

April 2024



April 22
**Let's make everyday
Earth day!**

If You're Happy and You Know it

If you're happy and you know it, clap your hands.

Clap, Clap.

If you're happy and you know it, clap your hands.

Clap, Clap.

If you're happy and you know it, and you really
want to show it.

If you're happy and you know it, clap your hands.

Clap, Clap.

If you're happy and you know it, stomp your feet.

Stomp, Stomp...

If you're happy and you know it, shout "Hooray!"

"Hoo-ray!"...



STOMP STOMP

Reduce Reuse Recycle

"Tune of "Eensy Weensy Spider"

Reduce reuse recycle
These are words we know
We have to save our planet
So we can live and grow
We might be only children
We have to try, you'll see
We will save our planet
It starts with you and me!



Parents: Take Care of Yourself

- **Be active.** Being active helps your body stay healthy. It also helps you deal with stress. Enjoy physical activities with your child.
- **Eat well.** Your child learns from your example. If you eat nourishing foods, like fruits and vegetables, she will want them too. Both of you will stay healthy.
- **Get enough rest.** Take time to be alone, even for just a few minutes, every day. Rest when your child naps. If you have a baby who wakes at night, go to bed early. Try to get enough sleep at night.
- **Keep your relationship strong.** All parents need to meet their needs for love and sex. It takes time, energy, care, and love to build a healthy relationship with your partner. It is worth it for you and for your child.
- **Stay interested.** Parents need a chance to get together with other adults to talk. Take your child to places where you will meet other parents. You and your child can learn and do new things. You can both make new friends too.
- **Have fun.** Having fun is part of looking after yourself. Play with your child and laugh together. Have fun with your partner and with friends too.

Key Message

Parents take better care of their child when they take care of themselves too.



Spicy Thai Coconut Chicken Soup

Ingredients

- 1 pound boneless skinless chicken breasts, cut into 3/4-inch cubes
- 3 tablespoons cornstarch
- 3 tablespoons peanut or canola oil, divided
- 1 large onion, chopped
- 1 small jalapeno pepper, seeded and minced
- 2 garlic cloves, minced
- 2 teaspoons red curry powder
- 1 teaspoon ground ginger
- 3/4 teaspoon salt
- 1/2 teaspoon ground turmeric
- 1 teaspoon Sriracha chili sauce
- 1 can (13.66 ounces) light coconut milk
- 1 carton (32 ounces) chicken broth
- 2 cups thinly sliced Chinese or napa cabbage
- 1 cup thinly sliced fresh snow peas
- Thinly sliced green onions
- Lime wedges



Directions

1. Toss chicken with cornstarch. In a 6-qt. stockpot, heat 2 tablespoons oil over medium-high heat; saute chicken until lightly browned, 2-3 minutes. Remove from pot.
2. In same pan, saute onion, jalapeno and garlic in remaining oil over medium-high heat until onion is tender, 3-4 minutes. Stir in seasonings, chili sauce, coconut milk and broth; bring to a boil. Reduce heat; simmer, covered, 20 minutes.

Mind: Surround Your Child with Chances to Learn

- **You can help build your child's brain by talking to him.** Talk to your baby right from the beginning. Talk about what you are doing and what he is doing. Describe the things he sees and hears around him. When your child begins to speak, listen to what he says. Encourage your child to talk about things that happen to him. Take turns talking and listening.
- **Read and tell stories every day.** You can look at picture books with your baby and talk about what you see. Children can learn about things from books that they do not see in their daily life. Tell your toddler stories about what you did during the day.
- **Share your stories, songs and rhymes.** Talk about your culture, beliefs, traditions, and values.
- **Give your child a variety of materials to play with.** Children's toys do not need to be expensive. You have lots of things in the house that are fun to play with. Here are some ideas: empty plastic containers and bottles, plastic measuring cups and bowls, cardboard tubes and empty boxes.
- You can make different colours of play dough for your child. In the winter, bring some snow inside in a dish pan. Check everything you give your child to make sure it is clean and safe.
- **Play outdoors.** Children can do things outdoors that they cannot do in your home. Your child will enjoy outdoor play in any weather. Play in the sandbox at the park. Play in the snow. Splash in puddles when it is raining. Take your child to a wading pool or to a beach.

Key Message

Your child's brain is growing. You can help by talking to him, playing with him, and reading to him.

For more information about Nobody's Perfect, or to download this document, please search "Nobody's Perfect Tipsheets" on Canada.ca



Public Health
Agency of Canada

Agence de la santé
publique du Canada

The Best Playdough Recipe

Ingredients:

- 1 cup flour
- 2 tsp Cream of Tartar
- ½ cup salt
- 1 cup water
- Food colouring



Instructions:

1. In a large bowl, combine all of your dry ingredients (flour, salt, cream of tartar) and mix well.
2. Mix food coloring with your water first. Then add the vegetable oil and water with food coloring to a large pot. Mix together.
3. Add the dry ingredients to your pot and mix well.
4. Cook over low to medium heat until the dough starts to form and becomes dry.
5. Once it starts to form a ball together and looks fully cooked, take off the heat. Let the dough cool first before touching.
6. Once cool, knead the dough for 5 minutes to make the dough soft.

NOTES

If your dough is not soft, continue kneading for another 5 minutes. If you find it is still too dry add a little bit more oil and knead in.

What is Autism?

Autism is a neurological disorder that affects how the brain develops and functions. The symptoms of autism are visible at an age as early as eighteen months. Autism is a pervasive developmental disorder; it persists throughout the individual's lifetime.

Children with autism may have difficulties in key areas:

- Social Interaction and Communication (Speaking with family, playing with peers)
- Demonstrating repetitive behaviours (Hand flapping, rocking back and forth)
- Dysfunctional Attachment to routines and objects
- Heightened sensitivities to touch, noise, sight, smell, and taste

Currently, the term Autism and Autism Spectrum Disorder (ASD) are used interchangeably. This might be a point of confusion for many. To elaborate, ASD is a broad term used to describe related developmental disorders that share similar characteristics. It is referred to as a spectrum disorder because the severity of the symptoms and challenges faced can vary from person to person.

Facing the Numbers

- Every 20 minutes a child is diagnosed
- Autism affects four times as many boys than girls
- An estimated 50,000 children and 150,000 adults in Canada have autism



Your feedback is very important to us!

Please feel free to share ideas, resources and/or concerns with:

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