

The H-N REACH EarlyON at Home

FAMILY NEWSLETTER



May your
troubles be
less,
Your blessings
be more,
And nothing
but happiness
Come through
your door!

An Irish Blessing



SCREEN TIME AND YOUNG CHILDREN

Before COVID-19, we would share messages with families that it was not recommended that young children, especially under the age of 2, have any screen time at all. We would come up with dozens of other ideas that you could do with your child instead, and share valuable research to support our recommendations.

And then COVID happened, and our recommendations shifted.

In some cases, it is only through online that children can have any interactions with family and friends. We understand that many things that had become a part of our everyday life (like visiting the EarlyON Centres, schools, and visits with family) have had to shift to online platforms like Zoom. We hear our parents when they ask, "how will this screen time affect my child?" and "are they actually learning anything?". Here are some questions you can ask yourself to help you determine what screen time activities to participate in, and which ones to avoid:

1. Is it engaging? Engaging screen time will have a goal, learning opportunity, or story to follow!
2. Is my child actively involved? Does the screen time promote movement, through, and response to questions, or is my child simply watching?
3. Is it meaningful? Meaningful screen time reflects concepts that relate to a child's everyday life.
4. Is it social? Is my child encouraged to interact with other children and their parent/caregiver?

Of course we don't want screen time to replace real-world experiences and play, but it can be used as a tool to enhance learning and engagement between you and your child when used appropriately. These are unprecedented times and we hope these tips can put your mind at ease. Visit

<https://www.zerotothree.org/resources/series/screen-sense> for more information.



Did you know?

Canada produces 85% of the world's maple syrup, and most of that comes from Quebec!

The Iroquois people were first to discover maple syrup, and they pioneered the tapping technology that drew the sap from the maple tree.

TIME TO GO OUTSIDE!!

Playing outside with your children can be so much fun - aside from the headache of getting them ready to go outside! Winter isn't over yet, and a few cold days are still around. Here are a few things to consider to ensure a safe and positive experience for the whole family:

- For the most comfortable experience, dress your child in layers on their torso and legs. Start with a base layer that can absorb sweat and moisture (not cotton, try wool). Then add warmer layers like a sweater, and finally a waterproof layer to block wind and water. You can remove layers if they get too warm.
- Mittens will keep your child's hands warmer than gloves.
- Scarves are great for keeping the neck and face warm, but they can be a hazard. Try using a tube-shaped neck warmer when possible.
- Toddlers and young children may not be able to tell us when their clothing becomes wet or cold, so be sure to periodically check.
- Remember to take breaks to warm up, stay hydrated, and wear sunscreen! For more winter safety tips, check out <https://www.parachutecanada.org/en/injury-topic/winter-outdoor-safety>

THE WHIRLING WIND

March is here and, along with it, comes the spring wind. How do you explain the wind? Can you feel it? Can you see it? Can you hear it? All good questions to ask children. One way of explaining the wind is to make a tool to catch it with!

You can make a simple flag out of an old bedsheet (or other material you may have). Cut it into triangles of different sizes and let the children decorate with coloured markers. To attach the flag to a stick, cut some slits along the short edge of the triangle and weave the stick through the slits. Finally, attach the top of the material to the top of the stick with a rubber band and you are ready to catch the wind!





Did you know?

Each leaf of the 4 leaf clover represents something - the first is hope, the second is faith, third is love and the fourth is luck.

There are no snakes in Ireland.

An Irishman designed the Whitehouse - James Hoban.

St. Patrick's Day is March 17th!

'MAPRIL' BREAK

COVID has yet again re-arranged our lives. Instead of the typical 'March Break', we've had our children's week-long holiday moved to April - hence the term 'Mapril Break'.

Here are some fun ideas to do with the kids while they're at home, whether it's 'Mapril Break' or just a lengthy weekend!

- What does 100 actually look like? Can you find 100 of anything in your house?
- Build a boat out of things around your house (check the recycling bin). Fill up the sink or tub and test if it floats. Will it hold passengers? Grab some small toys or other items and set them in the boat!
- Have a talent show! Spend the week to learn or practice a talent and at the end of the week, host a family talent show!
- Explore a new trail. Haldimand and Norfolk counties are abundant with trails to explore!



INDOOR FUN

We all know that kids need to move - whether they're indoors or outdoors! Here are some fun ideas to keep them moving inside:

1. **Glide and Slide:** Give each child 2 paper plates (or plastic or styrofoam) and either remove their socks or tape the plates onto their feet. Clear a space and allow the child to slide and glide like indoor skating.
2. **Indoor Maze:** Clear a large area on the floor and using painters tape, tape off a track/maze for the children to crawl or push a toy through

For more amazing and fun ideas, join us on our Music & Movement Zooms every Monday through Thursday at 9:30 am!

RECIPE OF THE MONTH

What a better way to celebrate St. Patrick's Day then with traditional Irish Soda Bread!

Irish Soda Bread Recipe

2 cups all purpose flour	2 large eggs, room temperature
2 tbsps brown sugar	3/4 cup buttermilk
1 tsp baking powder	1/2 tsp salt
1 tsp baking soda	1/3 cup raisins (optional)
3 tbsps cold butter, cubed	

1. Preheat oven to 375° F. Whisk all dry ingredients together.
2. Add cubed butter until mixture resembles coarse crumbs.
3. In a separate bowl, whisk 1 egg and buttermilk together.
4. Add to flour mixture, stir until moistened. Stir in raisins.
5. Turn onto a lightly floured surface and knead gently 6 - 8 times.
6. Shape into a 6 - 7" round loaf. Place on a greased baking sheet.
7. With a sharp knife, make a shallow 'x' on the top of the loaf.
8. Whisk up second egg and brush over the top of the dough.
9. Bake until golden brown, 30 - 35 minutes.
10. Serve warm with butter!



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