

The H-N REACH EarlyON at Home

FAMILY NEWSLETTER



You cannot buy the right atmosphere or a sense of togetherness. You cannot hygge if you are in a hurry or stressed out, and the art of creating intimacy cannot be bought by anything but time, interest and engagement in the people around you."

Meik Wiking

ALL ABOUT HYGGE

According to the Happiness Research Institute in Copenhagen, Denmark is consistently declared one of the happiest countries in the world. How could this be? Perhaps it has something to do with the philosophy of 'hygge'. Pronounced "HUE-gah", it is a word that quite literally means "to cozy around together." Conceptually, it's all about spending low-key, quality time with your loved ones. What does 'hygge' feel like? It could feel like a warm drink after a cold day; lying on the couch under a blanket with your loved ones; relaxed, calm togetherness; and safety, security and belonging.

Essentially, it's feeling homey and at home with those you love, *on purpose*. It isn't a lifestyle, it is a feeling. When you create a warm and cozy physical space, it's not hygge until you and your loved ones find a comfortable and welcoming psychological space in it.

Now, it's all good and well to think about enjoying reading a book by candlelight and sipping hot cocoa under some warm, fuzzy blankets - until you realize you may be the parent of a toddler and you haven't had a warm cup of anything in over a year. This doesn't mean hygge isn't within your reach though, as there are some great perks to hygge's benefits with young children, like: more time in fresh air; less exposure to phones and tablets; better quality stimulation; a sense of acknowledgement; and a more meaningful family bond. All of these things are possible in families with young children, and we'll explain how a family might achieve that throughout the rest of this newsletter. Now sit back, read on, and enjoy!



Hygge [HUE-gah]

The danish concept for the feeling or mood that comes with enjoying life's simple pleasures. Coziness. The joy from spending time with the ones you love.



HYGGE WITH TODDLERS

It might seem impossible, but with the right frame of mind, any parent can create the right atmosphere for hygge. Here are some tips to help:

1. Leave your worries at the door. There are plenty of other times to focus on problems. When you do hygge, you have to create a safe place for your family to relax together.
2. Be present with your child. This means turning off phones and tablets. Give them a time when they have your full attention.
3. Prepare food together. Part of hygge is embracing good food. Start your kids young. You get to work together as a unit and they'll feel more invested.
4. Spend time outdoors. Experience nature with your kids. Hygge isn't just about staying warm indoors; it's also about enjoying the warmth fostered by shared special experiences!
5. Play with your kids. If you have older kids, you can come up with ways to include the youngest in your family. If you don't, there are plenty of games to choose from, or you can invent your own.
6. Have a read-aloud. You can read to your kids, or have an older child read for you. Big picture books are especially best for reading with young ones.

Retrieved from: <https://www.zenruption.com/zenlife/8/6/10-hygge-tips-for-happy-healthy-toddlers>

A MINDFUL MINUTE

Part of finding hygge is being able to let go of some of your worries and free your mind up to relax. A simple 'mindful minute' can help with that. Find a comfortable place to sit and concentrate and fill your mind with what is happening right now with these simple questions:

- What can I hear?
- What can I smell?
- What can I feel?
- What can I see?
- What can I taste?





How to Hygge as a Family

1. Play a board game.
2. Watch a movie together.
3. Cook and bake together.
4. Read books together.
5. Look at old family photos together.
6. Do art or a simple craft together.
7. Play charades together.

EVERYBODY FOOTLOOSE!

As important as it is for us to embrace the cold, bundle up in our snowsuits and head outside for fresh air and physical activity, there are some days where we just don't want to do that - and that's ok! Why not have a beach party instead? Yes, you read that right - a beach party! Find a beachy playlist on YouTube or another music streaming app, put on some summer clothes and pretend you're somewhere warm. Make a favourite summertime recipe or snack and dance to some upbeat music. After you've danced your legs off, take a dip in the bath tub. Bring out some summer water/sand toys to make the experience extra special.

Here is a link to an upbeat children's song playlist that would go perfectly with your January beach party!

<https://www.youtube.com/watch?v=tm7jx86PeNw>



CREATING COMFORT

Coziness can be created in your home with some simple tricks - just look at our reading nook in our Dunnville site! You could create a calming little nook just like that at home, or try some of these ideas:

- Use warm twinkle lights throughout the home
- Put some cinnamon sticks in a small pot of boiling water for 10 minutes for a warm smell that will fill any home
- Watch movies together under the blankets

RECIPE OF THE MONTH

Warm, delicious and cozy foods are perfect to bring some peace into your home. Try this traditional rice pudding for the family!

Traditional Baked Rice Pudding

1/2 cup long grain white rice
1 cup light cream
1 tsp orange zest
1 1/4 cup sugar

2 cups of milk
1 tsp vanilla extract
2 tbsp butter



1. Preheat oven to 350 F
2. In a large pot of boiling water, cook rice for 5 minutes and drain. Rinse under cool running water and set aside to drain.
3. In a saucepan, combine milk, cream, vanilla, zest and cinnamon. Bring mixture to a boil and stir.
4. Turn off heat and stir in butter and sugar. Let mixture cool for 15 minutes.
5. Add the rice to the milk mixture and pour into a baking dish. Cover with foil and bake about 1 hour and 15 minutes.
6. Stir mixture after 45 minutes. Serve warm.



Outdoor Programs are here!!

Looking for ideas of what to do with the kids in the new year?

Join us for our outdoor programs across Haldimand and Norfolk!

Check out our Facebook page for more info, or contact earlyon@hnreach.on.ca to learn more.

We look forward to seeing you there!

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