

The H-N REACH EarlyON at Home

FAMILY NEWSLETTER



WHY WON'T MY TODDLER LISTEN TO ME?

Healthy Babies, Healthy Children

Facilitated by the Haldimand-Norfolk Health Unit, this program is intended to support new parents and their families from pregnancy all the way up until the child goes to school. The program offers home visiting as well as support over the phone. For support with connecting with your baby, child development, feeding, parental wellbeing, and adjusting to being a parent, call 519-426-6170 or 905-318-6623 to contact a Public Health Nurse.

You can also connect with a Health Nurse during our Baby Play Zoom on Wednesdays at 11:00 a.m.

If you have a toddler in your house, you may be experiencing the “no” phase. In this phase of your child’s development, they are learning about themselves and wanting to gain independence. Additionally, what we may perceive as **'misbehaviour'** actually may be **'stress behaviour'**. Things that aren’t a big deal to adults can cause significant stress to children, such as a change in routine, new environment, or lack of control in a situation. Here are some behaviours that may be related to stress:

- Regression in development (e.g. thumb sucking or toileting accident)
- Change in mood or energy level
- Picky eating
- Lack of focus/concentration
- Physical affects (e.g. headache or stomach ache)

To help reduce the child’s stress, acknowledge and name their feelings, plan and prepare for the ‘stressful’ situation, offer some kind of choice when possible, and explore using humour and imagination. Here are some phrases you use to empower your child and reduce stress in some situations:

"I know leaving the park makes you sad"

"Would you like to wear the red or blue shirt today?"

"One more story and then it's time for bed"

"Let's race to see who can fill up the toy box fastest!"

For more information on defiance, visit <https://www.zerotothree.org/resources/199-coping-with-defiance-birth-to-three-years>



Parents need time too!

Have you been at home 24/7? With this pandemic it's been difficult to take time for yourself. However, especially now, more than ever it is important and even necessary to set aside a few moments for your mental health, wellbeing and of course your relationships to take care of **YOU!**

Grab a moment out of your busy schedule and try to:

- **Practice deep breathing** - exhale for 4 seconds/hold your breath for 4 seconds and inhale for 4 seconds. This technique is a great way to help calm you and slow your blood pressure.
- **Laugh** - find something that amuses you and let it rip - laughing relieves stress and is believed to boost the immune system.
- **Hug someone.**
- **Make yourself a snack/drink** and take time to enjoy it.
- **Listen to music** - close your eyes and relax.
- **Practice mindfulness.**
- **Write down your thoughts** - Keep a journal or what you're grateful for list.
- **Go for a walk, exercise or dance like no one is watching.**

Talking with other parents and adults can be beneficial to your well-being as well. If you're looking to connect, join our Parent Connection Zoom on Thursdays at 2:00 p.m. Send us an email for the Zoom details!

Parents/carers are sometimes so busy caring for others, often times they tend to forget or neglect their own needs.

**Self -
Compassion
is simply giving
the same
KINDNESS
to ourselves
that we would
give to others!**

Christopher Germer

What is self-care?

The World Health Organization (WHO) defines '*self care is what people do for themselves to establish and maintain health, and to prevent and deal with illness*'.

So what do you do for self care?



<https://isfglobal.org/practise-self-care/the-seven-pillars-of-self-care/>





Father's Day Song

(Tune: B-I-N-G-O)

I have a very special friend
And Daddy is his name-o

D-A-D-D-Y

D-A-D-D-Y

D-A-D-D-Y

And Daddy is his name-o

COMPOSTING WITH CHILDREN

Composting is not only great for the environment, but it is a way for children to learn about recycling and conservation. Composting raises children's awareness of the environment by teaching them how to reduce waste and it is a simple science experiment. It is an awesome way to learn about bugs and worms as well. For a guide on composting with kids, visit <https://quiethut.com/composting-for-kids/>



Why did the cracker go to the doctor? Because it felt crummy!



CONTEST TIME!

Thank you for reading our newsletter each week! We would like to reward our readers by giving them a chance to win a prize! All you have to do is email earlyon@hnreach.on.ca with the phrase "June Newsletter Contest" by June 30, 2021 to be entered!

Recipe of the month

A simple healthy on the go snack

Crunchy roasted chickpeas

- Preheat oven 400 degrees.
- Drain 1 can of chickpeas and pat dry with paper towels.
- Line a baking sheet with parchment paper.
- Spread chickpeas evenly on lined baking sheet.
- Bake for 40 mins - stir the chickpeas up.
- Bake for approx. another 10mins - until dry and nice and crunchy.
- Season with 1 tsp olive oil, 1/2 tsp salt - toss to coat, or make your own favourite delicious seasoning.



What's happening on ZOOM?

We love interacting and engaging with the children and families through our Zoom programs. May was so much fun with the Dairy Farm Educator visit and the virtual tour of Triple C Farm.

June is gearing up to be yet another fun and exciting month - we have yoga with Trisha leading us through a couple of virtual family yoga sessions and music with Patti who will bring along some instruments to join us at a Circle time.

Watch our Facebook page for details of these and all our other Zoom programs.



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

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 Saturday, like Circle Time, Music and Movement, Parent Connection, 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 Zoom programs? Email us at earlyon@hnreach.on.ca



Haldimand-Norfolk
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EarlyON

Child and Family Centre