

August 2026

**"If a child cannot
learn in the way we
teach, we must teach in a
way the child can learn."**

- Unknown



Teddy Bear

Teddy bear, teddy bear
Turn around
Teddy Bear, Teddy Bear
Touch the ground
Teddy Bear, Teddy Bear
Show your shoes
Teddy Bear, Teddy Bear
That will do



Teddy Bears Picnic

Bouncing Bubbles

Ingredients:

- 2 Tbsp. Sugar
- 4 Tbsp. Warm Water
- 1 Tbsp. Dish Soap
- Bowl
- Spoon
- Gloves
- Bubble wand or homemade wand

Directions:

1. In your bowl add sugar and warm water. Using your spoon stir your ingredients together until sugar has dissolved.
2. Next mix in your dish soap and stir.
3. Set aside for a few minutes.
4. Now put your glove on and you are ready to blow some bouncing bubbles!



Create a quiet zone...



TOUCH

Cushions with different textures, stuffed animals or blankets

TASTE

Chew toys to calm oral motor sensory input or your favourite snacks



SMELL

Experiment with calming aromas (essential oils)



SOUND

Silence or calming music

SIGHT



Sensory bottle, kaleidoscope, or string of holiday lights



Scavenger Hunt

Nature Scavenger Hunt is a great activity that allows children to practice problem solving and encourages exploration, discovery and imagination. Children will be challenged with their family to find a selection of natural items such as “a flower, tree, bug, ant, green or red leaf, butterfly, rocks, bird, etc.” Nature is full of educational opportunities and is an incredible source of curiosity.



What you will need:

Create a nature scavenger hunt list such as the one in the picture.

You can modify the list to fit your scene (park, woods, seashore, backyard, etc...).

Paper bag to put the natural items that the child collected in.

Print and cut out the list, then glue it to the bag. As an alternative to printing and gluing the list, with your help have your child think of his/her own ideas about the natural materials and you as a “caregiver” can write and draw them on the bag. In the end of the activity, talk about the hunt and ask your children some questions like “Which item was their favourite?”

Which item did they find first? Which was most difficult to find?”

Enjoy exploring nature as a family!

Chocolate Chip Cookie Banana Muffins

Prep

0-15 mins

Total

35 MIN

Servings

12 Servings

Ingredients:

- 20 chocolate chip cookies (2 inch), coarsely crushed, divided
- 1-1/4 cups flour
- 1/3 cup packed brown sugar
- 1tbsp Baking Powder
- 2 fully ripe bananas, mashed
- 1 egg
- 1/2 cup milk
- 3 tbsp oil

Instructions:

1. Heat oven to 400°F.
2. Reserve 1/2 cup crushed cookies for topping. Combine flour, sugar and baking powder. Mix bananas, egg, milk and oil in large bowl until blended. Add flour mixture; stir just until moistened. Stir in remaining crushed cookies.
3. Spoon into 12 muffin pan cups sprayed with cooking spray; top with reserved crushed cookies.
4. Bake 20 min. or until toothpick inserted in centres come out clean. Cool in pan 5 min. Remove to wire rack; cool slightly.



Parent Time

As a parent, self care often slips to the bottom of the list. We need to take care of ourselves in order to be able to take care of our children.

Here are some tips:

1. Prioritize healthy choices by having a nutritious and healthy diet to improve your mood.
2. Get enough sleep (at least 7-8 hours)
3. If you have a young infant or toddler try to rest when they nap.
4. Exercise! It is as good for our emotional health as it is for our physical health.



Volunteer/Student Opportunity

for
High School, College/University
Students and Community Members

If you would like to volunteer at one of
our EarlyON Centres please go to the
link below.

<https://www.wsncc.org/volunteer-application>





Comfort Play & Teach



Building Social Relationships

Learning social skills may not seem to be important for a baby, but social development is linked to all other areas of development, and it all starts with a secure attachment. Social skills are so much more than having fun; they include how children learn to communicate, interpret social situations, understand other's feelings and perspectives, and how they are able to function as adults and maintain relationships. Social skills allow your child to understand the world around them, the role they play in it, and it all begins with you.

Your Baby/Toddler (Birth to 36 months):

Having a secure attachment means that your child can trust you to be there when she needs you. She knows that no matter what is happening, she can rely on you to be there for her. When your baby knows that she can trust you, then she is free to begin to explore her world by socializing. When your baby socializes she learns who the important people are in her life, and she begins to learn other important concepts such as communication, problem solving, self-regulation and how to interact with others.

- Playing with your child is not only enjoyable, but it's a chance for your child to understand how to interact with others in social situations. Sharing, turn-taking and playing imaginatively are all ways that you can take advantage of engaging in social behaviours with your child. Role-playing is especially effective when demonstrating to your child how to "be gentle" with his toys for example.
- Let your child lead when you are playing together. It is during this play time that they show you what their interests are, or they act out the things that are important to them. You may offer suggestions to a problem as your child may look to you for guidance. It is also important to offer praise for your child's efforts in his play as well. When you are a fun play partner, your child will look for more social situations to engage in with you, other caregivers and eventually other children.
- Pay attention to signs of fatigue or boredom with an activity or toy, like turning away or pushing things away. This is your child's way of telling you that she's had enough, is overwhelmed or just tired and needs to move on to something quieter, like a book, or colouring. When your child is ready to play with you again, she will definitely get your attention.

Comfort

Watch for and respond to your baby's cues. He will tell you what he needs, and being responsive to this will tell him that he is loved and cared for.

Play

Make lots of eye contact and talk to your baby. When your baby makes a noise, respond to her by mimicking her and encourage her to make more noises and have a conversation.

Teach

By the age of one, your baby will be mimicking the behaviours she sees. Model good social behaviours so your baby can learn them too!



Visit the Parent page at www.IMHPromotion.ca for more tips and resources.

Your feedback is very important to us!

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

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