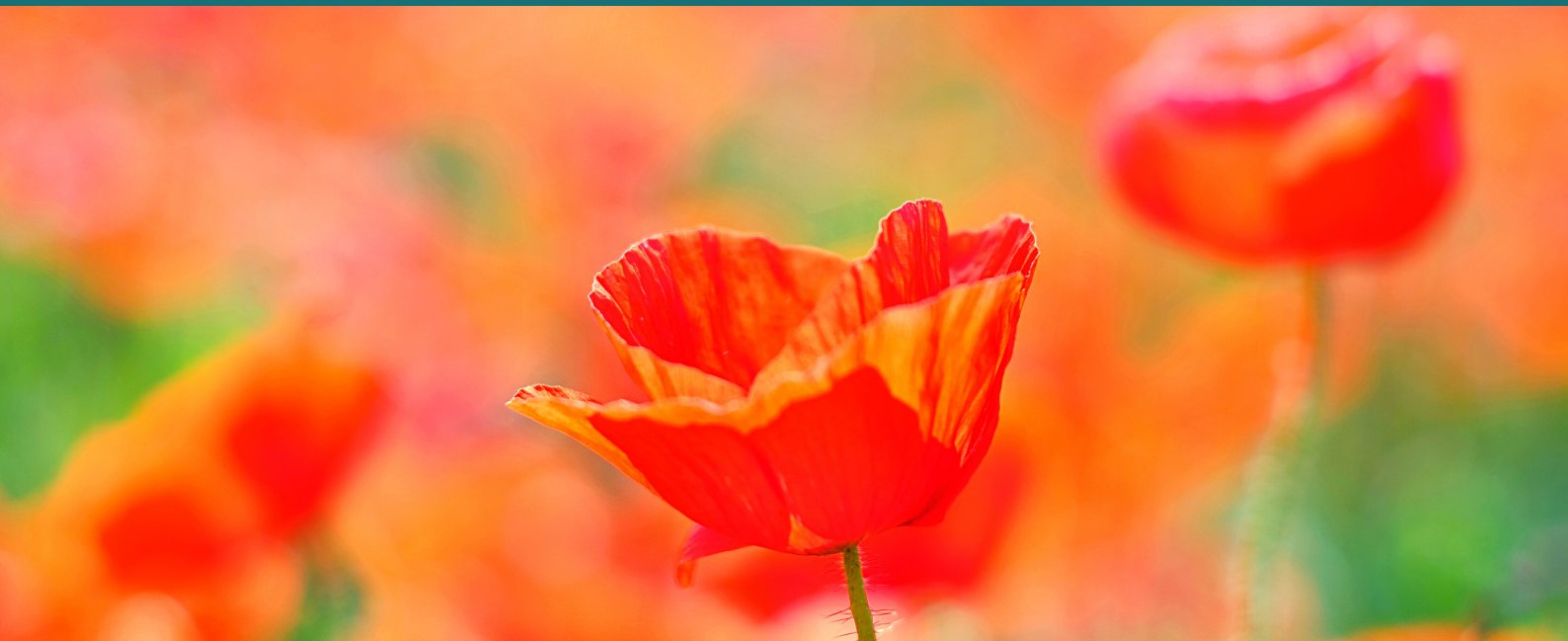


The H-N REACH EarlyON at Home

FAMILY NEWSLETTER



Poppy Poppy

Poppy, poppy, what
do you say?
Wear me on
Remembrance day!

Poppy, poppy, what
do you tell?
Many soldiers in
battle fell.

Poppy, poppy, what
should we know?
That peace on earth
should grow, grow,
grow!

Remembrance Day poem
shared in classrooms
across Canada in the late
1980's

LEST WE FORGET . . .

As we think back to Remembrance Days in the past, some of us might remember the school assemblies in the packed gymnasiums, with veterans coming to speak about what they saw and felt, and how important the day is for us to remember all that they did for our freedom. Those days are long gone, and with the pandemic - so are large assemblies with children packed in the gym.

What's more, some of us may think our children are too young to discuss Remembrance Day - or are worried that the topic may scare our children. Here are some helpful hints to keep that special day in the front of our minds, lest we forget . . .

- Choose the content you discuss wisely. The age of your children will dictate what you say and how you say it. Reading a children's book might be a wonderful way to start the conversation and keep it simple.
- Focus on honouring people. Especially those that have been in the war - their courage, their bravery and dedication, all to help us keep our freedoms and bring peace.
- Take about family history - maybe there was someone in your family tree that served in a war? Learn more about who they were and where they went.
- Talk about why people wear poppies and what they might mean.
- Don't forget to mention the contributions of women and minorities - their stories are often overlooked.

For more information, check out Veterans Affairs Canada at
www.veterans.gc.ca/eng/remembrance/get-involved/ways-to-remember



THE CHANGING SEASON

Peace is when you smile at
someone and make the
world a tiny bit brighter.

Peace is when you hear a
baby laugh, or give a hug
to the hurt.

