

MARCH

2024

NEWSLETTER



Financial Resources



World Water Day



Literacy in the Kitchen



Messy Play



Snoezelen Room Rentals

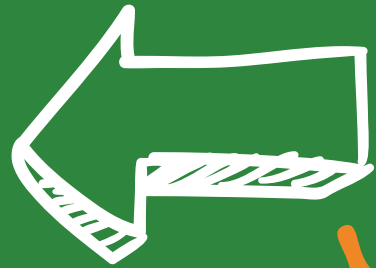


Hooray for Outdoor Play



Breastfeeding and Prenatal Classes

THIS MONTH



The EarlyON programs at Empower Simcoe are built on four foundations: Belonging, Well-being, Engagement and Expression, which promote the healthy development of children and provide parents and caregivers with support to ensure their child and family have the resources needed to raise healthy, thriving, resilient children.

To register for an EarlyON program with Empower Simcoe click [here](#) [1]



Michele Kapteyn

Supports and Services Manager

Hello EarlyON Participants!

Every February I get down to business preparing for my income tax return. I have finances on my mind so I thought it would be a perfect time to share a bit of financial information with you that may help you prepare for your child's future. Generally, when children are little families find it hard to make ends meet but with a little planning and a small investment now you can set your family up for a more comfortable financial future. As well, I have included some information around dental and vision supports your child may be eligible for.

What financial products and services are available to families with young children?

Registered Education Savings Plans and related benefits

The Registered Education Savings Plan (RESP) is a long-term savings plan to help people save for a child's education after high school, including trade schools, CEGEPs, colleges, universities, and apprenticeship programs. An adult can also open an RESP for themselves.

When you open an RESP, you can ask your financial institution (the promoter) to apply for benefits like the Canada Learning Bond (CLB) and the Canada Education Savings Grant (CESG). If the child is eligible, these benefits will be received in the RESP to help with the cost of the child's education. Eligible expenses can include tuition, books, tools, transportation, and rent.[2]

Canada Learning Bond

Employment and Social Development Canada (ESDC) provides an additional incentive of up to \$2,000 to help low-income families start saving early for their child's education after high school (post-secondary education).

The Canada Learning Bond (CLB) money will be deposited directly into the child's registered education savings plan (RESP).

The CLB is available for eligible children from low-income families born in 2004 or later and provides an initial payment of \$500 for the first year the child is eligible, plus \$100 for each additional year of eligibility, up to age 15, for a maximum of \$2,000. Personal contributions are not required to receive the CLB. To help cover the cost of opening an RESP, ESDC will pay \$25 into the RESP to which the initial CLB of \$500 is deposited in recognition of a one-time incidental expense that may be associated with opening the RESP account.[3]

Canada Education Savings Grant

Employment and Social Development Canada (ESDC) provides an incentive for parents, family and friends to save for a child's post-secondary education by paying a grant based on the amount contributed to a registered education savings plan (RESP) for the child. The Canada education savings grant (CESG) money will be deposited directly into the child's RESP.

No matter what your family income is, ESDC pays an amount of Canada Education Savings Grant (basic CESG) of 20% of annual personal contributions you make to all eligible RESPs for a qualifying beneficiary to a maximum CESG of \$500 in respect of each beneficiary (\$1,000 in CESG if there is unused grant room from a previous year), and a lifetime limit of \$7,200.[4]



Michele Kapteyn

Supports and Services Manager

Canada child benefit

The Canada child benefit (CCB) is administered by the Canada Revenue Agency (CRA). It is a tax-free monthly payment made to eligible families to help with the cost of raising children under 18 years of age. The CCB may include the child disability benefit and any related provincial and territorial programs.

Child disability benefit (CDB)

The child disability benefit (CDB) is a tax-free monthly payment made to families who care for a child under age 18 with a severe and prolonged impairment in physical or mental functions.

