



Boys & Girls Clubs of Hamilton

# EARLYON CHILD AND FAMILY CENTRES



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## OUR VIRTUAL TEAM



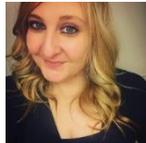
Xiu Xiu



Stacy



Ania



Michaela

Be sure to check out our August Virtual Schedule for some updated programs for the remainder of the summer!

<http://www.kboysandgirlsclub.com/early-years-programs1.html>

## WHAT'S HAPPENING AROUND THE CLUB...



Facebook

[www.facebook.com/BGCHamilton/](http://www.facebook.com/BGCHamilton/)



Twitter

<https://twitter.com/bgchamilton>



Instagram

<https://www.instagram.com/bgchamilton>

BGCH@Home

<http://www.kboysandgirlsclub.com/bgch-home.html>

## EARLYON @HOME



Boys & Girls Clubs of Hamilton



### EARLY YEARS VIRTUAL PROGRAMMING

Join Us!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Family Gathering Time 1:00 pm	Mother Goose 10:30 am Registered Program July 14 <sup>th</sup> (4 weeks) Small Group Activity 1:30 pm	Family Gathering Time 10:30 am	Infant Massage 1:30 pm Registered Program July 16 <sup>th</sup> (5 weeks) Family Gathering Time 6:00 pm	Parent & New Baby Network 10:00 am Have a Ball 1:30 pm Registered Program

Programs Beginning July 6<sup>th</sup> 2020

Please contact [michaela@kboysandgirlsclub.com](mailto:michaela@kboysandgirlsclub.com) to register.

Hurry! Register Today!

## CHILDREN'S CORNER

### CARDBOARD SENSORY BOXES

#### INFANT ACTIVITIES

"The senses, being explorers of the world, open the way to knowledge. Our apparatus for educating the senses offers the child a key to guide his explorations of the world . . ."  
~ Dr. Maria Montessori



This is easy to make sensory box. Tape on some ribbon and cut up some shapes. You can add some toys, and let your little one explore in it.

Sensory play supports language development, cognitive growth, fine and gross motor skills, problem solving skills, and social interaction.

Sensory activities facilitate exploration and naturally encourage children to use scientific processes while they play, create, investigate and explore.

The sensory activities allow children to refine their thresholds for different sensory information helping their brain to create stronger connections to process and respond to sensory information.



## CHILDREN'S CORNER

### TODDLER ACTIVITIES

## MAKING PLAYDOUGH

### Ingredients

- ❖ 3 cups of flour
- ❖ ½ cup of salt
- ❖ 2 tbsp. of cream of tartar
- ❖ 2 cups of boiling water
- ❖ Food colouring (optional)
- ❖ 3 tbsp. of oil

### Steps:

- o Mix all dry ingredients together in a mixing bowl
- o Mix all wet ingredients together to ensure an even colour.
- o Combine all wet and dry ingredients together with a spoon, then as soon as the mixture cools down, mix with your hands until smooth and no longer sticky.

### Benefits of Playdough

- ❖ Fine motor skills
- ❖ Hand-eye coordination
- ❖ Math
- ❖ Learning science concepts
- ❖ Cooperation
- ❖ Turn taking
- ❖ Language
- ❖ Social and emotional literacy



## CHILDREN'S CORNER

### PRESCHOOL ACTIVITIES

### PASTA JEWELRY



#### *What you need*

- Uncooked hollow pasta (eg. penne)
- Ziplock bags
- Food colouring
- Paper towel

#### *Activity*

**Step 1:** Place your uncooked pasta into a Ziploc bag.

**Step 2:** Pour a few drops of food colouring into the Ziploc bag.

**Step 3:** Zip up the bag and shake until the food colouring has mixed evenly through the pasta.

**Step 4:** Empty the coloured pasta from the bag onto paper towel and leave it to dry.

**Step 5:** Get ready to thread. A tip for threading pasta for small fingers is to attach a match to the end of the string with sticky tape.

**Step 6:** Once dried you can thread it onto string to make beautiful pasta jewelry creations.

# **BARRETT CENTRE FOR CRISIS SUPPORT**

**24 HOUR CRISIS LINE: 905.529.7878**

**TOLL FREE: 1.844.777.3571**

Barrett Centre for Crisis Support provides a safe environment in the community for individuals who are experiencing a mental health and/or substance use crisis and who do not require a hospital stay. We serve all genders, 16 years of age or older. Our confidential and free services are available 24 hours a day, 365 days a year.

## **Services Provided:**

- Telephone crisis assessment, intervention and support
  - In-person crisis counselling
- Short-term crisis stabilization bed stay (including police designated Safe Beds)
  - Group Counselling
  - Peer support drop-in group

**For more information please visit their website**

<https://www.goodshepherdcentres.ca/barrett-centre-for-crisis-support>



## TERRIFIC SNACK TIPS

### TURKEY AVOCADO WRAP

#### Ingredients:

- flour tortillas or flat-bread wraps
- 12 ounces sliced cooked turkey or chicken
- Cut up assorted vegetables
- 1 avocado, halved, seeded, peeled, and sliced
- ½ cup mayonnaise or salad dressing

#### Directions:

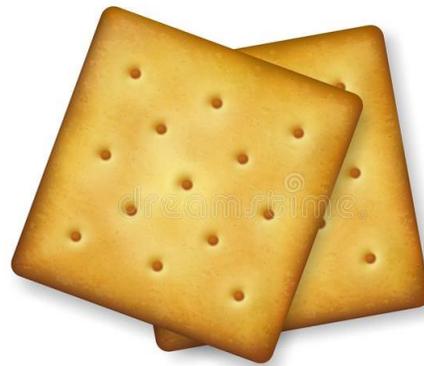
- Lay your wrap out and spread some mayonnaise or salad dressing on the bottom
- Add your meat, veggies and avocado and wrap it up!



## SING- A- LONG SONGS

### Acka Backa

Acka backa soda cracker  
Acka backa, peek a boo!  
Acka backa soda cracker,  
Up goes you!  
Acka backa soda cracker,  
Acka backa, peek a boo!  
Acka backa, soda cracker,  
I love you!!!



Early Years