

January 2026



Wishing all our families a very healthy and happy new year!

Hickory Dickory Dock

Hickory dickory dock. The mouse ran up the clock.
The clock struck one (clap hands and count).
The mouse ran down. Hickory Dickory dock.

Hickory dickory dock. The mouse ran up the clock.
The clock struck two (clap hands and count).
The mouse said "Boooo". Hickory dickory dock

Hickory dickory dock. The mouse ran up the clock.
The clock struck three (clap hands and count). The mouse said "Weeee"

Hickory dickory dock. The mouse ran up the clock.
The clock struck four (clap hands and count).
The mouse said "No more". Hickory dickory dock



Homemade Snow

Materials:

- Waterproof tray
- Large mixing bowl
- 5 cups Baking Soda
- 1 cup Hair Conditioner
- 1/3 cup Water



Directions:

1. Mix all ingredients in the mixing bowl until it is blended
2. Once done you can have lots of fun playing and creating your own snowman

Your child's enhanced 18-month well-baby visit



Introduction Eighteen months is a milestone in a child's development and a visit to a family physician or other health care provider at this time is important. Ontario has recognized the importance of the 18-month well-baby visit by funding a longer, more in-depth visit. The overall goal of this new initiative is to better support the healthy development and well-being of Ontario's children. What it means for you and your child is that you can have a more detailed discussion about your child with your

What can I expect at this visit? When you go for your visit you and your health care provider will discuss your child's development. You will complete a checklist, such as the Nipissing District Developmental Screen™, which provides a snapshot of your child's development and a starting point for your discussion. Alongside the checklist is information on typical child development, as well as activities to enhance development. If you'd like to look at the checklist in advance, you'll find it at www.ndds.ca. It is a helpful parent tool that is free online to Ontario residents. The enhanced 18-month well-baby visit is an opportunity for you to discuss your child's development and ask any questions you may have. For example, you may want to talk about your child's motor or communications skills or behaviour concerns. The visit also allows early identification of any concerns and a referral to specialized community services, if necessary, for your child.

Self Care

What People Think Self-Care Is

- Overindulgence in spending
- Binge-eating your favorite but unhealthy foods
- Participating in activities that provide instant gratification
- Going on expensive and lavish vacations
- Perfecting oneself by any means necessary
- Numbing bad feelings using alcohol or illicit substances
- Binge-watching television

What Self-Care Actually Is

- Prioritizing one's physical and mental health
- Adopting healthy lifestyle habits that can be maintained long-term
- Eating a healthy diet
- Finding exercise activities that you enjoy and participating in them regularly
- Getting an adequate amount of good-quality sleep
- Following treatment plans for existing conditions accordingly
- Taking time out for yourself to participate in healthy activities you enjoy

Bread

Ingredients

- 1 package (1/4 ounce) active dry yeast
- 3 tablespoons plus 1/2 teaspoon sugar
- 2-1/4 cups warm water (110° to 115°)
- 1 tablespoon salt
- 6-1/4 to 6-3/4 cups bread flour
- 2 tablespoons canola oil



Directions

1. In a large bowl, dissolve yeast and 1/2 teaspoon sugar in warm water; let stand until bubbles form on surface. Whisk together salt, 3 cups flour and remaining 3 tablespoons sugar. Stir oil into yeast mixture; pour into flour mixture and beat until smooth. Stir in enough remaining flour, 1/2 cup at a time, to form a soft dough.
2. Turn out onto a floured surface; knead until smooth and elastic, 8-10 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, 1-1/2 to 2 hours.
3. Punch dough down. Turn onto a lightly floured surface; divide dough in half. Shape each into a loaf. Place in 2 greased 9x5-in. loaf pans. Cover and let rise until doubled, 1 to 1-1/2 hours.
4. Bake at 375° until loaf is golden brown and sounds hollow when tapped or a thermometer reads 200°, 30-35 minutes. Remove from pans to wire racks to cool.

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TORONTO Public Health

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



Dramatic Play

Through dramatic play children show their understanding of the world. As they encounter family members, friends, teachers and community helpers, children learn to interact positively, and express feelings appropriately. Dramatic play provides Comfort, Play & Teach™ opportunities for children to explore their feelings and relationships, experiment with different roles, and to practice skills like dressing and tidying.



Comfort

- The dramatic play area allows children to practice social skills like sharing, turn-taking, conversing and collaborating. As they play together, children decide who will be the grown-up or the baby, and practice using phrases they have learned. They can be different people, and express various emotions while they make sense of their daily experiences through play.
- Conflict can arise during group play, for example when a child does not want to play an assigned role, or when someone takes away a toy that someone else is using. Children can be guided to use words to describe their feelings, or to ask for things they want. Dramatic play can help build skills required for respecting and getting along with other people.

Play

- Role playing is not just for the dramatic play centre. Small figures like people, animals and vehicles can be used in the sand and water tables. Puppets make an excellent addition to the language area. Children will learn a lot by playing with plastic snakes and insects at the science centre. Simple dolls can be made at the art table from clothes pegs and fabric or from corn husks.
- Children learn by observing and modeling after different people in their family and community and through manipulating things. Providing household items and clothes permits children to imitate their parents and siblings, while providing doctors' kits or grocery store materials lets children safely play out experiences they have had in different environments, like medical offices and shops.

Teach

- Include materials in the dramatic play centre that promote math and literacy skills. For example, a toy cash register or sets of plastic dishes can support children's understanding of counting. Labels on food containers and board books to "read" to the dolls can encourage children's interest in and use of print. Children can practice many important school readiness skills through drama.
- Through dramatic play, children can strengthen their fine motor skills and practice activities and tasks that they help with at home. Clothes with zippers, buttons, snaps and velcro support children's ability to get dressed, while toy dishes and food enable children to pretend to cook, practice setting the table, serve meals and feed themselves. Play helps to teach children life skills.



Visit www.IMHPromotion.ca for more great activities and resources.

Created by the experts through Invest in Kids and hosted by Phoenix Centre for Children and Families and IEMHP



Your feedback is very important to us!

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

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