



Boys & Girls Clubs  
of Hamilton  
A good place to be

August 31<sup>st</sup> 2020



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



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



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EarlyON

<https://www.kboysandgirlsclub.com/earlyon/>

**LIVE SIMPLY.  
DREAM BIG.  
BE GRATEFUL.  
GIVE LOVE.  
LAUGH LOTS.**



The Parent & New Baby Network  
Gathering Time for Infants & Discussion on  
Introducing Solid Foods

Please send an email to

[michaela@kboysandgirlsclub.com](mailto:michaela@kboysandgirlsclub.com)

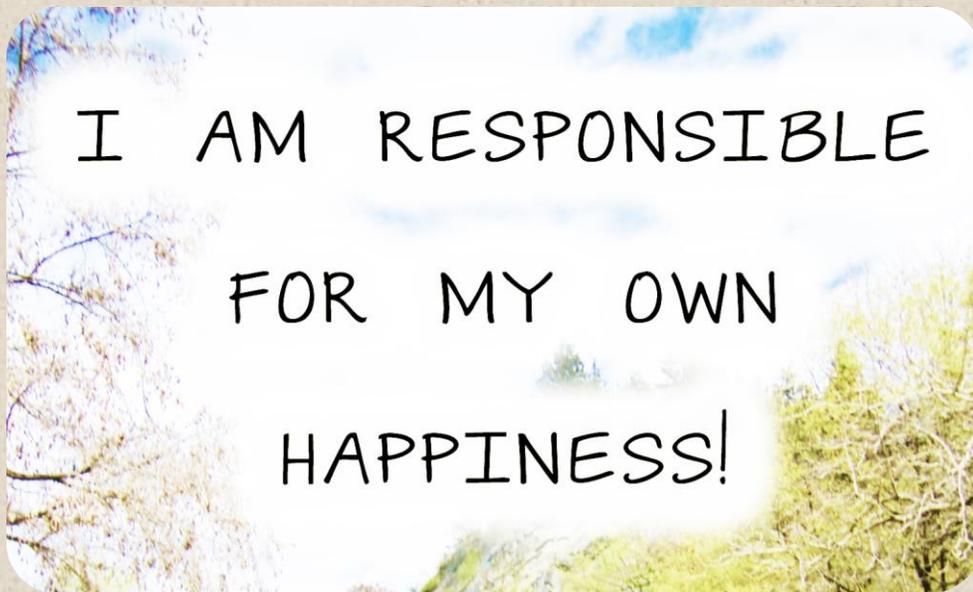
*for the virtual link*

# Embrace the Day Enjoy the Now

Often we live fast and furious forgetting to enjoy the little things that make life worthwhile.

Family, friends, pets, a roof over our heads and food on our table.

Let's take a look around us and find joy in our everyday.



# Day trips and adventures to reconnect as a family and to connect the City you live in



As summer comes to an end take some time to explore the local attractions in our community.

Below are a few places that you and your family can visit for a picnic, day trip or just a walk

**Gage Park:** Greenhouse, Splash pad, dirt bike track and space for picnics and walking.

**Waterfront Trail - Bayfront Park, Pier 4 and Pier 8;** Enjoy paths for walks, rollerblading and biking, Lots of space for picnics and Pier 4 has splash pad, Pier 8 features Williams Café and Scoops Ice cream

<https://tourismhamilton.com/family-friendly-guide-to-hamiltons-waterfront>

**Hiking trails:** <https://tourismhamilton.com/hamiltons-hottest-hiking-trails>

**Royal Botanical Gardens-** Burlington <https://www.rbg.ca/>

**Dundas Valley Conservation Area/ Trail system**

<https://tourismhamilton.com/hamiltons-hottest-hiking-trails>

**Confederation Park/Van Wagners Beach:**

<https://tourismhamilton.com/partner/confederation-park>



# Need to get Stuff done around the House.

## Enlist your Family in Chores.

Involving your children in simple chores can offer them an opportunity to feel a sense of contribution and autonomy and also offer you a chance to spend quality time together while also getting necessary tasks done.

### Some fun tasks that young children love helping out in:

- sweeping
- Dusting
- Laundry (having them sort is an awesome way to practice matching skills)
- Organizing cupboards (again have your little ones match lids for containers or help you stack cans in the pantry)
- For older children you can make a reward for the end to inspire co-operation (perhaps a special treat that you can all sit down and enjoy together)
- Yard work too ( it's a great way to spend time together and get fresh air)
- Making grocery lists ( children love to have a role in picking out things for their home)
- Putting Groceries away ( again this offers a chance to be in control and aware of where things are in their home)



Remember if your little ones are helping that it is important to acknowledge their effort, even if it is not being as helpful as you had hoped.

Children may feel a sense of connections and accomplishment in helping their caregivers finish tasks sooner.

# The Joy of Family Meals and Eating Together



Eating together can give you the time to talk and connect. Although in busy families it's not always easy to have the whole family sit down at the same time try scheduling one meal a week.

If you are already eating together as a family you can increase your focus on making the experience a happy, relaxing and joyful one.

Eating together as a family has a ton of benefits;

- It gives an opportunity to model positive eating behaviours
- It can give you a chance to introduce new foods and creates opportunities for meaningful conversation about foods
- It offers a chance to connect and notice what your families likes and dislikes are.

Tips for making family mealtime successful:

- Model positive behaviour:
  - You are an important role model for good table manners, trying new foods, and enjoying mealtimes. Children and youth are more likely to eat foods their parents and family also enjoy eating.
- Not everyone likes every food, and that's okay. Encourage kids to say "no, thank you," or teach them what you would like them to do or say if they don't want to eat something
- Trust children to show or tell you how much they want to eat and when they are finished eating. An important part of healthy eating is learning to stop when they are full. Being forced or pressured to finish food can make your child ignore their internal hunger and fullness cues.
- Try not to rush children through a meal. Children often take longer to eat than adults. Remind children to eat slowly, chew their food well and enjoy what they are eating.

Individuals of all ages tend to eat better when they are sharing mealtime with others. They will tend to eat more fruits and vegetables and other nutrient rich food.

**The benefits of eating together are greatest when you turn the TV and all other screens off.**

Below is a link that has some useful ideas for involving your children in cooking and preparing meal time.

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