

H-N REACH EarlyON at Home

FAMILY NEWSLETTER



Reading list of books that promote perseverance

Whistle for Willie
Ezra Jack Keats – 0-3 yrs.

How to Catch a Star
Oliver Jeffers – 3-7 yrs.

Giraffes Can't Dance
Giles Andreae & Guy Parker-Rees
3-7 yrs.

The Things Lou Couldn't Do
Ashley Spires – 3-7 yrs.

A Chair for My Mother
Vera B. Williams – 3-5 yrs.

Can I Play Too
Mo Willems – 3-5 yrs.

Flight School
Lita Judge – 0-5 yrs.

The Most Magnificent Thing
Ashley Spires – 3-7 yrs.

The Dreamer
II Sung Na – 3-5 yrs.

Ish
Peter H. Reynolds – 5-8 yrs.

From home to school

September marks the time for many children to start or go back to school. This can be both an exciting or anxious time for your children. Here are some ways that parents and caregivers can support the children through the transition:

Spend Time With Relatives or Friends: Spending the day with grandma or another familiar person can help your child gain a sense of independence and confidence away from their parent or primary caregiver.

Make Time for Social Play: Whether you set up a small playdate, or visit an EarlyON Child and Family Centre Program, playing alongside other children can be beneficial to building your child's social, emotional, and problem solving skills.

Contact Your Child's School:

If you have questions relating to transportation, the flow of the day, or are just looking for some reassurance, contact your child's school. This will help set you up to be confident on your child's first day of school, which in turn will help them feel safe.

Implement a Daily Routine: Practice what a school morning will be like by waking up at a consistent time, getting dressed, eating breakfast, and leaving the house. This will limit the amount of change that happens all at once in September. For more tips, visit: http://www.edu.gov.on.ca/eng/multi/english/fdk_fs_preparing_your_child_en.pdf

Do you have a 'picky' little eater at home?



It can be difficult when your baby who has always eaten everything you offered develops into a toddler who decides to become 'picky'. Around 1 year old your baby/toddler starts gaining control of what they eat – this is when we hear the term 'picky eater'.

The parent decides:

- What foods to offer.
- When to offer meals and snacks.
- Where your child will eat.

Trust your child to decide:

- Which foods to eat – offer the child his/her preferred food along side new foods. You may have to offer it between 10-15 times before they will eat it!
- How much to eat – your child will be learning the feeling of being full or hungry.

Tips that may help your picky eater

- Encourage your child to help you plan, shop & prepare meals/snacks.
- Offer your child 'this' or 'that' eg. Apple or banana; wrap or a sandwich.
- Consider what foods your child likes and try and note the taste, texture and temperature (do they like hot or cold foods) – this can guide you when planning and offering other foods.
- Make the food fun – create little scenes, characters or shapes with the food (Pinterest is great for this).
- Avoid distractions at meal times – no toys, TV/electronics at the dinner table.

Check out these great resources for further information and ideas:

- <https://hnhu.org/health-topic/picky-eating/>
- <https://www.zerotothree.org/resources/1072-how-to-handle-picky-eaters>

Lunch box joke!

What are twins favourite fruit?

Pears!

The school lunch dilemma!

Along with the excitement of starting a new school year comes the school lunch dilemma – what to pack! These are just a few suggestions:-

- Make extra at dinner and use the leftovers for school lunches when you can.
- Think snacky items – kids love to talk at nutrition break and enjoy snacks – small healthy portions
- Plan ahead – make a weekly plan – discuss healthy foods
- Encourage your child to help you plan, shop, prepare and pack their lunch bag
- Have a drawer or large container for lunch items in your fridge/pantry
- Ensure your child can open/close all containers etc (be mindful some schools are opting for litterless lunches; so label all containers/lids)
- Be aware what foods are not allowed in your school due to allergies
- As most schools have 2 nutrition breaks in the day use a 'balanced day lunch bag' or another system of labelling items 1 & 2 so the child knows what to eat at each break.

Food Guide Canada is a great resource for healthy eating tips for school lunches

<https://food-guide.canada.ca/en/tips-for-healthy-eating/school/>

RECIPE OF THE MONTH

Ideal for the lunch box - Hummus & veggie pinwheel

Ingredients

8" wholewheat tortilla wrap
2 tablespoons hummus
Chopped cucumber
Shredded lettuce
Sliced bell peppers

Spread the hummus to the edges of the tortilla. Top with your favourite ingredients - such as those above. Roll & slice.



Summer EarlyON Outdoor Programs!



We've been having so much fun at our outdoor programs throughout July, it's been great connecting with the children and parents and we are planning lots of fun and interesting programs for August.

Check out our monthly schedule on Facebook or on the REACH website.

Registration is required email earlyon@hnreach.on.ca for further details.

Why was the math book unhappy?

Because he had too many problems!

WE ARE STILL HERE FOR YOU!

If you or your child are in crisis, our Child and Youth Crisis Line is available 24 hours a day, 7 days a week. 1-866-327-3224

Find us on Facebook - we are the Haldimand-Norfolk REACH EarlyON Child and Family Centre! We're always posting schedules of activities, activity ideas, circle time videos and stories, and tips to stay healthy at home.

Join us on Zoom - We host a variety of Zoom activities Monday through Friday, like Circle Time, Music and Movement, and Baby Play with a Health Nurse.

Connect through email - Have an idea you'd like to see us try? Want more information about our programs? Email us at earlyon@hnreach.on.ca



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