

February 2026



Finger Family

Tommy Thumb is up and Tommy Thumb is down
Tommy Thumb is dancing all around the town
Dance him on my shoulder, dance him on my head,

Dance him on my knees and tuck him into bed.

Peter Pointer...

Toby Tall...

Ruby Ring...

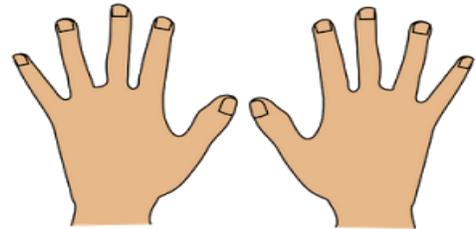
Baby Finger...

Finger Family up and Finger Family down

Finger Family dancing all around the town

Dance them on my shoulder, dance them on my head

Dance them on my knees and tuck them into bed



School Registration

Just a reminder to parents that if your child was born in 2022 they are able to start school this September.

You can register your child online by going to the following websites for public or catholic schools:

[Elementary School \(tdsb.on.ca\)](https://tdsb.on.ca)

[Kindergarten Registration | Toronto Catholic District School Board \(tcdsb.org\)](#)

Kindergarten

Sign up now!

Finger Family - finger puppets

Materials:

- Paper
- Glue
- Scissors
- Markers
- Crayons

Directions:

1. Cut out strips of paper
2. Make ring shape just a little larger than your child's fingers and glue in place
3. Draw the face of the people in your family on a separate sheet and colour them
4. Cut out face and glue to the paper ring



You can make as many family members as you like. You can even include your pets.

Now have fun singing the “Finger Family Song” and acting it out with your own puppets (see song on page 1)

**You can also make animals and use them to sing “Old MacDonald Had a Farm”
Or make monkeys to sing “5 Little Monkeys jumping on the Bed”

Growing Healthy Together Prenatal Program

This program offers prenatal education, nutrition information, healthy snacks, one-to-one health and nutrition counselling, and peer support to pregnant women experiencing a variety of risk factors linked to low birth weight, including low income, newcomer status and poor nutrition.

The Growing Healthy Together program encourages healthy pregnancies to reduce the number of infants born with low birth weight and supports breastfeeding and positive parenting. This program is delivered at various community locations in partnership with agencies throughout Scarborough.

This is a FREE program and registration is required.
To register please call **416-438-3697, extension 14349.**



Family Fun Pizza Night

With this fun dinner. Everyone can create their own personal pizza.

Ingredients:

- flour tortillas as crusts
- sauce
- mozzarella cheese-shredded
- you can add your own ingredients to taste-meat, veggies, pineapple etc.

Directions:

1. put sauce on your tortilla crust
2. add your ingredients
3. top it off with cheese
4. bake at 410 degrees F for 10 minutes



Enjoy!



EarlyON
Child and Family Centre
ON y va
Centre pour l'enfant et la famille

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.wsnc.org/volunteer-application>





Comfort Play & Teach



Music and Movement

Making music and movement part of the daily curriculum supports children's development in joyful ways that bring beauty into their lives. It is a lovely way to turn learning activities into Comfort, Play & Teach time. Whether children dance with scarves, sing "Old MacDonald", listen to favourite recordings, or keep the beat to nursery rhymes using shakers or rhythm sticks, they are showing a natural urge to be musical!



Comfort

- Music can communicate many different emotions, like joy, sadness, excitement and love. Using it effectively in the classroom enables children to explore a range of feelings and to express their own. Play background music while children paint, or sing a lullaby at rest time. Repeat songs, finger plays and rhymes that make children laugh and smile, to build each child's esteem.
- There are many ways in which music helps children to feel successful and confident. They can remember the words to songs and rhymes or invent their own movements to music. They can easily play instruments like maracas and jingle hammers, instantly producing satisfying sounds. Children's creative expression lets them show their own uniqueness and how special they are.

Play

- Each area of the curriculum can allow children to explore music. Provide instruments as a science activity, so children can compare sounds, or include some in the drama centre for imaginative exploration. Play singing games out on the playground. Create sound makers at the art table. Read books that invite chanting and moving at circle time. Music can enrich each learning area!
- Nursery rhymes have a wonderful rhythm patterns that encourage children to play with and hear the musical qualities of language. There are many characters that children can role-play, like *Humpty Dumpty*, *Lucy Locket*. Adding actions, movement, and drama to language experiences reinforces children's learning in different ways and opens up their imaginations.

Teach

- Having musical instruments available in the classroom can allow children to ask a variety of questions. They can learn what instruments are made of, and how they make different sounds. They can discover where instruments come from and how music of different cultures sounds. They can compare the differences between drums, rasps, finger cymbals, thumb pianos, maracas and rain sticks.
- Children can be introduced to musical concepts through the simplest songs and rhymes. They can pat the beat on their laps as they listen to music and feel the *rhythm* of words in nursery rhymes. They can sing *loudly*, or whisper *softly*, tip-toe *quickly* or crawl *slowly*. By exploring a variety of instruments made from metal, wood, skin, or plastic, they can compare each sound quality or *timbre*. Children will delight in learning *melody* as they sing their favourite songs.

Your feedback is very important to us!

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

Divisional Manager: Jessie (416) 755-9215 Ext. 242 jessiec@wsncc.org

Bridlewood Site-Supervisor: Barb barbs@wsncc.org

For general enquiries please contact us at:

Bridlewood EarlyON (416) 491-1466 bridlewood@wsncc.org

Scarborough Southwest EarlyON (416) 266-8289 sswearlyon@wsncc.org

West Scarborough EarlyON (416) 755-9215, wsearlyon@wsncc.org