



Boys & Girls Clubs
of Hamilton



EARLYON CHILD AND FAMILY CENTRES



A MESSAGE FROM OUR TEAM

Are you starting to feel a sense of isolation?

During this pandemic our lives have drastically changed. You may find yourself feeling down or slightly isolated from the world we once lived in. These times can be very challenging to many people because suddenly it feels like our world has been turned upside down. We hope our newsletters will give you some insightful ideas to do with your child.

Always remember,
This too shall pass...



Important Update from our Ontario Government

Announced on May 19, 2020 the Primer of Ontario has made the decision to suspend all in class sessions for the remainder of the school year. Online learning will remain in place until the end of June. Future plans for September will be communicated with Parents when the decision is made. For more information please visit the following website.

<https://www.chch.com/ontario-says-schools-will-not-reopen-for-the-remainder-of-the-school-year/>

WHAT'S HAPPENING AROUND THE CLUB...



Facebook

www.facebook.com/BGCHamilton/



Twitter

<https://twitter.com/bgchamilton>



Instagram

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

BGCH@Home

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

WEEKLY OUTDOOR ADVENTURE

Nature Masks & Tierra's

Items required:

- Paper or thin cardboard
- Scissors
- Glue
- Tape
- Or hole puncher and thin elastic
- Nature items



Go outside for a walk or in your backyard. Collect nature items such as flower petals, grass or any kind of leaves. Create a simple paper crown or tiara which can be wrapped around the head with a paper strip and tape or by punching a hole in the side and tying a piece of thin elastic in it. Decorate with your collected items.



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

 *We're here to help!* 

CHILDREN'S CORNER

EASY & DELICIOUS EDIBLE PLAYDOUGH

NOTE: this recipe does call for peanut butter, Use alternative of Soy based Wow Butter should allergy be present

Materials:

- Medium, microwave safe, mixing bowl
- Mixing spoon

Ingredients:

- Peanut Butter or Soy alternative WOW Butter
- Cornstarch
- Marshmallows



In a microwave safe bowl place up to 5 regular size or large marshmallows, Microwave for about 10 seconds (Just enough to make them soft to the touch *NOT melted completely* Once microwaved add about 2 table spoons of peanut butter or peanut free alternative and mix together. Once mixture is well combined add some corn starch to help loosen the mixture from the bowl.

Take mixture out from bowl and knead with hands *Make sure that mixture isn't hot before handling*

SING ALONG SONGS

A LITTLE BLUE CAR

A little blue car that I can see
Just a rollin rollin rollin rollin down the street
It moves so fast and it moves so sweet
Just a rollin rollin rollin rollin down the street
And I look to my left and I look to my right
And what do I see?
A little Red car!!!

(Repeat song with the colour, Red, Yellow, Green & Orange)

A little orange car that I can see
Just a rollin rollin rollin rollin down the street
It moves so fast and it moves so sweet
Just a rollin rollin rollin rollin down the street
And I look to my left and I look to my right
And what do I see?
A STOP SIGN!!



“Grow through what you go through”

♥ EarlyON

TERRIFIC SNACK TIPS

Here are some tips and tricks for introducing healthy new foods to your Child.

won't even touch a new food?
try...



talking about it



cooking with it



playing with it



getting their input on preparation



keeping it really far away at first



marking art with it

eats only one fruit?
try it six ways



halved w/ a star



cubes



thin wedges



slices



thick wedges



halved