

The H-N REACH EarlyON at Home

FAMILY NEWSLETTER

COMMUNICATION

Welcome to our first ever Family Newsletter!! To help stay connected with you, we are bringing you a virtual newsletter every week during this state-of-emergency. We wanted to start off by saying HELLO to all of our families that we work with, and that we miss you all during this pandemic. We are hoping you are all safe and healthy during these trying times, and we are thinking of you all.

In order to keep connected with you, we are working together to put this out to you all - something from us to you, in hopes that we can bring some of our ideas, creativity and passion into your lives.

This weeks newsletter will carry the theme of 'Communication', since we know how important it is in times like this.



HOW TO BE HONEST ABOUT WHAT'S HAPPENING WITH A YOUNG CHILD

Our young children usually have lots of questions about what's going on in the world around them. During this time, they may be seeing more people wearing masks and gloves when out for a walk or around the neighbourhood, and they will likely have some questions about that. It can be challenging to know exactly what to say to them, especially when sometimes we, as adults, don't fully understand what's going on around us.

Here are some times for children under 3 years old:

- Stick to simple answers using language they understand
 - "Sometimes people wear masks when they are sick. When they're all better, they won't wear a mask anymore"
- Avoid words like "germs" and "contagious", as they likely won't fully understand these yet
- Reassure and comfort them if they express worry about getting sick
 - "Everyone gets sick sometimes. If you get sick, mommy/daddy will take good care of you, and so will the doctors."
- Limit media coverage about COVID-19 and conversations expressing your own worry while your children are around
 - Children can pick up on negative thoughts and feelings around them.
- Try to maintain a consistent daily routine for your child

For more information on how to answer your young child's questions about COVID-19, visit <https://www.zerotothree.org/resources/3211-why-are-people-wearing-masks-why-are-people-covering-their-faces>

WHAT DO YOU CALL A DINOSAUR THAT IS
SLEEPING?
A DINO-----SNORE!!!

GET UP AND MOVE!

Looking for a fun and interactive activity to promote expression?!

DANCING not only encourages physical movement but is also a form of self-expression.

So crank up the music and encourage your children to show off their best moves!

Don't be afraid to show them your moves to!!!



CREATE YOUR OWN MYSTERY BOX!



Using materials from your recycle bin, you can construct your very own family mystery box. All you'll need are:

- Shoe box, soup can, tissue box, plastic container
- Sock, felt, material
- Glue, scissors, markers

Once created, your mystery box can provide hours of fun for the whole family. Guessing games spike imagination and provide meaningful interactions that support authentic communication. By describing and providing clues, children are learning to express themselves - all while building their vocabulary!

EMOTIONAL LITERACY - IT'S A THING!

Emotions in children can be a tricky thing, especially when they don't have the words to express how they are feeling. Being able to understand how you feel helps you to better deal with what's going on.

Emotional literacy is, essentially, being able to understand what emotions are and how we feel them.

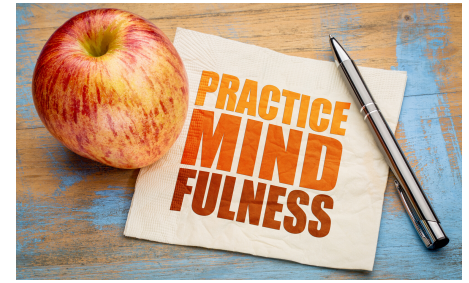
Emotional literacy gives children the words to use to express their feelings and emotions. As an adult, you can help your child become better at this by labeling their feelings and helping them understand - "You're crying- you must be really sad." Helping a child with emotional literacy skills will help them succeed in school and beyond.

However, there are do's and don'ts to helping your child become emotionally literate. DON'T try and teach them when your child is in the middle of a strong emotion. Since your goal is to support them through an emotion, DO sit with them, hug them, soothe them and let them know that it's ok to feel what they are feeling.

You can also teach your child about emotions by reading books, singing songs and playing games together. Check out "The Feelings Song" video as an example! <https://www.bing.com/videos/search?q=how+are+you+feeling+today+song&&view=detail&mid=794B25395DCB5417218C794B25395DCB5417218C&&FORM=VDRVRV>

q=how+are+you+feeling+today+song&&view=detail&mid=794B25395DCB5417218C794B25395DCB5417218C&&FORM=VDRVRV

HOW DO YOU MAKE AN OCTOPUS LAUGH?
WITH TEN-TICKLES!!!!!!