To get the CDB:

- You must be eligible for the Canada child benefit (CCB)
- Your child must be eligible for the disability tax credit (DTC)

If you are already getting the CCB for your child who is eligible for the DTC, you do not need to apply for the CDB. You will get it automatically.[5]

Other sources of funding that your child may be eligible for include:

Healthy Smiles Ontario

Healthy Smiles Ontario is a free dental program for eligible children and youth 17 and under. Good oral health is important to the overall health of children and youth. It's very important to start seeing a dentist when your child is 12 months old and to keep going regularly. Healthy Smiles Ontario covers regular check-ups, preventive care and treatment.

Who is eligible

Children and youth 17 and under may be eligible if:

- They are residents of Ontario; and
- They are members of a household that meets the income eligibility requirements.

NOTE: Children and youth 17 and under are automatically eligible and automatically enrolled in Healthy Smiles Ontario when they or their family receive: Ontario Works, Temporary Care Assistance, the Ontario Disability Support Program or Assistance for Children with Severe Disabilities.

Children and youth with other dental insurance coverage are no longer automatically excluded.[6]

Eye See...Eye Learn® Program

Available to children in Junior or Senior Kindergarten!

Starting July 1st, 2023, the Eye See...Eye Learn® program is available to children born in 2018 and 2019 that are in any junior or senior kindergarten program. To participate in the program the eye exam must be with a participating optometrist. Eye exams for children ages 0 – 19 are covered by OHIP annually.[7]

Basic Needs

If you require assistance with basic needs such as housing, food and transportation please reach out to an EarlyON Child and Family Centre Program Facilitator to discuss what supports you and your family may be able to access in your local community. A Program Facilitator can be reached at

facilitator@empowersimcoe.ca

Until next time,

Michele Kapteyn



Angelia Brooks

EarlyON Indigenous Coordinator

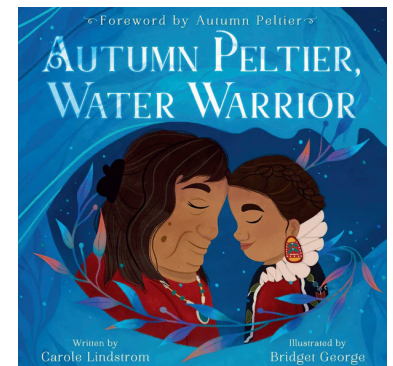
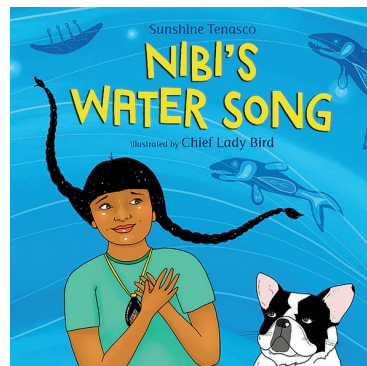
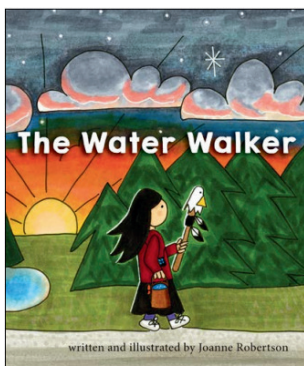
Do you have questions? Email Angelia at indigenous@empowersimcoe.ca

World Water Day, held on 22 March every year since 1993, is an annual United Nations Observance focusing on the importance of freshwater.

World Water Day celebrates water and raises awareness of the 2.2 billion people living without access to safe water. It is about taking action to tackle the global water crisis. A core focus of World Water Day is to support the achievement of Sustainable Development Goal 6: water and sanitation for all by 2030. For more information click [here](#) [8]

As of Feb. 3, 2023, there were 32 long-term boil water advisories in 28 communities in Canada. The majority of them were in Ontario, with 24 advisories in 21 communities; Saskatchewan had five remaining advisories in four communities. Manitoba has three remaining long-term boil water advisories. The federal government says water treatment plant upgrades are underway in those three communities. For more information click [here](#) [9]

Here are some books you might like to check out:

