



Boys & Girls Clubs  
of Hamilton

## EARLYON CHILD AND FAMILY CENTRES

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SIMPLICITY IS THE  
ULTIMATE SOPHISTICATION  
“  
-da vinci



## A MESSAGE FROM OUR TEAM

### KEEP HEALTHY ROUTINES

During the pandemic, it is more important than ever to maintain bedtime and other routines. They create a sense of order to the day that offers reassurance in a very uncertain time. All children, including teens, benefit from routines that are predictable yet flexible enough to meet individual needs. With the usual routines thrown off, establish new daily schedules, such as:

- Wake-up routines, getting dressed, breakfast and some active play in the morning, followed by quiet play and snack to transition into schoolwork.
- Lunch, chores, exercise, some online social time with friends, and then homework in the afternoon.
- Family time & reading before bed.

Children often have more trouble with bedtime during any stressful period. Try to keep normal nighttime routines such as **Book, Brush, Bed** for younger children. Put a family picture by their bed for “extra love” until morning. Too little sleep makes it more challenging to learn and to deal with emotions. Remember to turn off cell phones and other mobile devices an hour before bedtime.

[https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19\\_10-Tips.aspx](https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx)



## 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

Check out our website for our Registered Program Information



Virtual Early Years Parent/Caregiver Program registration.

Programs begin first week of June.



Join Early Years Facilitators in discussing various parenting topics in a safe and supportive environment. Program's include:

- MENToring
- Infant Massage
- Mom Truth
- Parent Chat's




Click the following link to register

<https://forms.gle/gsMm6pWTkcJCiGKp8>

*Hurry! Register Today!*

## WEEKLY OUTDOOR ADVENTURE

### DIY NATURE PAINT BRUSHES

Make a set of DIY nature paintbrushes and see what paint patterns you can create. Get outside, go on a nature walk, collect lots of interesting pieces of nature and then get painting! Making the nature paint brushes is easy: Simply attach a piece of nature to each stick using an elastic band (or a piece of string). A fun activity encouraging children to use their imagination and explore textures. Creativity in play! Now get to work and make your own textured paint brushes, it's fun!



### AMAZING BUBBLE ART ACTIVITY

Great activity for your backyard. Fun for all ages.



#### MATERIALS:

- Food Coloring
- Bubbles
- (or homemade bubbles, made from dish soap and water)
- Cardstock paper
- Small Clear Cups
- Bubble Wand



#### DIRECTIONS:

1. Pour a small amount of bubbles in each bowl.
2. Add about 5 drops of food coloring to each bowl, making each bowl of bubbles a different color.
3. Stir your bubbles well.
4. Lay your paper onto the grass or sidewalk, dip your wand into the colored bubbles and blow onto your white card stock.
5. Let dry and display.



## **PARRENT SUPPORT & COMMUNITY RESOURCES**



During this time we realize that information is coming from all angles and we would like to reserve this section of our newsletter to provide you with current, factual and accurate information. Please feel free to connect with us if you would like to share your thoughts and ideas for future resources to be posted. As new information becomes available we will update the resources below.

### **City of Hamilton**

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

### **Public Health Connections**

<https://www.hamilton.ca/public-health>

### **Mental Health Resources & Contact Numbers**

<https://www.hamilton.ca/coronavirus/taking-care-your-mental-health>

### **5 Tips for Responding to Toddler Sass**

<https://www.zerotothree.org/resources/2463-5-tips-for-responding-to-toddler-sass>

### **Learning Resources for Kids**

<http://www.kizclub.com/>

### **Healthy Snack Ideas**

<https://food-guide.canada.ca/en/?wbdisable=true>

### **Hamilton Public Library**

[www.hpl.ca/storytime](http://www.hpl.ca/storytime)

 *We're here to help!* 

## CHILDREN'S CORNER

### DIY FATHER'S DAY T-SHIRTS

#### Supplies:

- Plain T-shirt (your colour choice)
- Fabric Markers

#### Directions:

- Encourage your child to use their creativity
- They can draw, write words or a combination



### SING ALONG SONGS

Here is a fun song you can sing with your child. You can click the link to sing along to the music

[https://www.youtube.com/watch?v=QkT2Z5r\\_mms0](https://www.youtube.com/watch?v=QkT2Z5r_mms0)

#### Shake My Sillies Out

by Raffi

Gotta shake, shake, shake my sillies out.  
Shake, shake, shake my sillies out.  
Shake, shake, shake my sillies out,  
And wiggle my waggles away

Clap my crazies out...  
Jump my jiggles out...  
Yawn my sleepies out...  
Shake my sillies out....



### TERRIFIC SNACK TIPS

#### FATHER'S DAY DIY RUB

#### Materials:

- Small plastic or glass jar or sealable snack/sandwich plastic bag (ziplock bag)
  - Measuring spoons and measuring cups
  - A small bowl or plate
- Whisk

#### Ingredients:

- Brown sugar
- White cane sugar
- Salt & pepper
- Onion powder
- Garlic powder
- Paprika
- Chilli powder
- Mustard powder (Optional)
- Dry Chilli flakes (Optional)



#### Preparation:

In a small bowl measure out a base mixture of brown sugar, white sugar (equal parts) and a mixture of salt and pepper to taste. (This mixture should occupy about 3/4ths of your complete mixture when in the jar or container.)

Using the measuring spoons and cups measure out the remaining ingredients to your taste.

Tip: Help keep the little ones involved by measuring, smelling the various ingredients together and if they're up for it even tasting the different ingredients!

“Every moment is a fresh beginning”



EarlyON