

Community Connections

– May 19



Good morning!

During these uncertain times, we want to stay connected to you and our community, supporting each other and sharing resources will help all of us and the families that we work with. Below you will find information and resources that are inspiring us – please feel free to pass this information on to anyone who might be interested.

*Also, please let us know if there is anything you have found that has **inspired you** and we will share in future newsletters.*



This was spotted on the front lawn at St Catharines Regional Child Care centre who are currently offering Emergency Child Care to essential workers.

Spotlight Program: Niagara Parents

My name is Rachel and I am a Health Promoter in Family Health. I run the **Niagara Parents** Facebook & Twitter pages

Our most liked post for Facebook was our real people picture highlighting Rose, delivering resources to families in need. The post also highlighted that [Niagara Parents](#) is still here for the Niagara community:



Our most liked (& shared) post on Twitter is listed below. Perhaps parents have been finding it especially difficult to keep their kids active/occupied at home, and appreciated [the link](#) to the Active for Life resource!



Niagara Parents @NiagaraParents · Apr 28

School-aged children still need at least 60 minutes of activities that make their heart beat faster in order to keep them healthy and strong! 🏃

Visit @activeforlife for 200+ activities you can do with kids at home:
activeforlife.com/activities/



👍 16 ❤️ 25 🔄

Stay up-to-date:

Want the latest Covid-19 information from Canada, Ontario and Niagara? Be sure to get your information from dependable sites: (**Facebook Friends are NOT reliable information sources**)

Niagara Region Public Health Daily Covid-19 Updates: [Click Here](#)

Niagara Region Community Resources: is working with the community to ensure residents are connected to resources, services, programs and support during the COVID-19 pandemic. [Click Here](#)

Ontario Government Covid-19 Update Page: [Click Here](#) français: [Cliquez ici](#) (this site has the information available in many other languages)

Health Canada Covid-19 Update Page: [Click Here](#) français: [Cliquez ici](#)

Thank-you to all the staff working in the Emergency Child Care

and Home Child Care Programs in Niagara

In April, four of the **Niagara Region Child Care Programs** opened their doors for essential workers. At that time some **Regional Niagara Home Child Care Program Providers** and some **Wee Watch Licensed Home Child Care Niagara Providers** also opened their homes for Emergency Child Care Services. In May **St. Thomas Child Care** joined in providing Emergency Child Care Services.

Currently there are 88 families served in these programs, supporting families that work in health care within a hospital setting, in health care within a long term care setting, in policing or corrections, in

public health, are paramedics/EMTs or work in emergency child care, pharmacies, postal service, shelters, or grocery stores.

Here is what people are saying about the Emergency Child Care Services:

From an RECE: Every Friday we have a theme for the children to enjoy such as crazy hair day, yoga, karaoke, a talent show, and a dance! Before our dance, one of our educators came up with the idea of creating a scavenger hunt to find treasure that will help our dance become magical. We worked as a team to find mystery envelopes with clues which created the word "GLOW". We then found a basket full of glow sticks that were given to the children to use for the glow dance party. The children created a request sheet for music and we had a rocking time!

From a parent: I do want to say...how truly thankful I am for people like you and your staff that open your arms to caring for children during this time. You are all angels and are contributing on such a huge scale!!! Thank you for your kindness and also your sacrifices

From a Home Child Care Provider: I've had to remove my beautiful circle carpet from the playroom, I've placed large stickers on the floor where we typically have that carpet. With the large stickers in place, the children have a pleasant way of finding where to sit during circle, and it clearly shows how far apart they must all be from each other.

From an RECE: Every day when I screen I have parents who are constantly telling me how thankful they are for the care we are providing. I had one parent tell me her children do not want to go back to school because they love it so much here. Mom said that transitions in the morning have been fantastic as they get up and get ready because they are excited to get here. I have had another parent tell me they are happy with how much her daughter is learning and the care we provide. It's been an on-going list of positive feedback in the morning! Which is great news in such crazy times!

From a Supervisor: one family has brought us in lunch with subway sandwich's for all the staff to show how much she appreciates all the hard work the RECE's have done for care for her children

From an RECE: the children are playing a game called "any changes?" They going up to one another and asking "any changes" as if they are screening each other like the staff do.

From a Home Child Care Provider: The children are staying busy during this crazy time. Despite the amount of time consumed by the extreme measures like cleaning and disinfecting, LOL, I still have been able to keep the children busy and following a schedule every day.

From a Parent: You have just made my day!...I wasn't sure what I was going to do about child care?

From an RECE: Proud to join the list of essential workers and support the children and families in our community, as we all try to navigate life during this unprecedented time.

From a Supervisor: I heard mom and child as they were leaving and mom asked the child how their first day was. Child responded "It was the best day ever!"

