

The H-N REACH EarlyON at Home

FAMILY NEWSLETTER



I'm so glad
I live in a
world
where
there are
Octobers.

L.M. Montgomery

FALL AND FAMILY

When you think of fall in Haldimand and Norfolk counties, you may be thinking of our local harvests, the splendor of the changing colours in our trees, the crisp air, the migrant birds passing overhead and . . . pumpkins! That's right - go for a drive in the country, particularly around Waterford, and you'll see pumpkin patches dotted across our countryside. We can carve them, we can eat them (mmm . . . pie), and we can play with them (more on that later). Waterford even holds a festival based on pumpkins (which has been cancelled this year due to COVID, but you can check out their virtual activities at <https://pumpkinfest.com/>).

Pumpkins are in great abundance across our local farmland and Norfolk county is considered the Pumpkin Capital of Canada. The Norfolk County Fair even holds a Giant Pumpkin Contest (still being held this year - check it out at <https://norfolkcountyfair.com/competitions/>) where farmers - who tenderly raise their prize-winner - bring their enormous squash to get weighed.

Interestingly, growing a giant pumpkin is much like raising a child: you need the right nutrients at the right time; you need to provide good shelter to let them grow; and tender loving care will encourage them to grow to be the best version of themselves. Just as farmers do, parents need to create a healthy environment that allows for the perfect conditions of optimal growth. Who knew that growing pumpkins and raising children could be so similar!





CANNING WITH KIDS

Once upon a time, many moons ago, I would stand beside my grandmother on my tippy toes and help her with her canning. We would can pickles, peaches, cherries, apple sauce, stewed tomatoes, relish, the list goes on a mile. Canning is a wonderful way to make your harvest last into the winter months - and something that will help strengthen the bonds between you and child.

Involve children in a developmentally appropriate way.

Make the experience of home canning fun for your child by involving them in a way that caters to their interest and development. Kids can:

- Collect the harvest
- Mash fruit for jam
- Peel skins of blanched tomatoes, peaches, or pears
- Help measure and pour ingredients
- Sort, count and play with lids and rims
- Taste test
- Help label jars

Celebrate the results of your efforts.

Your child will glow with pride when you open a jar of "Johnny's Summer Salsa" or be acknowledged as a maker when you are enjoying or giving the canned item that you made together.

Create rhythms of teaching and learning each harvest season.

As your children grow older, involve them even more - while keeping things fun! Pass on your wisdom and knowledge and help your child learn skills of food preservation. Your child is sure to value the time spent with you in the kitchen, while gaining an appreciation for home canned goodness!

Way Up High

Way up high in an apple tree
5 red apples smiled down at me

I shook that tree as hard as I could

Down came an apple -
mmmm it was good!

Repeat with 4,3,2,1

Way up high in an apple tree
No more apples smiled down on me

I shook that tree as hard as I could

And down came no apples -
they're gone for good!





Easy No Cook Cinnamon Play Dough Recipe

- 2 cups flour
- 1 cup salt
- 2 tbsp cream of tartar
- 3 tbsp ground cinnamon

1. Mix all of the above ingredients together.
2. Slowly add 1 1/2 cups of very hot water
3. Stir it and it should form a ball easily. Let it sit and cool for 5 minutes before play.

SQUISH, PULL, PRESS!

Since the dawn of time, children have been drawn to playdough (or at least since 1956, when it was invented), and who could blame them? Getting your hands messy and being able to shape playdough however you want is fun! The only thing that could make it better? The wonderful changes that fall brings to Haldimand and Norfolk.

This season introduces all kinds of new colours, shapes and textures to the great outdoors. Explore them all with your little ones by making nature imprints! Smush your playdough onto tree bark, leaves or pinecones - or any autumn treasures you can find. Turn it into a game by trying to guess what the imprint is - or by pointing out the similarities and differences between them.

So grab a sweater and head outside - enjoy the weather and embrace the changes that fall brings this year!

DID YOU KNOW?

