

July 2025

HAPPY
CANADA
DAY

JUST BREATHE.
You are strong enough to
handle your challenges,
wise enough to find
a solution to your problems,
and capable enough to do
whatever needs to be done.

Lonni Duckens

tinybuddha.com

O Canada

O Canada!
Our home and native land!
True patriot love in all of us command.

With glowing hearts we see thee rise,
The True North strong and free!

From far and wide,
O Canada, we stand on guard for thee.

God keep our land glorious and free!
O Canada, we stand on guard for thee.

O Canada, we stand on guard for thee.



Two Little Birdies

Two little birdies
sitting on the wall

One named Peter
and one named Paul

Fly away Peter
Fly away Paul

Come back Peter
Come back Paul



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 mind is
a powerful thing.
When you fill it with
positive thoughts,
your life will start to change.*



Playground Safety



1. Stay close to your children while they are on equipment
2. Always remove drawstrings, cords or anything else that can get tangled on equipment from your child's hood, hat or jacket
3. Tie up and tuck in scarves and shoelaces
4. Have your child wear shoes with rubber soles, not sandals or bare feet
5. Walk around the playground to look for hazards and check the surface and equipment for safety
6. If children cannot climb onto the playground equipment by themselves, they are too small to be on it
7. Make sure children do not tie strings or skipping ropes to slides and other playground equipment

Visit the Farm

Visit this local farm right in the middle of the city.

Riverdale Farm

201 Winchester Street, Toronto, M4X 1B8

Here are 2 other farms that you can visit where you can see the animals and pick fresh fruit or vegetable and have fun!

Pingles Farm

1805 Taunton Road East,
Hampton, Ontario, L0B 1J0

[Pingle's Farm - Pingle's Farm Market](http://Pingle's Farm - Pingle's Farm Market (pinglesfarmmarket.com))
[\(pinglesfarmmarket.com\)](http://pinglesfarmmarket.com)

Watson's Farm

2287 Hwy 2 Bowmanville, Ontario
L1C 3K7

mail - info@watsonfarms.ca

Phone: [905-623-9109](tel:905-623-9109)



Grilled Cauliflower Salad with Tahini Yogurt Sauce

Ingredients:

- 1/4 cup olive oil
- 1 tablespoon ground sumac
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 8 cups cauliflower florets (larger bite-size pieces)
- Kosher salt and freshly ground black pepper
- 1/3 cup plain whole-milk yogurt
- 2 tablespoons tahini
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- 1/2 cup fresh mint leaves, chopped
- 1/2 cup fresh flat-leaf parsley chopped
- 3 green onions, chopped
- 1/2 small red onion, chopped
- 1/2 cup walnuts, chopped
- 1/3 cup sultanas or golden raisins

Directions

1. Preheat a grill to medium-high.
2. Combine 3 tablespoons of the olive oil, 2 teaspoons of the sumac and the cumin and turmeric in a large bowl. Add the cauliflower florets and toss with the spice mix until fully coated.
3. Place a grill basket or a 12-by-18-inch piece of aluminum foil on the grill, then add the cauliflower in a single layer. Close the lid and grill for 15 minutes. Open the lid and flip the florets with a pair of tongs. Close the lid and grill until the cauliflower is charred in spots and crisp tender, 10 to 15 minutes more.
4. Meanwhile, whisk together the yogurt, tahini, lemon juice, garlic, remaining 1 tablespoon olive oil, remaining 1 teaspoon sumac, 1/2 teaspoon salt, 1/4 teaspoon pepper and 3 tablespoons water in a small bowl. Set the tahini yogurt sauce aside.
5. Transfer the grilled cauliflower to a large serving plate and season with salt. Top with the mint, parsley, green onions, red onions, walnuts and sultanas, then drizzle with the tahini yogurt sauce (see Cook's Note). Serve warm or at room temperature.



Paper Towel Roll Kazoo

- Supplies:
- Paper towel roll or toilet paper roll
- Wax paper
- Elastic band
- Paint
- Markers
- Stickers
- Paper
- Glue



DIY Kazoo
PAPER TOWEL ROLL CRAFT
-HAPPY TODDLER PLAYTIME-

Directions:

1. Decorate the paper roll
2. Poke 2 or 3 holes down the side of the roll
3. Cut the wax paper into a square and fit over the end of the roll
4. Attach the wax paper with an elastic band
5. Put the open end of the roll over your mouth and hum into the roll.



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

2555 EarlyON (416) 266-8289 2555@wsncc.org

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