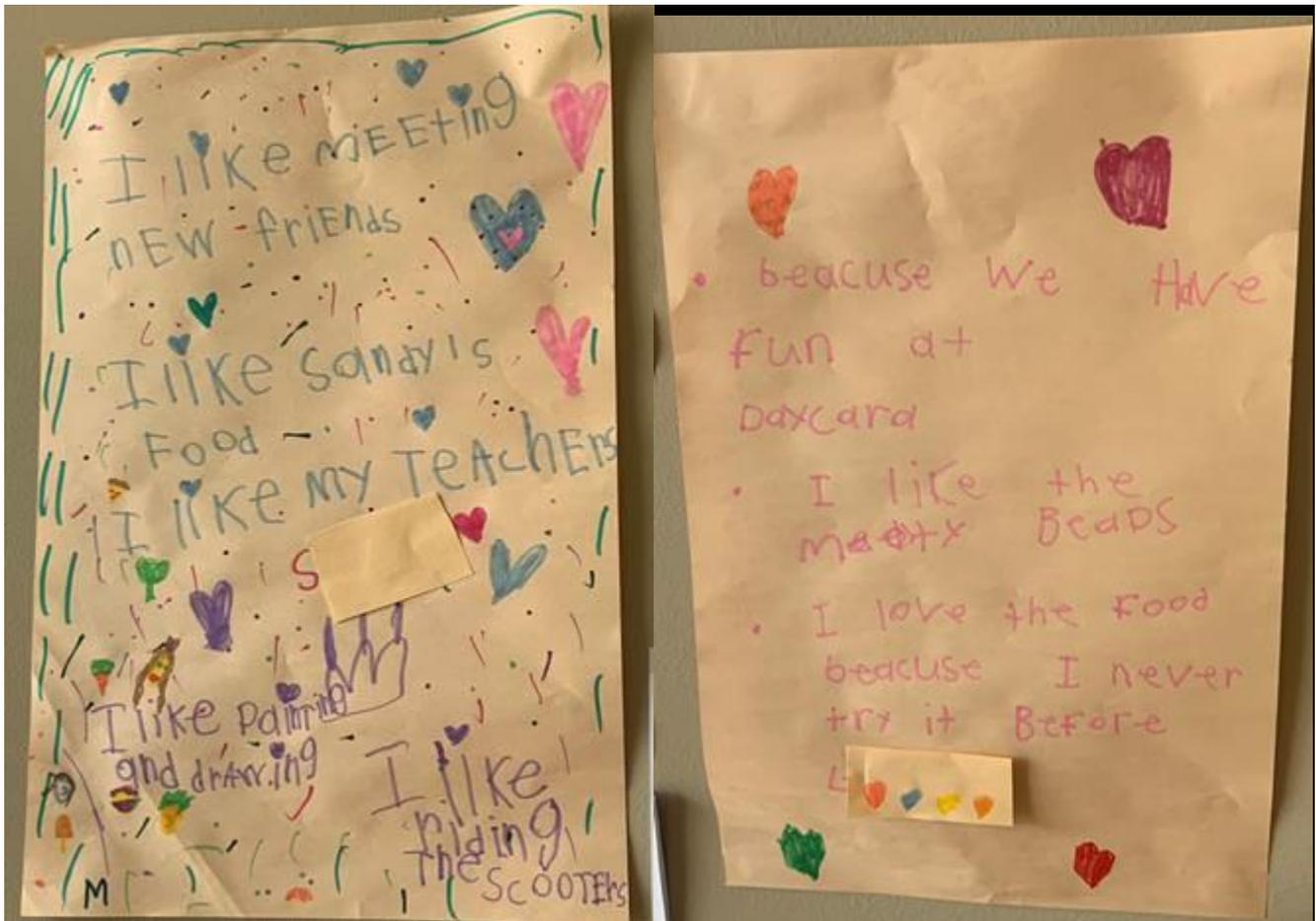
From and RECE: We all feel a sense of pride having the opportunity to step up and be here so our front line workers can continue their essential work because they are confident that their child is in a safe environment

From a Parent: This is so nice that we don't have to pay for this care. I could just cry.

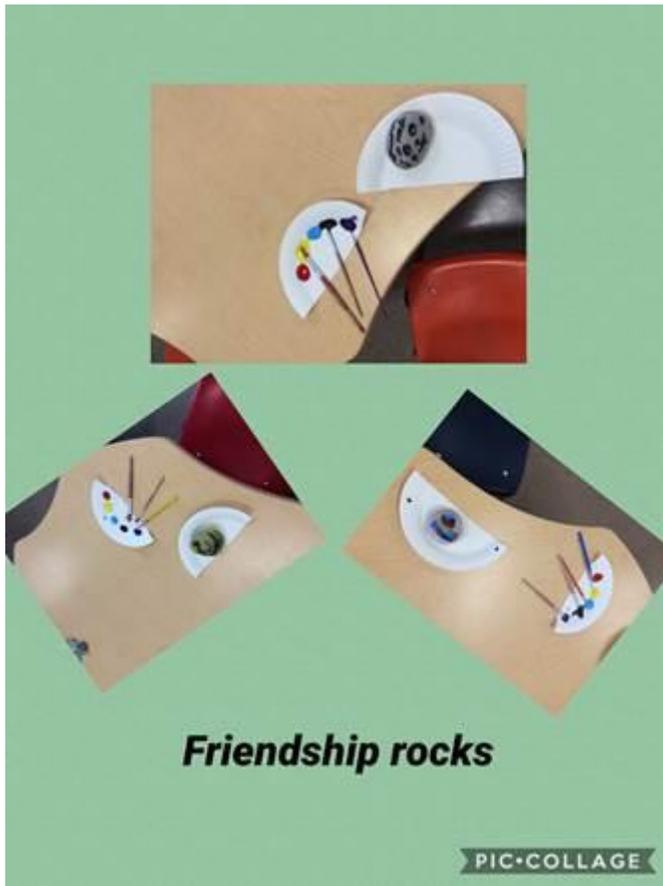
From and RECE: we have welcomed the chance to learn alongside the children in the care (keeping social distancing in the forefront, of course! !)