The origins of carving pumpkins actually began in Ireland in the early 19th century when the Irish carved turnips with grotesque faces and placed an ember in them to ward off evil spirits. Pumpkins weren't available in Ireland in those times - it wasn't until the Irish immigrated to North America that they discovered that pumpkins were easier to carve. Now we know them as Jack O'Lanterns!



When the EarlyON Centres re-open:

The pandemic has certainly been a long one, and we are anxiously waiting to get back to our work with families. We've been in our Centres getting ready - cleaning, putting away any difficult-to-sanitize items, and creating rules to make sure our families and staff are safe upon our return. We aren't exactly sure when our doors will be open to all, but we do know what our Centres will look like, and we want to share that with you now - so you won't be too surprised. Check out the picture on the right - you'll see that chairs are seated further apart, there are no carpets, and there are multiple stations to play at.

Keep an eye on our Facebook page, or email earlyon@hnreach.on.ca for information about when we re-open!



FALL FAMILY ACTIVITIES

Fall is a beautiful time of year to don your cozy sweaters and go for a hike - appreciate the wonderful array of colours on the trees, or watch and listen as many birds prepare to migrate to warmer climates.

Enjoy the sky at night - this time of year is also known as the aurora season because clear skies are great for star gazing!

Gardening - make it a family affair and get the garden ready for the winter - tidy up those flower beds and planters; plant some bulbs for next year; weed the beds and rake those leaves. Who doesn't like jumping into a big pile of freshly raked leaves!!!



PUMPKINS, PUMPKINS EVERY WHERE!

Pumpkins can be carved, can be eaten and can be played with. Check out these ideas to keep your kids busy with these giant squash:

- Cut a pumpkin in half and let the kids pull out the 'guts' from inside. Clean the seeds and roast for a delicious snack!
- After cleaning out the pumpkin, try putting in some homemade ooblek (check out a recipe here: <https://babbledabbledo.com/how-to-make-ooblek/>) and play away!
- Practice some hand-eye coordination by hammering golf tees into a whole pumpkin
- Let a pumpkin sit outside and watch it rot - look at it every few days/weeks to see the changes and talk about what you see.



RECIPE OF THE WEEK

We won't be serving snacks in our EarlyON Centres for quite some time (it's one of our ways of keeping our families safe during this pandemic), so we'll share our favourite Centre recipe with you - Pumpkin Pie Dip! Let the kids help make the dip and enjoy!

EarlyON Centre Pumpkin Pie Dip

2 packages (8 ounces) cream cheese, softened
1 can (15 ounces) canned pumpkin
2 cups sifted powdered sugar
2 tsps pumpkin pie spice

1. Beat cream cheese and pumpkin in a large mixer bowl until smooth.
2. Add sugar and pie spice. Mix thoroughly.
3. Cover and refrigerate for one hour.



Things to dip: grapes, graham crackers, rice cakes, ginger snaps, orange slices, apples.

Fun Fall Books

1. We're Going On a Leaf Hunt by Steve Metzger
2. Fletcher and the Falling Leaves by Julia Rawlinson
3. There Was An Old Lady Who Swallowed Some Leaves by Lucille Colandro
4. Leaf Man by Lois Ehlert
5. The Roll Away Pumpkin by Junia Wonders
6. Pete the Cat Five Little Pumpkins by James Dean
7. It's Pumpkin Day, Mouse! by Laura Numeroff
8. Itsy Bitsy Pumpkin by Sonali Fry
9. Duck and Goose Find a Pumpkin by Tad Hills



Outdoor Programs

Looking for ideas of what to do with the kids this fall?

Join us for our October Outdoor Programs with singing and stories!

Check out our Facebook page for more info, or contact earlyon@hnreach.on.ca

We look forward to seeing you there!

WE ARE STILL HERE FOR YOU!

Yes, things have changed a lot over the past month, but we are still here to help! Haldimand-Norfolk REACH is considered an essential service, and even though our sites are closed, we are working at home 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 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