

Tip of the Month:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Have you heard of the Early Year's Check-In Tool?</p> <p>Learn about developmental surveillance and the Early Years Check-In. It's a tool that measures a parent's level of concern regarding their child's development across the following developmental domains: thinking and learning, social and emotional, movement and language.</p> <p>You can download the tool here: https://machealth.ca/programs/developmental-surveillance-initiative/</p> <p>In addition to the check-in tool, you can find resources for you to challenge your child with engaging activities that help them learn, grow and thrive!</p>  <p>Activity resources can be found here: https://playandlearn.healthhq.ca/en</p> <p><i>This initiative has been brought to you by experts in child development at McMaster University and The University of Toronto.</i></p>		<p>1 Put a keychain on my coat zipper to make it easier for me to grasp. Help me do something BY MYSELF today!</p>	<p>2 Try and take 15 minutes everyday to read with me! A little bit of time each day goes a long way!</p>	<p>3 Let's follow a recipe today. Tell me step-by-step how to make a smoothie or soup. Let me help!</p>	<p>4 Start bedtime a half hour earlier tonight to slow down & have more fun with bedtime reading</p> 	<p>5 Let's find all of the balls in our house and take them outside to kick and throw around in the snow.</p>	
	<p>6 Today in the car talk about signs (like the stop sign) and what they mean. When walking, point out my street sign, and emphasize the first sound .</p>	<p>7 Make rhymes with the names of people in our family. (Ex: Shelley-Belly! Daddy-Paddy!) Or sing a song using the same first sound for each word.</p>	<p>8 Learn a new Nursery Rhyme! Look in a book or online.</p> 	<p>9 Did you know that when we SING, it boosts your immune system, releases pain-relieving endorphins, and lifts your mood?</p>	<p>10 Help me be responsible for washing my own hands. Get me a stool & sing: "This is the way we wash our hands..."</p>	<p>11 Draw pictures WITH ME. Print what I say under my picture!</p> 	<p>12 FAMILY GAME NIGHT!</p> 
	<p>13 Make today a no screen day. What else can we do? Dance? Play a game? Read lots of great books? Art? Go outside?</p>	<p>14 Valentines Day Lets talk about people we love</p> 	<p>15 Make Play Dough! 2.5 cups flour .5 cup salt 3 tbsp cream of tartar 2 cups boiling water 3 tbsp oil & food</p>	<p>16 Instead of saying, "Don't" (e.g., Don't put stickers on furniture), tell me what I CAN do. (Put stickers ON PAPER, throw the balls IN THE BUCKET, etc...).</p>	<p>17 Visit an EarlyON Child & Family virtual program!</p> 	<p>18 One of the things I love most is when you get down and play with me instead of just watching me play!</p>	<p>19 Ask me what I SEE when reading! Ask me what I THINK about that. And ask me what I WONDER about!</p>
	<p>20 Sing COUNTING songs today! 5 Little Ducks, The Ants go Marching, 5 Little Monkeys, etc...</p>	<p>21 Make some paths in the snow by shuffling around with your feet. Play tag - but stay on the path!</p>	<p>22 Fill up some spray bottles with food colouring and water! Lets paint the snow!</p> 	<p>23 Follow my Lead! Pay attention to what I am doing and JOIN IN the play with me. Resist just watching me play, or taking over. Let ME decide what to do with the toy/activity</p>	<p>24 Let me help you shovel! We can pile the snow in a certain spot and make a fort!</p>	<p>25 WONDER about the sounds that different animals really make. Then look up the answers on YouTube!</p> 	<p>26 Library Day!</p> 
	<p>27 Let's bundle up and head outside for an outdoor adventure!</p>	<p>28 Play Simon Says with me in the bath! Or, help me learn names of my body parts. Let me use the washcloth! I am capable!</p>					