

The H-N REACH EarlyON at Home

FAMILY NEWSLETTER



Water is such a diverse form of play. It can be both invigorating and calming. In both instances, water play helps release energy. Calm and repetitive water play can help a child focus on a single activity. Be sure to have toys and tools that encourage children to scoop, pour and run their hands through the water.

Retrieved from:
<https://info.scholarschoice.ca/blog/5-benefits-of-water-play>

SPLISH, SPLASH, WATER PLAY!

Have you ever met a child that didn't like water play? Water play is one of the simplest forms of play and can keep the children entertained for hours. But why is water so intriguing? Kids can drink it, splash it, pour it, swim in it, float stuff in it, change the colour of it, change the texture of it - the possibilities are endless!! Let's consider some of the benefits:

- **Develops fine and gross motor skills:** Children will increase their hand-eye coordination while pouring, squirting, scrubbing, stirring and squeezing. It will help them master the pincer grasp (which will help them hold pencils correctly!).
- **Develops problem solving skills:** Water play allows children to test their theories, make inferences and discover new ways to make things happen. It encourages them to use their imagination and develop creative thinking too.
- **Develops language skills:** Through strategic questioning and rich conversations, children will learn new words such as damp, drain, flow, drizzle, and sieve. The possibilities are endless!
- **Science and math concepts:** Water play provides the opportunity to learn terms like full, empty, more and less. Children can measure, compare and observe the way things move.

Retrieved from: <https://www.kidsclubchildcare.com.au/5-benefits-of-water-play-in-early-childhood-development/>



WATER PLAY IDEAS FOR BABIES AND TODDLERS

Water play is a whole lot of fun, but the benefits of providing water play is great for supporting all areas of development in children - physically, mentally and emotionally.

There is no better way to cool down and refresh during the summer, than playing in water - and children of all ages can enjoy!

For Babies: You can put a little water into a kiddy pool, tote or shallow tray and let the baby splish and splash away! Try offering toys or cups for them to squeeze and pour. Such a great way to stimulate that growing brain!

For Toddlers and Preschoolers: As mentioned in last week's newsletter about 'Risky Play', children have a natural curiosity to play with elements. Why not encourage and support this by providing a variety of opportunities to play and learn with water! Check out these ideas we put together for you:

- Paint with water - buckets of water, rollers, brushes, mops and squirt bottles
- Make garden soup - buckets, bowls, spoons, water, leaves, grass, dirt and petals
- Sink or float - water in a basin/tote, offer a selection of materials to see what sinks or what floats
- Wash station - basin of soapy water with cloths or toothbrushes to wash animals, cars or dolls
- Sponge play - basin of water and sponges to squeeze or watch and learn about absorption
- Boat races - make your own boats with paper and use a straw to blow them along!

When children pretend, they're using their imaginations to move beyond the bounds of reality. A stick can be a magic wand. A sock can be a puppet. A small child can be a superhero.

Fred Rogers



Supervision is #1! Kids must be watched whenever they're around water. This is true whether the water is in a bathtub, wading pool, fish pond, swimming pool, ocean or lake. Young children are especially at risk. They can drown in less than 2 inches of water. It can happen quickly and silently. Always assign an adult 'water watcher' who will pay constant attention to the children. Check out <https://kidshealth.org> for more info.



10 WATER SAFETY RULES EVERY CHILD SHOULD KNOW

1. Walk near water.
2. Use the buddy system when swimming.
3. Wear a life jacket around water.
4. Never swim in moving water.
5. Ask permission before entering the water.
6. Stay in the designated area.
7. Always have an adult watch you.
8. Get out of the water when you are tired.
9. Enter the water feet first.
10. No horseplay in the water.

THE ABC's of Healthy Schools & STUDENTS



For more information
about healthy schools,
visit hnhu.org/schoolhealth

W is for... Water

We all know healthy eating is important for growing children, but so is healthy hydration.

Water is the best choice for keeping kids hydrated and healthy. Water makes up more than half of a child's weight. They need a steady supply to keep their bodies working and growing properly. Water contains no sugar, calories, or caffeine. And it's free!

Make water the 'new normal' in your home:

- Keep pitchers of water on the kitchen counter or in the fridge for everyone to grab a drink from throughout the day.
- Put water on the table at mealtimes.
- Fill up re-usable bottles of water for the kids to take to school and sports activities.
- For a special treat you can add flavour to water by adding fresh fruit or vegetables, such as slices of oranges, lemon, berries, and cucumbers.



RECIPE OF THE WEEK

What better way to bring fun times to your bath times than with this recipe!!

Bathtub Play Dough

1/4 Cup Bubble Bath soap

1/2 Cup Corn Starch

1 teaspoon of oil (coconut oil, vegetable oil, or baby oil)

Food Colouring

1. Add corn starch to bubble bath one tablespoon at a time until a thick dough forms.
2. Pour oil on hands and work it into the dough, continuing to add corn starch
3. Finally, add food colouring and work in with your hands.



This is a great bath time activity! The bath playdough handles just like regular playdough and turns extra soft and slimy when introduced to water. It holds up for most of the bath time, but starts to fall apart and cannot be reused. As it breaks down, the bathtub is filled with bubbles and the kid's hands are nice and clean!

Other ideas to put into your tub for some fun: cups, sieves, straws, sponges and wash cloths, empty water bottles, measuring cups and spoons, ladles, eye droppers and a turkey baster!

Water tables are hours of fun for young children! This gives you a great opportunity to spend time with your child, strengthening those bonds. And, no need to buy one from the store! All you need is:

- a large plastic container (tote or bucket)
- items that will float, sink, squirt (see the bath ideas above)
- plastic toys for pretending: toy dishes and food, play cars or dolls, even lego blocks!

Prepare to get wet during this activity - dress appropriately for getting soaked, and for the weather. Don't forget the shade or sunscreen too!



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