From a Parent: Thank you so much! I already feel such a huge weight off my shoulders!

From the children:



Fun Activities at Emergency Child Care



Supports for you, your clients and families:

COVIBOOK: Manuela Molina created this short book to support and reassure our children regarding the COVID-19. This book is an invitation for families to discuss the full range of emotions arising from the current situation. [Click Here](#) It is available in multiple languages

Spike and Toody: is a show about a little boy and girl who are able to talk about the kinds of things they're thinking about during this pandemic. [Click Here](#)

Roots of Empathy: [Click Here](#) for a series of mental health and well-being videos designed for parents of elementary school children. These videos are offered in 18 languages, including six Indigenous languages

Infant Mental Health Promotion: shares IMH resources that are free on their Facebook page [Click Here](#)

Growtherapy: Child & Adolescent Mental Health and Wellbeing: [Click Here](#) for their Facebook page that contains many free tips and information.

Wellness Together Canada: is a new portal for Canadians seeking information on mental health and substance use support specifically designed to provide support in the midst of the pandemic [Click Here](#)

Kindness Curriculum: [Click Here](#) for their new Kindness in the Classroom® curriculum. It is an evidenced-based social emotional learning curriculum designed to help create a culture of kindness.

Pathstone Mental Health: [Click Here](#) For existing Pathstone clients/ families, Counselling will be offered one-on-one, over the phone with your therapist. For **ALL** children, youth up to age 18 and their families across Niagara Region, Counselling is offered 24/7 through our **Crisis & Support Line** at 1-800-263-4944.

Niagara Parents: [Click Here](#) to connect with a public health nurse about parenting questions or call 905-684-7555 or 1-888-505-6070 ext. 7555 (*available in multiple languages*)

Check out these Locally Sourced resources and activities:

Safari Niagara [Click Here](#) to get up close and personal with the animals or [Click Here](#) for scavenger hunts, colouring pages and contests.

Wye Marsh: [Click Here](#) for some activities and resources that you and your family can utilize to stay connected to nature while social distancing.

Great Wolf Lodge: [Click Here](#) for crafts ideas, yoga poses, how to make a teepee and many more ideas.

The Brock Learning Lab: Brock's educational team has curated online resources for parents to use at home with their children [Click Here](#) for the full list of ideas and resources.

Things to do to keep you and your children busy while you at home:

#CanadaTogether: [Click Here](#) for the national initiative to inspire, educate & engage Canadians as we band together during these times.

Cultivating Fitness in Kids: Lambton College is offering free on-line mini courses [Click Here](#)

Life on Earth: twitter feed will give you animal cuteness overload. [Click Here](#)

ASCY: [Click Here](#) for some amazing virtual learning opportunities. Or [Click Here](#) and check out the activities and ideas on their Facebook page

Ontario Science Centre: [Click Here](#) for experiments and activities for you children to engage in at home

Kid Food Nation: [Click Here](#) for lots of fun activities and recipes for kids and it's Canadian.

YTV: [Click Here](#) for downloadable games and activities.

SKIP for Early Years Educators: [Click Here](#) for "A Parent's Guide to Promoting Early Learning and Development at Home in the Early Years"

Scholastics Learning From Home: [Click Here](#) for teaching at home activities for grades pre-K to 9, as well as resources for families and teachers

SUPPORTING LEARNING AT HOME

Bethesda



This workshop describes strategies, based on Applied Behaviour Analysis (ABA), for parents and caregivers to support their child in participating in learning activities at home.

The workshop will be presented by an ABA Supervisor from the Niagara Catholic District School Board and a Clinical Supervisor from Bethesda.

DATES

Wednesday May 13, 2020: 6:30 p.m. – 8:00 p.m.

OR

Wednesday May 20, 2020: 2:00 p.m. – 3:30 p.m.



PRE-REGISTRATION IS REQUIRED

Register by calling 905.684.6918 ext. 170
or email serviceinfo@bethesdaservices.com

Be sure to leave your contact information, your child's name,
and the date you are interested in.

We would like to apologize if you received multiple copies of this email. We are trying to reach out to as many early years educators and staff as possible. Please share with all of your staff, clients, families or anyone who is not on this email list.

Take Care and Stay Healthy

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**STAY
HOME
NIAGARA**



**KEEP AT LEAST
6 FEET APART FROM
OTHERS AND DO NOT
GATHER IN GROUPS**