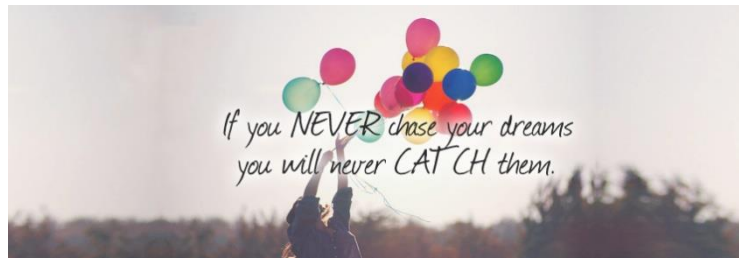




## EARLYON CHILD AND FAMILY CENTRES



### OUR VIRTUAL TEAM



Xiu Xiu



Stacy



Ania



Michaela

### A MESSAGE FROM THE ONTARIO GOVERNMENT

Ontario plans to reopen schools full time come September.

Elementary school children in kindergarten through to Grade 8 will return to school five days per week across Ontario for a full day, which includes recess and lunch, with no changes to class sizes.

**For more information please click the link**

<https://toronto.ctvnews.ca/ontario-unveils-plan-to-reopen-schools-in-september-here-s-what-you-need-to-know-1.5044038>

### WHAT'S HAPPENING AROUND THE CLUB...



Facebook

[www.facebook.com/BGCHamilton/](http://www.facebook.com/BGCHamilton/)



Twitter

<https://twitter.com/bgchamilton>



Instagram

<https://www.instagram.com/bgchamilton>

BGCH@Home

<http://www.kboysandgirlsclub.com/bgch--home.html>

### EARLYON @HOME



Boys & Girls Clubs  
of Hamilton



#### EARLY YEARS VIRTUAL PROGRAMMING

Join Us!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Family Gathering Time 1:00 pm	Mother Goose 10:30 am Registered Program July 14 <sup>th</sup> (4 weeks) Small Group Activity 1:30 pm	Family Gathering Time 10:30 am	Infant Massage 1:30 pm Registered Program July 16 <sup>th</sup> (5 weeks) Family Gathering Time 6:00 pm	Parent & New Baby Network 10:00 am Have a Ball 1:30 pm Registered Program

Programs Beginning July 6<sup>th</sup> 2020

Please contact [michaela@kboysandgirlsclub.com](mailto:michaela@kboysandgirlsclub.com) to register.

*Hurry! Register Today!*

## CHILDREN'S CORNER

### INFANT ACTIVITIES

### SPLISH SPLASH WATER FUN



Water play is a calming activity for babies to enjoy. Because of their natural curiosity babies are drawn to sensory experiences. Water play is very therapeutic and can be really engaging for babies.

Simply have your baby sitting in a high chair (when they are old enough to hold their head up independently) and offer them a plate or shallow container of water. You can also directly pour the water on the tray for them. Observe your baby play with the water. They may begin by putting their fingers in it and swirling them around. You can make small splashes with them to see their reaction. Once your child has explored the water you can add some food colouring to change the colour, be careful not to add too much as it can stain. You can even try adding one of their bath toys to see how they interact with it on the tray.

Just think about how incredible it is as a play substance. It can be held, thrown, sprayed, dripped, trickled, poured, swooshed, soaked, absorbed, sprinkled, coloured, scented, funnelled, spun, frozen, melted evaporated and, best of all, SPLASHED! It's a great way for discovering about temperatures, capacity, gravity, water ways, dams, filling and emptying and more.



## CHILDREN'S CORNER



### MEASURE, POUR, PLAY

#### MATERIALS:

- Uncooked rice
- multiple containers (i.e., bowls, measuring cups, Tupperware) and spoons.

Pour the uncooked rice into a large container. Provide additional containers and measuring cups for your child to use. Let them explore pouring the rice into different containers, stirring it with a spoon and pretending to cook a meal.

“Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood.”

- Fred Rogers

More great quotes at [supersimplelearning.com](http://supersimplelearning.com)



#### **Make it Easier**

Make suggestions for your child including pouring and mixing. After a brief demonstration, allow your child the space to explore with their new materials.

#### **Make it Harder**

Challenge your child to see which container could hold more or less rice than another. Have your child see how many times they can empty a smaller container into a larger one.

## CHILDREN'S CORNER

### PRESCHOOL ACTIVITIES

### LET'S HAVE A TEA PARTY



#### WHAT YOU WILL NEED

- Cups
- Water or 100% Fruit Juice
- Cookies
- Napkins



A Tea Party is a great way to encourage your child to interact socially with other people. You can join in conversation with your child. Talk to them about the different tastes of the items you put on the table to spark conversation.

Remember to follow their lead! Often children will role play (or pretend play) in this type of situation. It is a great way to see where their imagination takes them.

Social interaction is one of the most important factors for the health and development of everybody. Positive social interactions have a wide range of both physical and mental benefits, including increased cognitive ability, good mental health, communication skills, independence and improved physical health.

# WELCOME BABY OVER THE PHONE SUPPORT

The Welcome Baby prenatal nutrition **in-person groups** (Canada Prenatal Nutrition Program - CPNP) will remain closed during the COVID-19 pandemic. We are **accepting new participants** who are pregnant and looking for extra support by providing **phone support and resources**.

To register contact Jen Yates, Welcome Baby coordinator

**Phone:** 905-546-2424 x1577

**Email:** [jennifer.yates@hamilton.ca](mailto:jennifer.yates@hamilton.ca)

For more information please visit their website

<https://www.hamilton.ca/public-health/classes/prenatal-nutrition-programs-in-hamilton>



## TERRIFIC SNACK TIPS

### FRUIT & CHEESE KABOBS

#### Ingredients:

- Assorted Fresh Fruit
- Cheese Cubes
- Skewers

#### Directions:

1. Wash your fresh fruit and place it on the skewers
2. Cut your cheese into cubes and stack them



## SING- A- LONG SONGS

# It's Time to Start Our Day

Tune: Farmer in the Dell

It's time to start our day.  
It's time to start our day.  
It's time to give a great big cheer,  
And then be on our way!  
Hooray!



© teachingmama.org  
Clip art from Goodness & Fun



Early Years