

3410 Sheppard Ave E, Suite 304. Scarborough, ON M1T 3K4  
Phone (416)491-1466 <https://www.wsnc.org/families>

**March 2024**

**March 8, 2024**

INTERNATIONAL  
*Women's Day*



## Here comes Peter Cottontail

Here comes Peter Cottontail  
Hopping down the bunny trail  
Hippity hoppity Easter's on its way

Bringing every girl and boy  
Baskets full of Easter joy  
Things to make your Easter bright and gay

Here comes Peter Cottontail  
Hopping down the bunny trail  
Hippity hoppity Easter's on its way



## Local Food Banks

**Agincourt Community Church (Salvation Army):**  
3080 Birchmount Road Scarborough, ON M1W 3K3

**Agincourt Community Services:**  
1911 Kennedy Road, Unit 105 Scarborough, ON M1S 1T4

**North American Muslim Foundation (NAMF):**  
4140 Finch Avenue East, Scarborough, ON M1S 3T9

**Steeles Library** –Every Friday from 2-4 375 Bamburgh Circle

**Agincourt Library** -Every Friday from 2 – 4 155 Bonis Ave



If you suspect that your child may need extra support or have any questions please feel free to speak with our staff.

Staff here at the Bridlewood EarlyON Child and Family Centre are available to meet with families to discuss any concerns you may have and to provide information on child development or community resources.

Please know that early intervention is very important. The earlier we can get the help and support for our children the better it will be for them.  
416-491-1466

## How to nurture a child's mental health



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## Mind: Play Is the Way Your Child Learns

- **Children learn when they play.** When she is playing, your child is learning about the world and her place in it. She learns how to do new things. She finds out how to get along with other people. Playing helps her show her feelings and become more sure of herself.
- **Children need to explore.** Let your child try to do things for himself. He will learn more by doing than by hearing you explain things. Give him time to explore and discover on his own. Make sure his surroundings are safe to explore. Keep him away from danger, both indoors and outside.
- **Limit screen time.** Children learn most when they play actively with other people and with real objects. Your child does not learn as much sitting in front of a screen. This includes activities like watching TV, using a computer, playing with a cell phone and playing video games. These screen based activities are not recommended for children under 2 years of age.
- **Give your child new experiences.** Stimulate your child's learning by adding new things to play with. Introduce your child to new people and new situations. Make time every day for play both indoors and outdoors. Take your child to parks and playgrounds.

### Key Message

Play is how your child learns. Play changes as your child grows. Your child needs to play right from birth.

# Tissue Paper Egg

## Materials:

- Construction paper
- Coloured tissue paper
- Scissors
- Glue

## Method:

1. Cut construction paper into egg shape
2. Cut up tissue paper into small squares
3. Crumple up tissue paper and glue onto construction into any pattern



## Support for Mental Health and Well-Being

<https://www.aboutkidshealth.ca/covid-19> - This hub provides resources to help support your child's mental health and general well-being.

<https://smho-smso.ca/> - Practical resources to support student mental health.

<https://kidshelpphone.ca/> - Find youth resources based on where you live.

<https://helpahead.ca/> - Connecting infants, children, youth and families to mental health services in the Toronto community.

<https://lumenus.ca/> - Mental health, developmental and community services.

<https://www.acrossboundaries.ca/> - Provides equitable, holistic mental health and addiction services for racialized communities.

<https://www.canada.ca/en/departement-finance/economic-response-plan.html>

<https://www.dailybread.ca/blog/covid-19-faq-how-you-can-help-daily-bread-food-bank/> - Search your local area by postal code/location to access food.

<https://211central.ca/> - Find community and government services where you live.

<https://cmho.org/> - Find resources to help support children and youth mental health



## Rice Krispie Squares-A Family Favourite

### Ingredients:

- 3 tablespoons butter
- 1 package (10 oz., about 40) Marshmallows  
**OR** 5-1/2 cups Miniature Marshmallows
- 6 cups Kellogg's® Rice Krispies® cereal



### Directions:

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add KELLOGG'S® RICE KRISPIES® cereal. Stir until well coated.
3. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray or butter. Cool. Cut into 2-inch squares. Best if served the same day.

### MICROWAVE DIRECTIONS:

- In microwave-safe bowl heat butter and marshmallows on HIGH for 3 minutes, stirring after 2 minutes. Stir until smooth.
- Follow steps 2 and 3 above.

Microwave cooking times may vary.



### **Your feedback is very important to us!**

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

Site-Supervisor: Barb [barbs@wsncc.org](mailto:barbs@wsncc.org)

Divisional Coordinator: Jessie (416) 755-9215 [jessiec@wsncc.org](mailto:jessiec@wsncc.org)

For general enquiries please email us at [bridlewood@wsncc.org](mailto:bridlewood@wsncc.org)