

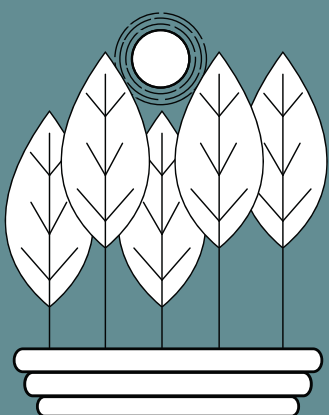
The H-N REACH EarlyON at Home

FAMILY NEWSLETTER



Some old-fashioned things like fresh air and sunshine are hard to beat.

Laura Ingalls Wilder



CELEBRATING NATURE

Nature is all around us no matter where we live. Just look outside, observing nature through the eyes of your child. You will see the world in a whole new way! Follow your child's lead and let them dig in the dirt, play in the mud and splash in the puddles. Slow down and be present. Take a blanket outside and sprawl out together, watching the clouds float by.

Perhaps you could go for a walk and encourage your child to use their senses. Talk about what you see, what you hear, what you smell and what you feel. You never know what they might find! Do you notice new buds on the tress? Can you hear the birds singing? Do you notice their different songs? What do you smell? Ask your child to collect sticks, rocks and leaves and watch as your child discovers unique ways to use them in their play.

You can make your nature walk even more fun by doing a Scavenger Hunt. Perhaps you can use your treasure to create a masterpiece? Did you know you can use rocks, twigs, flowers or leaves to paint with? Take lots of pictures, be curious about what they are doing, ask them lots of questions, "What do you have there?", and join them on the journey of discovering the world around them!



Be Aware:
The spring melt
can result in rising
water levels, and it
may not be safe to
be near our
waterways.

For more info:
www.grandriver.ca

April Showers Bring May Flowers And Mud!!

That's right - the sticky, squishy, dirty stuff that children love to jump and play in! You may be wondering "Why should I let my child play in the mud?" Here are some reasons we'll share:

- Exploring through the senses can be calming and relaxing for children. Feeling the smooth texture of mud in their hands may be soothing.
- Playing in mud is open-ended. There's no right or wrong way to do it! This builds your child's confidence, allows them to express their creativity and feel in control of the activity.
- Playing with mud allows your child to feel a sense of connectedness to nature and the world around them.

Try out some of these ideas to extend your child's play in the mud:

- **Mud Kitchen:** Bring out some pots, pans, and utensils and allow your child to become a mud chef
- **Mud Blocks:** Put some mud in ice cube trays and freeze ahead of time to create blocks with the mud
- **Mud Painting:** Bring out some paper and paintbrushes and you have a simple alternative to paint
- **Car Wash:** Bring cars, trucks, or any other toys into the mud. Once they're all muddy, take them to the 'car wash' in a bucket of soapy water

For more ideas about muddy fun, check out <https://www.unley.sa.gov.au/CityOfUnley/media/CoU-Media-Library/community%20and%20culture/Events/Mud-Play/Benefits-and-Activities.pdf>

FUN FACTS ABOUT APRIL SHOWERS

1. Rain is a liquid that falls from the clouds in the form of droplets.
2. Most fresh water in our planet comes from rain.
3. You can measure the actual amount of rain using a rain gauge.

Make your own rain gauge - it's a fun and easy project that will introduce your child to math concepts! Check our Facebook page for detailed instructions!





5 Green and Speckled Frogs

5 green and speckled frogs
Sat on a speckled log
Eating the most delicious bugs,
Yum, Yum!
One jumped into the pool
Where it was nice and cool
Then there were 4 green speckled frogs
Ribbit, ribbit
Repeat with 4, 3, 2, and 1!

GROW YOUR OWN

Spring is a time for new growth - Did you know you can grow your own fruits and vegetables from the ones that are already in your kitchen?

This is a great way to experiment in the kitchen with the kids - you can even take pictures throughout the process to see how it grows!!

Try these cool ideas:

Sweet Potatoes: Lodge a sweet potato in a container such as a mason jar half filled with water. Once new roots have grown 3 to 4 inches, transfer to soil.



Pineapple: Try and remove the crown by twisting and pulling by the leaves so that the stalk is still attached. Ensure there is no flesh on the stalk and remove some of the lower leaves. Place the crown stalk down in a bowl of water and once the roots form (3 - 4 weeks), transfer to a pot of soil. This is a slow growing plant and it could take 2 years before you get a pineapple.



Romaine Lettuce: Leave around 2 inches of stump on the heart of the lettuce, place in a bowl half filled with water, and after a few days of new leaf growth, transfer to soil.

Garlic: Place a clove of garlic in a little water and once it's sprouted 2 to 3 inches, transfer into soil. Alternatively, you can place the clove directly into the soil.

Tomatoes: Slice your tomato and place a slice on top of some soil in a pot. Cover with another inch of soil. Cover the container with plastic wrap for warmth, and within a week, you should see it sprout!



RECIPE OF THE MONTH

A fun family meal that the children can help to prepare! Great for learning skills in the kitchen and improving fine motor skills as well. Children can chop, grate, mix and mash to create this delicious meal with you!

Make Your Own Burrito Bowls

Have your children help you prepare:

- diced tomatoes
- chopped lettuce
- grated cheese
- diced red onion
- guacamole (this is a fun one to make from scratch - you can even try and grow the avocado pit!)



Adults can barbeque the chicken and cook up some plain rice.

For added protein, you can make some black beans for another topping of choice. Or even some corn!

Now the fun part . . . Make your own bowl with your own toppings. The children will love this. Place everything in their own serving bowls so they can scoop their own toppings and create their own meals.

Start with rice, add some chicken and then choose all the added toppings you want. Cheese, tomato, lettuce, onion, beans, corn, guacamole, salsa, sour cream or anything else you thing would satisfy your taste buds!

A deliciously healthy meal sure to be a family favourite!



WE ARE STILL HERE FOR YOU!

Yes, things have changed a lot over the past year, but we are still here to help! Haldimand-Norfolk REACH is considered an essential service, and we are working to stay connected with everyone, and to help those in need during these turbulent times.

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

Feel free to 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.

Have an idea you'd like to see us try? Email us at earlyon@hnreach.on.ca

