

The H-N REACH EarlyON at Home

FAMILY NEWSLETTER



The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time.

Douglas Wood

LOVE IS IN THE AIR . . . AND IN THE TREES?

Valentine's Day is just around the corner, and it's hard not to get wrapped up in the pink and red, the hearts and roses, and the 'love is in the air'. We get cards and chocolates, candy and flowers - but are we really getting what the day can actually mean? And what are we role modelling for the kids? And to top the whole day off - it's a pandemic!

Let's take a step back and give ourselves a moment to refocus. This has been a difficult year for a lot of families, and emotions are running high. Perhaps now is a good time to take stock of what we have and be grateful and thankful for them. During tough times, having gratitude is a stress reducer. In fact, studies show that practicing gratitude can make you happier, lower stress, protect you from depression, help you sleep better, boost your immune system, and improve your relationships. So, how do we do that with our family? Try this idea: a Thankful Tree!

You can either draw a tree on a large piece of paper, or you can make a tree by cutting it out of a cardboard box - or you can bring a tree branch in the house and 'plant' it in a pot (so it's standing up). Then you'll need the leaves - you can make them out of paper and have them be any shape you want. Ask your child what they are thankful for and write their answer on each leaf. Then the child can 'hang' the leaf on the tree (or glue it). Have everyone write on leaves and display your thankful tree for all to see! Being thankful for the good things will help improve overall attitude and will train your brain to become more optimistic!





My Valentine

Oh, will you be my
valentine?

My valentine, my
valentine?

Oh, will you be my
valentine

And love me everyday!

Oh yes, I'll be your
valentine

Your valentine, your
valentine

Oh yes, I'll be your
valentine,

And love you everyday!



VALENTINE'S DAY

Folklore states that Valentines Day originated in the 3rd century - and we still use some of the ideas and symbols from then! The heart-shaped outline, doves and cupid were all images used centuries ago - and the giving of flowers and sweets were traditions even then!

Along with celebrating Valentines Day with your children and family, you can also use this opportunity to help develop skills. Check out this cool poem - and you can cut out hearts with all the different colours and have your child pick up the colours as you recite the poem:

Red hearts, white hearts,

Pink hearts too.

I love purple hearts,

How about you?

Green hearts, yellow hearts,

Blue hearts too.

I love rainbow hearts,

How about you!

GROUNDHOG DAY

Originating in the mid-1800's, Groundhog Day is based on a Pennsylvania Dutch superstition in which we find out if spring is coming early or not. In Germany, it's a badger - in Ireland, it's a hedgehog - and in Scotland, it's a snake!

The biggest ceremony for Groundhog Day (February 2nd) is in Punxsutawney, Pennsylvania with Punxsutawney Phil (the groundhog) showing up every year.

In Canada, we have Wiarton Willy in Ontario, Balzac Billy in Alberta, Fred la marmotte in Quebec and Shubenacadie Sam from Nova Scotia!





Let's Explore the Great Outdoors!

Winter provides such a unique opportunity for outdoor exploration. Plants and trees look different, the ground feels different, and even the sounds and smells are different. What does your child notice outside? Maybe it's the slippery ice on the ground, or the lack of bugs flying through the air. Maybe it's the way the cold air feels on their little nose, or how funny it feels to walk in their big clunky boots.

One thing we notice is the trees! When it snows, the evergreen trees (also known as coniferous trees, or conifers) are one of the few sources of vibrancy we see in our surroundings. In Ontario, there are several different kinds of evergreen trees like: spruce, tamarack, hemlock, various species of pine, and cedar. Explore which evergreen trees are around you! Head outside and pick a tree. Inspect its needles, branches, and seed pods (like pine cones). Check out <https://treebee.ca/> and answer the questions to identify which tree you may be looking at! Have fun learning about what kind of tree you found!

FEBRUARY'S FAMILY FUN CALENDAR

Check out the EarlyON February Family Fun Calendar! Here you'll find a little bit of family fun and moments of self-care and kindness scattered throughout this cold winter month! Take a moment each day to take part in the activity - and let us know how you made out be emailing us at earlyon@hnreach.on.ca.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Create a positive play list of music to play for the month of February	2 Read a favourite story to your child(ren) from your childhood	3 Decorate a jar or box to put positive notes in later	4 Write positive notes to yourself and put in a jar/box and read on Fridays	5 TGIF! This grandparent is FABULOUS ! Let them know with a phone call	6 If you could create a fun positive board game about your family , what would it be?
7 Make a birdfeeder with toilet paper tube	8 Write a positive note for an educator and send it	9 Colour a positive note on the driveway for neighbours (weather permitting)	10 You are awesome,	11 Make cookies and freeze them to share later with a friend	12 Enjoy the sunshine and have a snuggling family moment	13 Put a love note in the fridge for a family member to find
14 Happy Valentines day Have a dance party	15 Happy Family Day	16 Pancake Tuesday Cook pancakes for supper	17 Colour a fun picture To put in Mom or Dad's lunch	18 Family yoga day Try a few yoga poses to stretch those muscles	19 Read a positive note from your jar	20 Go for a walk count how many birds you see
21 Hug yourself and pass it along to everyone in your house	22 You got this! If you need support Call someone	23 Drink a glass of Water, every time you hear the word February	24 Share a knock knock jokes family night	25 Make some fun playdough squish negative thoughts	26 Forget all the negative things from the week and just breath in and out	27 Make a snow angel
28 Go for a walk Count how many red things you see						

RECIPE OF THE MONTH

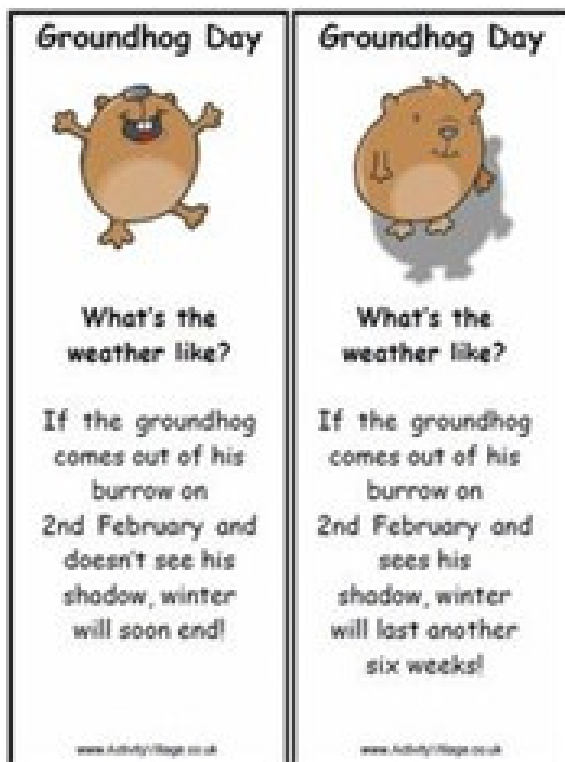
Is it snowing outside? If you said yes - then this is the perfect recipe for the family to try!!

Snow Ice Cream

- 1 cup milk
- 1/3 cup sugar
- 1 tsp vanilla
- 1 pinch salt
- 8 cups of clean snow (more or less depending on density of snow)



1. In a large bowl, whisk milk, sugar, vanilla and salt together until combined. Go scoop up some fresh (clean!) snow, and immediately stir it into the milk mixture until you reach your desired consistency. *The ice cream should be fluffy, not runny. But it melts quickly, so dive in quickly!.
2. Top with sprinkles or other ice cream toppings if desired, and enjoy!.



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