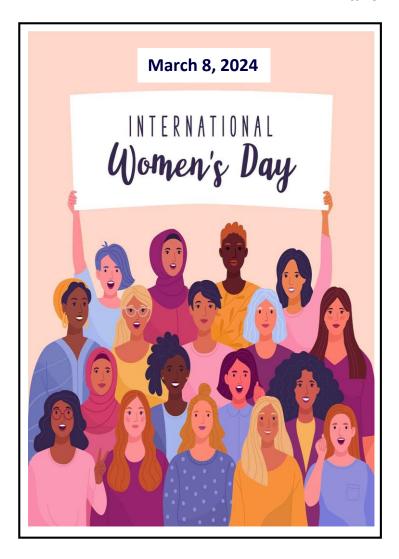


Bridlewood EarlyON Child & Family Centre



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

March 2024



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)f:

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

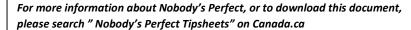


Mind: Play Is the Way Your Child Learns

- 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/department-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



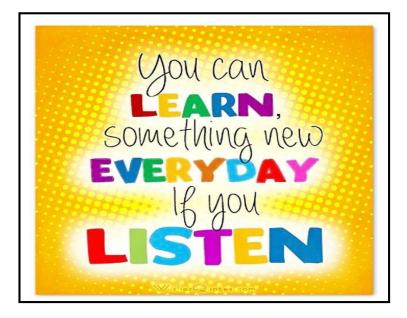
Directions:

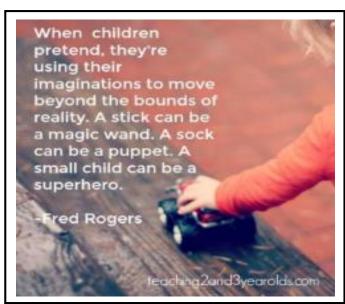
- 1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
- 2. Add KELLOGG'S® RICE KRISPIES® cereal. Stir until well coated.
- 3. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray or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

Divisional Coordinator: Jessie (416) 755-9215 jessiec@wsncc.org For general enquiries please email us at bridlewood@wsncc.org