BEING FULLY PRESENT WITH CHILDREN AND OURSELVES

Psychologist Elyssa Barbash, Ph.D., in an article in Psychology Today writes: "Being mindful can increase mental and emotional well-being . . . I often tell my patients that depression lives in the past and anxiety lives in the future. Alternately, calmness and peace of mind live in the present . . . I work on teaching many of my patients how to be more mindful, which inherently means learning and practicing how to be (more) present in the moment . . . Those who live in the moment tend to be happier, calmer and more relaxed, and appreciative.

Mindfulness can also increase your ability to be in tune with your thoughts, emotions, and body sensations, which allows you to work with these human factors and communicate how you are thinking and feeling to both yourself and others."

Source: "Mindfulness and Being Present in the Moment", by Elyssa Barbash Ph.D., Psychology Today, January 7, 2018. Retrieved April 15th from www.exchangeeveryday@ccie.com

Struggling to understand what mindfulness is, or how to do it? Check out Dr. Dan Siegel, a clinical professor of psychiatry who specializes in mindfulness. H-N REACH and the H-N REACH EarlyON Child and Family Centres use resources and training from his website: <https://www.drdansiegel.com>



PRACTICING MINDFULNESS WITH THE 'SOMEDAY SOON JAR'

Let's be mindful together! We'll inspire a sense of hope while at the same time, modelling positivity with this activity!

How to make your someday soon jar:

- Find any jar, basket or container from around your home.
- Decorate the jar with a "Someday Soon" label.
- Every time your family wishes you "could do something, go somewhere, treat yourselves, see someone you love, visit a new place or invite people to visit you", write it down on a piece of paper and put it in your jar.
- When COVID-19's stay-at-home order is lifted and when it is safe to go back to regular functions, begin enjoying the activities listed inside your jar. Your SOMEDAY SOON has arrived!

This amazing idea was brought to you by Kids for Peace and retrieved on April 15, 2020 from: www.kidsforpeaceglobal.org/somedaysoonjar/

MEMORY MAKER

Have you always thought about starting a scrapbook, and just never had the time? Or maybe you've never even thought about it, and are looking for something to do? Why not start a tradition together! You can ask them these same questions every year, and get them to draw a picture, sign their name or trace their hand to add to their answers. It's a simple and fun way to track their development!

1. How old are you?
2. How old is mommy?
3. How old is daddy?
4. What does mommy do for work?
5. What does daddy do for work?
6. What is your favourite colour?
7. What is your favourite food to eat?
8. What makes you laugh?
9. What makes you sad?
10. What would you like to be when you grow up?

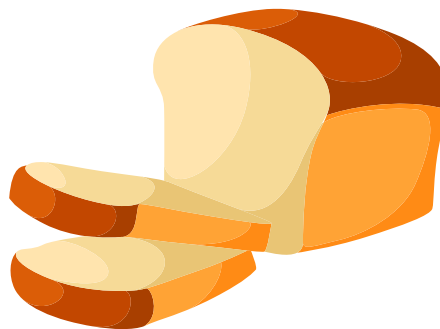


RECIPE OF THE WEEK

Baking together in the kitchen is a great way to foster communication with your child. Check out this recipe - who knew you could make bread in a bag?!!

Bread in a Bag

1 Large resealable freezer plastic bag
3 Cups flour
1/4 Cup sugar
1 packet yeast (rapid rise or regular)
1 Cup warm water
1/4 Cup butter, melted
1 teaspoon salt (this can be to taste)



1. Combine 1 cup flour, sugar, and yeast packet in a bowl. Pour into a freezer (Ziploc style) bag.
2. Add warm water. Seal bag, pressing out air.
3. Begin shaking and mixing the bag by hand.
4. Set bag to rest for 10 minutes (proofing).
5. In a bowl, combine 1 cup of flour with salt. Pour into bag along with the melted butter.
6. Seal bag again, pressing out air. Shake and mix again.
7. Open bag and add in last cup of flour.
8. Seal bag, and mix for final time.
9. Pull out dough and place on a floured surface.
10. With floured hands, knead dough for 5 - 10 minutes.
11. Place dough in a greased loaf pan.
12. Lay towel over the loaf pan and set it in a warm spot in your house. Allow the dough 30 - 45 minutes to rise.
13. Bake at 375° F for 25 minutes.
14. Enjoy!!



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