

December 2025

Jingle Bells

Jingle bells, jingle bells,
Jingle all the way.
Oh! what fun it is to ride
In a one-horse open sleigh.

Dashing through the snow
In a one-horse open sleigh
O'er the fields we go
Laughing all the way
Bells on bob tail ring
Making spirits bright
Oh what fun it is to ride and sing
In a sleighing song tonight!

Jingle bells, jingle bells,
Jingle all the way;
Oh! what fun it is to ride
In a one-horse open sleigh.



Rudolph the Red Nosed Reindeer

Rudolph the red-nosed reindeer had a very shiny
nose
And if you ever saw it you would even say it glows

All of the other reindeer used to laugh and call
him names
They never let poor Rudolph join in any reindeer
games

Then one foggy Christmas Eve Santa came to say
"Rudolph with your nose so bright won't you
guide my sleigh tonight?"

Then how the reindeer loved him, as they
shouted out with glee
"Rudolph the red-nosed reindeer you'll go down
in history!"



Pinecone Decoration

Materials:

- Pinecones
- String
- Paint
- Glitter



Directions:

1. Paint pinecone using a variety of colours
2. Decorate with glitter while paint is still wet
3. Allow to dry
4. Attach string

Self-care simplified: Why it's essential & how to make it happen

Part of unmasking mental health is dispelling the myth that self-care is self-indulgent. Caring for ourselves is simply making time to do things that improve both our physical and mental health; it's proactive and deliberate and it's critical to our mental and physical wellbeing. We should all practice self-care in some form every day from ensuring we get a good night's rest to getting help when we need it.

Self-care is intentional and enriches our lives. It has benefits beyond our selves because it helps us show up better for others too.

In fact, regular, quality self-care has been shown to improve mental health, enhance self-esteem and self-worth, increase optimism, and lessen symptoms of anxiety and depression. It can also help build resilience so you're better able to handle life's many stressors and challenges.

There's no one-size-fits-all when it comes to self-care. Our own needs, lifestyle, and preferences are unique, so how we take care of ourselves might be different from our friends' or family's practices. Try out different things to learn what works best for you. Even what might be considered a small act can have a big impact on your mental health. Maybe it's talking to a friend, meditating, or going for a walk. Just make sure it's something you enjoy so you can stay consistent with it and reap the full benefits.

Here are some simple ways to practice self-care:

- get a good night's rest
- eat balanced meals
- take a bath
- snuggle with pets
- spend time in nature, e.g., go walking or, hiking, do some gardening, or just sit outside
- do some physical activity, e.g., a workout, stretching or yoga, paddling, or team sports
- meditate / practice mindfulness
- get creative: make or build something
- spend time with people who lift you up
- get professional mental and physical therapy when you need it



Self-care is also about *not* doing certain things. Set and honour healthy boundaries like screen-time limits and sticking to regular work hours to ensure you have the time and energy to take care of yourself.

So, what are you waiting for? If you're not taking care of yourself, who will?

Spinach Quiche

Ingredients

- 1 cup chopped onion
- 1 cup sliced fresh mushrooms
- 1 tablespoon canola oil
- 1 package (10 ounces) frozen chopped spinach, thawed and well drained
- 2/3 cup finely chopped fully cooked ham
- 5 large eggs
- 3 cups shredded Muenster or Monterey Jack cheese
- 1/8 teaspoon pepper



Directions

1. In a large skillet, saute onion and mushrooms in oil until tender. Add spinach and ham; cook and stir until excess moisture is evaporated. Cool slightly. Beat eggs; add cheese and mix well. Stir in spinach mixture and pepper; blend well. Spread evenly into a greased 9-in. pie plate or quiche dish. Bake at 350° for 40-45 minutes or until a knife inserted in center comes out clean.



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We offer free solution-focused, single session support to infants, children, youth, young adults (up to age 29) and their families.

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Walk-In service,
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**If you're a young person, call us for a session
if you're:**

- feeling sad, worried or angry
- having fights with your parents
- being bullied
- dealing with a personal issue
- feeling like you might hurt yourself
- suffering because someone has hurt you
- feeling like you are being treated unfairly

Or if there's anything else on your mind

If you're a parent, call us if you're:

- concerned about your child's development
- constantly arguing with your child or young person
- concerned about your child's school progress

Or if there's anything else on your mind

- Services closed on statutory holidays.
- Capacity at times reached before last registration.
- Face masks are available for in-person sessions.

Body: Be Your Child's Health Coach

Children look up to their dads. As a dad and a role model, you can help your child learn to have a healthy lifestyle by eating well and exercising regularly. Help support your child's healthy development and habits by staying on top of yours. Have fun and be active: Try to be flexible and enjoy your time with your child. Encourage your child to do energetic activity every day. Being active helps you and your child to deal with stress and other emotions too. This is important for all of you!

Be active. Physical activities develop strength, coordination, confidence, and are part of helping maintain a healthy weight. They also influence your child's health and wellbeing and will encourage your child to stay active as they get older. Search "Canadian Physical Activity Guidelines" on www.canada.ca for more information on being active.

Do it together. Go on walks, take bike rides, play in the snow, go skating or go swimming. Active children need a way to let out their energy. Allow for movement in your child's day. Have your toddler walk with you - pushing the stroller sometimes. Take the elevator. Take the stairs. Less active children may need some encouragement. Make a game of it. Hop like a bunny from the kitchen to the bedroom or do jumping jacks before getting dressed.

Be involved. Go out in the community. You and your child can meet new people and learn new skills at the playground.

Limit "screen time". Keep television, computer use, and gaming to a minimum. Screen time for children younger than 2 years is not recommended. For children aged 2 to 5 years, limit routine or regular screen time to less than 1 hour per day.

Eat well, and watch the snacks. Help your child learn healthy eating habits. Your job as a parent is to set regular meal and snack times. Your child's job is to decide how much to eat. We all need a balanced diet. Share mealtimes and eat with your child. Avoid snacking while watching TV because people tend to eat snacks higher in sugar and fat while doing so. Have a bowl of fruit in front of you instead.

Relax and sleep. Make sure you and your child get enough sleep. Your physical and mental health relies on being rested. Slow down, snuggle and read a book together.

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

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Your feedback is very important to us!

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

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