

# H-N REACH EarlyON at Home

FAMILY NEWSLETTER



Did you  
know?

Every snow  
flake has  
six sides!



## BUNDLE UP!

As the cold weather sets in, it's important to ensure babies and young children are dressed appropriately. Babies especially, as they cannot always communicate that they are feeling too cold or too hot.

Children and babies' little bodies lose heat faster than our adult bodies.

When bundling your child to go outside and play, consider adding one additional layer than you would wear for the temperature outside. Dress in layers and check the back of the neck, fingers, and toes regularly to check on your child's temperature. If they feel too warm, remove a layer. If they feel cold, add a layer or go inside.

It is important to remember however, not to wear these bulky layers when in a car seat. Any additional bulk in the car seat like a coat, blanket, or "bundle bag" have not been crash tested. This may limit the car seat's functions in the event of a collision which can have life-threatening consequences. Consider dressing your child in a light sweater and placing a blanket **over top of their buckled seat belt straps**. **For more information on this, please visit:**

<https://tc.canada.ca/en/road-transportation/defects-recalls-vehicles-tires-child-car-seats/third-party-aftermarket-products-children-s-restraint-systems>





## **Mental Health Resources:**

**Haldimand-Norfolk  
REACH:**

<http://www.hnreach.on.ca/>

**Haldimand-Norfolk  
Women's Services:**

<http://www.hnws.on.ca/>

**CAMHS of Haldimand-  
Norfolk:**

<https://www.camhs.ca/>

## **BEAT THE WINTER BLUES**

Winter is the time of year where many people notice a shift in their mood. We call these the “winter blues.” To beat the winter blues, it is suggested that you spend more time outdoors during the day or let the natural sunlight into your home as much as you can.

Taking care of your physical health with regular exercise can help you feel less stressed. Go for walks, get some sunlight and practice self-care. To take care of others, it is essential to take care of yourself!

Sometimes these methods aren't quite enough to get our spirits back up. Seeing your doctor or a mental health professional is recommended in those instances.

<https://www.thewhig.com/opinion/columnists/mental-health-matters-dealing-with-the-winter-blues>

## **PLAY SAFE THIS WINTER!**

Winter can bring so many unique opportunities for play! For activities like skating, skiing, snowboarding, tubing, and tobogganing, it is recommended that children (and adults) wear a helmet to prevent head injuries.

Supervise children closely during outdoor activities. The winter brings opportunities for risky play, like climbing snow piles, but also brings hazards like falling through ice. It is our responsibility to provide children room to explore and take risks while protecting them from hazards. Talk with your child about what winter hazards look like and how they can stay safe. Let's have a safe and happy winter!







Did you know?  
Snow is not white.  
It appears white  
because visible light  
is white!

## MAKE A SNOW-TATO HEAD

Give Potato Head a whole new look by taking it outdoors!

While building a snowman is always a hit, why not let your littles try their hand at making a Potato Snow Head! It's a super simple and fun way to play with toys in a whole new way.

All you need is SNOW and a tray of your favourite Potato Head accessories and let the fun begin.

If they are able, encourage your little ones to crunch together some snow to build a snow ball, building on their bilateral coordination. (Bilateral coordination: Coordinating the use of two hands to accomplish a task, such as stabilizing an object with one hand while working with the other)

This a great opportunity for language development as you use words like 'Bigger', 'smaller' and 'round'.

When a desirable size is reached, encourage them to use their creativity to add potato head accessories by adding arms, feet, eyes, nose, mouth and hat.

Too cold to go outside? This activity can easily be done indoors too by giving them some mitts and bringing a large bin of snow inside.

# RECIPE OF THE MONTH

## Easy 15 Minute Teriyaki Chicken

### Ingredients

1 ½ lb of bite size boneless chicken  
½ tsp salt  
1 tbsp coconut oil  
3 cloves minced garlic  
Sesame seeds & chopped green onions

### Sauce

1 cup pineapple chunks (fresh or canned)  
½ cup soy sauce  
½ inch fresh ginger  
3 tbsp apple cider vinegar or rice vinegar  
2 tsp arrowroot starch



### Instructions

1. Blend all sauce ingredients together until smooth. Set aside.
2. Toss chicken with salt.
3. Heat oil over medium heat, add chicken and cook until brown. (approx. 3mins)
4. Add garlic to pan and stir for 1min
5. Pour in blended sauce – simmer until thickened (approx. 1min)
6. Add chicken and simmer for 2 mins until heated through.
7. Sprinkle with sesame seeds and green onions, service with rice.

## WE ARE STILL HERE FOR YOU!

We continue to shift our programs and services to be able to support children and families. 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.

**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)