Amaya M.
10 years old
Winnipeg

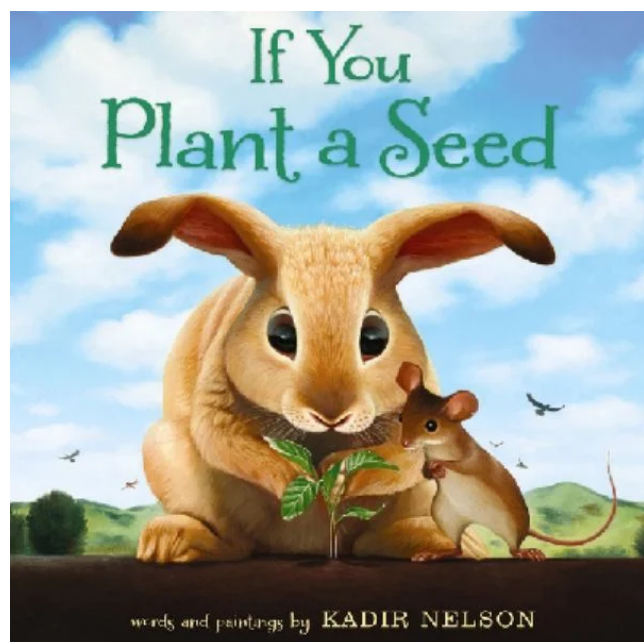


With the change in season comes a decrease in our sunshine hours, and some people may experience sadness and a decline in mood. Here are some tips to help boost your mood and stay well during the fall and winter months:

- Open up the curtains to let in the daylight as much as you can
- Go for a walk. Physical activity and fresh air are important!
- Call a friend or family member
- Cook or order in your favourite meal
- Know you're not alone. Seek support from a doctor or other mental health professional:
 - Haldimand-Norfolk REACH (for children up to age 18): 1-800-750-7778
 - CMHA Brant, Haldimand, Norfolk: 1-888-750-7778
 - Women's Services Crisis/Support Line: 1-800-265-8076

BOOK REVIEW

In this beautiful story - perfect for kids aged 2 and up - a rabbit and a mouse plant seeds in their garden. When birds expect to share in the bounty, a messy battle ensues. Once the mouse understands there is enough for everyone, the two sides come together in the spirit of co-operation and sharing. This story presents a powerful metaphor for young children to understand the roots of conflict, as well as the paths to peace. Very young children will simply enjoy the story of how two groups of animals fought and then reconciled - a great way to encourage discussions about peace!





Did you know?

Yoga isn't just for parents - it's great for kids too! Yoga can give children life skills that can help them succeed in the world. Yoga can:

- help children manage their anxiety and reduce stress (teaches them how to reduce stress in healthy ways).
- help improve children's emotional regulation
- help to boost your child's self-esteem
- increase children's body awareness and mindfulness
- enhance children's concentration and memory
- develop children's strength and flexibility

Check out this site for some amazing yoga videos to watch together: www.cosmickids.com

PRACTICING MINDFULNESS

Practicing mindfulness is a great way to help reduce stress and anxiety in children. It helps by balancing the emotions so they can tune into the present and become more aware of themselves and how they're feeling. Through the winter months, when it's difficult to get outside as much, practicing mindfulness can be beneficial. Try these ideas to encourage young children to be mindful:

1. Make a calming jar - fill a jar/bottle with water, add glitter glue and your favourite food colouring, and glue the lid on. Shake contents and have child take a deep breath, watching as the glitter glides and drifts around the jar.
2. Relaxing textures - set up an area with some different textures on the floor (eg: fur, tinfoil, artificial grass). Get the children to close their eyes and walk across in bare feet. As they are focusing on what they feel in one part of their body, it helps them to slow down their thoughts!



KEEPING ACTIVE INDOORS

Physical activity can improve your child's physical health, brain function and mood. Here are some ideas to keep active indoors:

- Using a balloon - don't let it touch the ground!
- Using a straw and balloon - blow the balloon along the ground until a set finish line
- Try your hand at bowling by setting up some cups and rolling a ball at them (or stack the cups into a pyramid for added fun)
- Make use of your garage space and make an obstacle course!

RECIPE OF THE WEEK

In the cold days ahead, it's always satisfying to eat a warm, hearty soup. Try out this simple recipe - serve it with warm bread to complete the meal!

Butternut Squash Soup

- | | |
|-------------------------------------|------------------------|
| 1 Butternut squash peeled and cubed | 1 tsp ground turmeric |
| 1 potato peeled and cubed | 1 tsp ground ginger |
| 1 diced onion | 1/2 tsp paprika |
| 3 crushed cloves of garlic | 1/2 tsp salt |
| 1 tsp mild curry powder | 3 cups vegetable stock |

1. Heat up 2 tablespoons of oil in a saucepan and sauté your onions, potatoes and garlic.
2. Add in your spices and sauté another few minutes.
3. Add the butternut squash and stir. Pour in the vegetable stock and simmer for 20 to 25 minutes until vegetables are tender.
4. Use an immersion blender and blend the soup.
5. You can add some coconut milk for a creamy taste as well

November Books

1. *Ice Boy* by David Ezra Stein
2. *How this Book was Made* by Mac Barnett
3. *I Love It When You Smile* by Sam McBratney
4. *Anything is Possible* by Giulia Bellini
5. *Bear Says Thanks* by Karma Wilson
6. *King Alice* by Matthew Cordell
7. *Life on Mars* by John Agee
8. *Because of an Acorn* by Adam and Lola Schaefer
9. *Squirrels Leap, Squirrels Sleep* by April Pulley Sayre
10. *Finding Winnie* by Lindsay Mattick
11. *A Poppy is to Remember* by Heather Patterson and Ron Lightburn



Indoor Programs are here!!

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

Join us for our indoor programs at our: Caledonia, Simcoe, Dunnville and Houghton sites!

We are also offering a variety of outdoor and virtual programs as well! 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 few months, 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