

# H-N REACH EarlyON at Home

FAMILY NEWSLETTER



Who helps the  
little pumpkins  
cross the road to  
school?

*The Crossing  
Gourd!*



## FALL FUN FOR TODDLERS

Have some fall fun with your toddler this spooky season with these 3 activities:

1. **Apple Taste Test:** Buy 3 different types of apples. Taste each one and describe them together. Talk about taste, colour, shape, sound, and smell. Which one is your favourite?
2. **Fall Sensory Bin:** Fill a large bin with fallen leaves, sticks, and pine cones. Add some scoops, buckets, and anything else you can think of and have fun!
3. **Seek-a-Treat:** Whether you're choosing to go trick or treating this year or not, hide some treats around the house or yard and go on a scavenger hunt for them!

For more activities, visit: <https://www.zerotothree.org/resources/3717-no-tricks-some-treats-all-fun-top-5-fall-activities-for-toddlers>

# Independence & Self help skills

*"It's not what you do for your children, but what you have taught them to do for themselves that will make them successful human beings".*

*Ann Landers*



## DEVELOPING DRESSING SKILLS

As the cooler months approach, getting the children in and out of the house may start to take longer with the extra layers we are wearing. To keep our expectations of our child's abilities realistic, here are some dressing skills your child may have based on their age.

**\*Every child is different and their abilities may differ from the information below\***

**1 year old:** Takes off hat, shoes and socks. Push arms and legs through garments.

**2-3 years old:** Pulls down pants, unbuttons large buttons, takes off unfastened jacket, finds arm holes in shirt/jacket

**3-4 years old:** Puts on socks and shoes, does up large buttons, does up zipper with help, identifies front and back of clothing, snaps fasteners

**4-5 years old:** Removes pullover shirt independently, zips up zipper independently, puts shoes on correct feet, may begin to tie and untie laces.

<https://www.nspt4kids.com/therapy/dressing-skills-developmental-steps-for-kids/>

## "ME DO! ME DO!"

If you have a toddler in your life you are probably familiar with the phrase "me do." Toddlers are experiencing the need for independence and letting them do simple everyday tasks builds confidence in their ability and also gives them a sense of pride by contributing to their daily routine. Here are a few things to let your toddler try doing themselves:

- Peel a banana
- Brush their hair and teeth
- Clear their dishes after a meal
- Buckle themselves in the high chair/booster seat
- Wash their hands
- Feed the pet
- Pick out their own cup/bowl
- Pick out their clothes or pajamas
- Carry their belongings on an outing (i.e. in a backpack)



<https://fullgreenlife.com/tasks-two-year-old-can-learn/>



# RECIPE OF THE MONTH

## Whipped Pumpkin Dip

### Ingredients

- 1 (8 ounce) package cream cheese, softened
- 1 cup pumpkin puree
- ½ cup confectioners' sugar 2 teaspoons pumpkin pie spice
- 1 (8 ounce) container frozen whipped topping, thawed

### Directions

Beat cream cheese in a bowl with an electric mixer until smooth; mix in pumpkin puree until smooth. Stir confectioners' sugar and pumpkin pie spice into mixture until evenly mixed; fold in whipped topping. Cover bowl with plastic wrap and refrigerate for flavors to blend, about 2 hours. Serve with ginger snap, graham wafer crackers and apple slices.



## Program updates!

Some of our centres have reopened for indoor programs! We continue to follow all provincial and ministry guidelines, and continue to offer virtual and outdoor programs as well.

To register for our in-person programs, email [earlyon@hnreach.on.ca](mailto:earlyon@hnreach.on.ca) or call 519-429-2875

## 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.

**Register to come and play with us** - Enjoy a variety of child-led play experiences both inside and outside. See our Facebook page or visit [www.hnreach.on.ca](http://www.hnreach.on.ca) for our program schedule.

**Join us on Zoom** - We host a variety of Zoom activities Monday through Friday, like Circle Time, Music and Movement, 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 programs? Email us at [earlyon@hnreach.on.ca](mailto:earlyon@hnreach.on.ca)