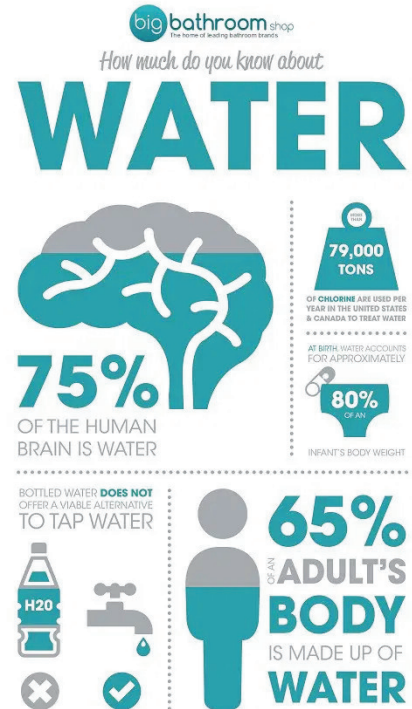
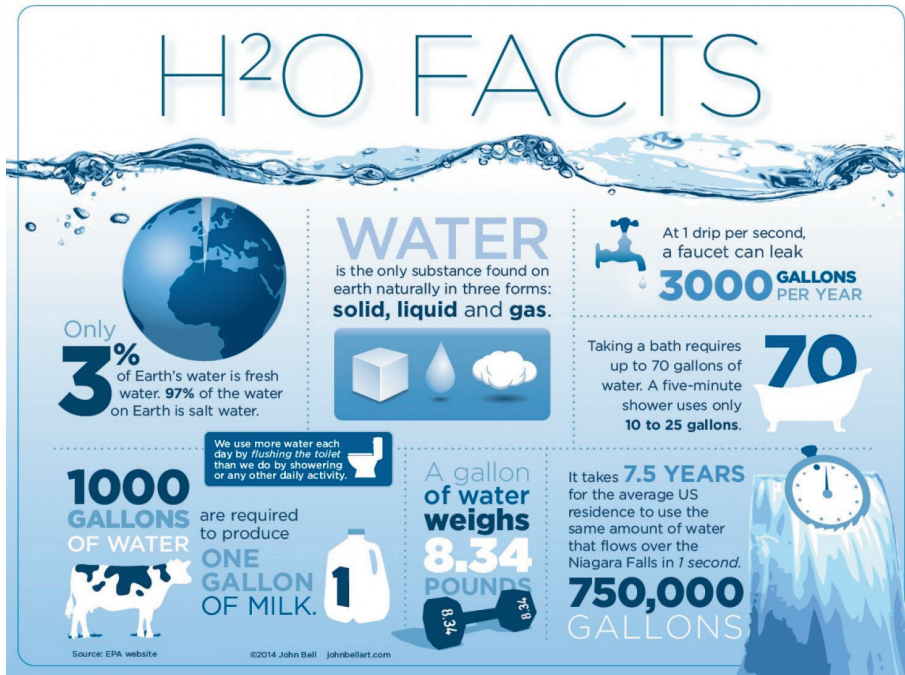




