheart.blogspot.com](http://1pureheart.blogspot.com)

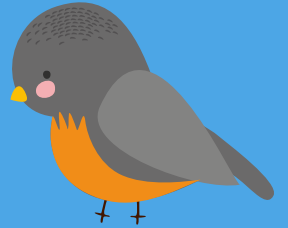
# french opportunities

Families can expand their vocabulary by using the French words that relate to the Spring and practicing a French nursery rhyme.

## Deux petits oiseaux (Two Little Dickie Birds)



Deux petits oiseaux  
Sont sur une branche  
L'un s'appelle Pierre  
L'autre s'appelle Paul  
Va-t'en Pierre! va-t'en Paul!  
Viens-t'en Pierre! viens-t'en Paul!



## Spring Vocabulary

### Le printemps

Des bourgeons – Buds

La boue – Mud

La pluie – Rain

Un parapluie – Umbrella

Un oiseau – Bird

Un nid d'oiseau – Bird's Nest

Des tulipes - Tulips

Un imperméable – Rain Suit

## Joyeuse fête des mères!



# MAY 2

## World Laughter Day



World Laughter Day is celebrated annually on the first Sunday in the month of May. This year it is celebrated on **Sunday, May 2nd**.

### Health Benefits of Laughter

**Sense of well-being:** Laughing more often makes you feel better and look at things in a positive manner.

**Release of Endorphines:** When released, these natural pain killers in your body help to reduce chronic pain and make you feel good.

**Boost T-Cells:** When activated, T-Cells help you fight off illness.

**Improved Cardiac Health:** Laughter gets your heart pumping and burns calories.

**Works Out Your Abs:** Have you ever laughed so hard that your eyes watered and your stomach hurt? This is because the laughter causes your abdominal muscles to expand and contract.

**Reduce Stress:** Laughter decreases stress and anxiety by promoting the release of endorphins.

**Lower Blood Pressure:** Reduce risk of heart attack or stroke.

### Laughter is a Learned Developmental Skills

Play is learning for children and laughter is a big part of play. Children who use humor are thinking creatively while building on vocabulary and reading skills. Most often a child will find humor in the unusual. This humor changes as they grow and their thinking skills become more advanced. Life experiences that incorporate humor such as reading funny stories, rhymes and being in silly situations will help a child develop a sense of humor.

### Ways to Encourage Laughter with Your Children

- Be silly yourself.
- Tell knock-knock jokes.
- Offer a flexible play environment that a child can explore and discover what is fun.
- Share silly humor and stories.
- Look at funny photos.
- Take funny pictures.
- Make silly faces and poses to make each other laugh.
- Play peek a boo.
- Tickle each other.
- Talk in a funny voice, make silly noises.
- Sing and dance with your child.
- Watch a funny movie.
- Have a pillow fight.
- Play games that are funny such as charades, twister, hide and seek.
- Go outside and have a water fight.

### Books that make you laugh



*"A child's laugh could simply be the most wonderful sound in the world".*



# wellness together

## Have regular emotional check-ins.

During challenging times, young children can easily pick up on the stress and worry of the adults in their lives.

Disruptions to regular schedules, troubling news stories, bans on social gatherings, and overheard adult conversations can leave a child confused and concerned about the future.

### SET ASIDE TIME TO CHECK IN AND CONNECT WITH YOUR CHILD EVERY DAY.

Talk about your day and what will happen tomorrow. Ask them simple questions: “What was the best part of today?” “Were there any hard parts?” “How did you feel?” “Do you have anything you’d like to talk about?”

Listen carefully to what your child says so they know their thoughts and emotions are important to you.

<https://blog.brookespublishing.com/24-at-home-learning-activities-to-share-with-parents-of-young-children/>



## Play Ideas to Encourage Toddler Emotions

Play is one of the best ways for young children to practice understanding, expressing and managing their feelings.

Great ways to encourage this include:

Playing and Sharing with others



Imaginative Play with puppets, dolls, or toys

Messy Play with sand, dough or paints

Reading Stories that feature characters with emotions

Outdoor Play where your child can run, tumble, or roll around

Letting your toddler take the lead with play



<https://raisingchildren.net.au/toddlers/play-learning/play-toddler-development/emotions-play-toddlers>

# Mother is a verb, not a noun.

To all those who mother, we could not write our stories without you. Whether you grace every line, support a meaningful chapter, or have faded from the pages too soon, we see you.

To mother

—

To learn there are many ways to parent

—

To help others fly even if that means you're grounded

—

To make promises, mistakes, sandwiches, and futures

—

To believe you don't need a break, though some days it feels like you might be breaking

—

To say the words it takes a village, but struggle to use your voice sometimes when asking for help

—

To realize simple hugs, smiles, and your presence are your superpowers

—

To discover the beauty in colouring outside the lines

—

To wipe tears, mouths, counters, and repeat

—

To find out sleep comes with a clause

—

To worry you are changing—and worry that you're not

—

To work around the clock yet wish that time could somehow stand still

—

To listen to stories about the everyday and the someday

—

To give and be given a gift that doesn't always fit in a box with a bow

—

Mother is a verb, not a noun.

# community resources



Canadian Mental Health Association  
Algoma  
Mental Health & Addiction Services

Association canadienne pour la santé mentale  
Algoma  
Services de santé mentale et de toxicomanie

705-759-5989 or 1-855-366-1466



Soup Kitchen  
705-942-2694



We're open for  
Emergency Baby Needs

Monday - Friday  
9am - 1pm  
Call or text: (705)206-7397

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](mailto:earlyon@ssmifc.ca)

Messages will be responded to within 24 hours



[www.triplepalgoma.ca](http://www.triplepalgoma.ca)

## 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](http://www.childcarealgoma.ca)



Indian Friendship Centre  
in Sault Ste. Marie

[www.ssmifc.ca](http://www.ssmifc.ca)



[www.princetownship.ca](http://www.princetownship.ca)



[www.socialservices-ssmd.ca](http://www.socialservices-ssmd.ca)