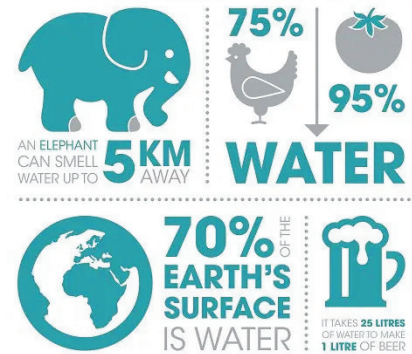
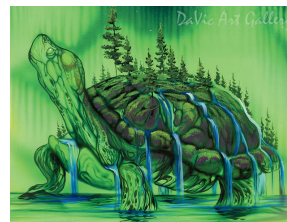
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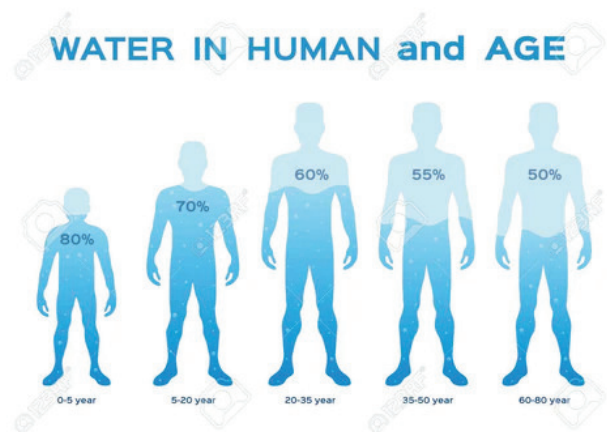
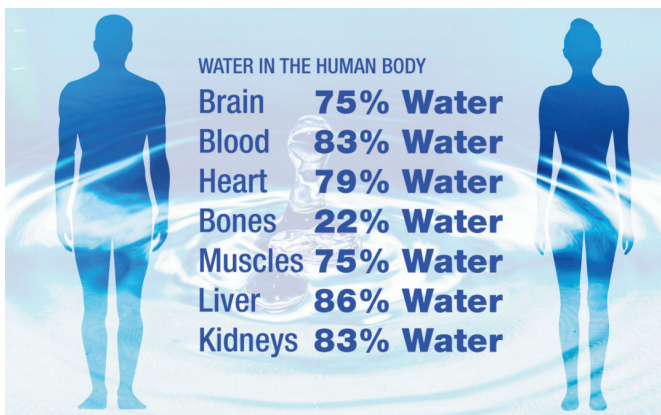


What Does Water do for You?



To see more of what we have to offer visit:
www.bigbathroomshop.co.uk

Source: <http://www.washcoecounty.us> and <http://www.waterco.co.nz>





Amy St John

Early Literacy Specialist

Do you have questions? Email Amy at earlyliteracy@empowersimcoe.ca

Literacy in the Kitchen

Parents are busy and worry they do not have time to read with their kids.

Here are some tips:

- **Read a recipe together** – discuss ingredients and steps.
- **Read what you have on hand** – when you are preparing a meal, that bag of rice or box of cereal is covered with things to read to your little one.
- **Talk to your child** and ask them questions as often as possible.
- 15 minutes every day doesn't have to be in one sitting – **it all adds up.**

To help develop a chef's palette, we recommend:

- Eating the Alphabet: Fruits & Vegetables from A to Z by Lois Ehlert
- Little Pea by Amy Krouse Rosenthal
- Dragons Love Tacos by Adam Rubin

Learn more at ReadAloud.org

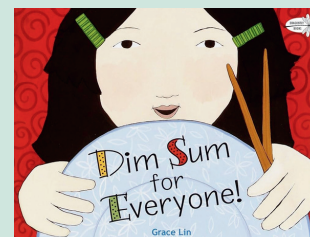
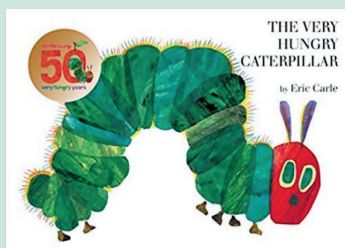
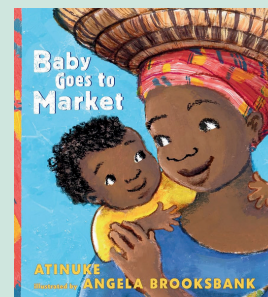
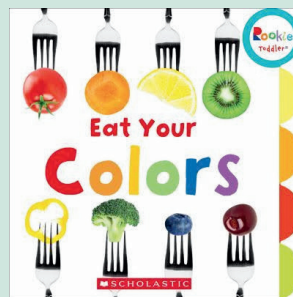
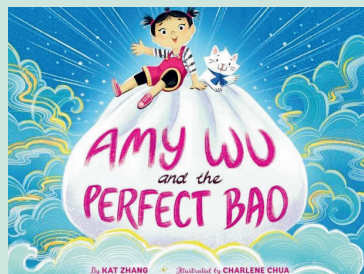
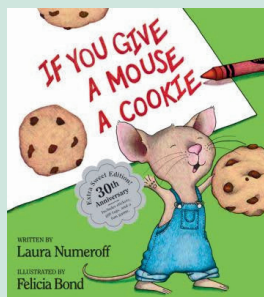
Read Aloud 15 MINUTES

Cooking with Little Ones

Cooking with children can be a fun and rewarding experience for both children and adults. It provides a great opportunity to bond and spend quality time together, while helping kids develop important life skills. From learning about different ingredients and measurements to following instructions and practicing patience, cooking can be a valuable learning experience for children of all ages.



Hooked on Books – Food





Amy St John

Early Literacy Specialist

Do you have questions? Email Amy at earlyliteracy@empowersimcoe.ca



**Empower
Simcoe**
BE • BELONG • THRIVE

SNOEZELN ROOM RENTALS

For children 6 years and younger

WHY

These multisensory spaces provide community partners with access to developmentally appropriate materials and equipment.



WHEN

Bookings are available Monday afternoons and Friday mornings in Barrie. Thursday afternoons and Friday mornings will be available in Bradford

WHERE

EarlyON Child and Family Centre
129 Ferris Lane, Barrie

EarlyON Child and Family Centre
118 Bradford Street, Bradford

**COMING
SOON**

PRICING

\$25.00 - 30-minute bookings
\$225.00 - Ten 30-minute bookings

ORIENTATION

An orientation is required and will be provided by program facilitators who are familiar with the equipment.



For pictures of the space or to book the Snoezelen Room visit:
www.empowersimcoe.ca
Questions? Contact us at:
ffs-129Ferris@empowersimcoe.ca

Messy Play

Sensory play utilizes all 5 senses, but the sense of touch is often the most frequent – and fun – focus of messy play. Experimenting with different textures encourages self-expression and creativity and can be a calming activity for many children. Water, sand, play dough and paint are some of the appealing choices and can be adapted to ‘edible’ varieties for younger children.

Did You Know?

‘Squish’ ‘plop’ ‘squeeze’... Messy play introduces new vocabulary and concepts to children. When they play with cups in a basin of water they begin to understand the meaning of ‘full’ and ‘empty’, ‘more’ and ‘less’. They discover that they can change a ball of play dough into a long snake....or add some sticks and make it into a birthday cake.

Try Making Magic Mud

- Put up to one box of cornstarch in a bowl and add enough coloured water to be able to stir it
- The more water added the thinner the mud will be
- You may explore it in a zip lock bag, in a bowls or on a smooth surface

Let the MESSY PLAY begin!





Amy St John

Early Literacy Specialist

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**Empower
Simcoe**
FOUNDATION

Hooray

FOR OUTDOOR

PLAY!

EarlyON

Child and Family Centre

Support the Hooray for Outdoor Play campaign and help build a new, accessible playground at the EarlyON Child and Family Centre, 129 Ferris Lane, Barrie. With a \$300,000 goal, this initiative aims to create a recreational and outdoor learning space, expanding the EarlyON Programming.

Your donation today directly contributes to constructing this vital playground, fostering holistic child development through social interaction, physical activity, and imaginative play. The playground is under construction, set to be ready later this year, providing a safe space for children to build friendships and have fun. Make a difference – donate now to create lasting memories for families like yours at Empower Simcoe's EarlyON Child and Family Centre in Barrie.

**TO DONATE, VISIT
EMPOWERSIMCOE.CA**



Prenatal classes on your to-do list?

You've got **IN-PERSON** + **ONLINE** options to choose from:

1

IN-PERSON CLASSES

Taught by a **PUBLIC HEALTH NURSE (RN)**

2

VIRTUAL CLASSES

3

SELF-GUIDED PRENATAL LEARNING MODULES

WHAT'S COVERED?

- ☒ Labour and birth
- ☒ Comfort measures
- ☒ Medical procedures
- ☒ Normal newborn behaviour
- ☒ Caring for yourself and your new baby
- ☒ Breastfeeding and more

- ☒ Baby's growth and development
- ☒ Changes to your body
- ☒ Nutrition and physical activity
- ☒ Prenatal care and tests

***Learning modules also cover all information covered in our classes.*

HOW TO REGISTER:

Health Connection: **705-721-7520** or **1-877-721-7520**
Monday to Friday 8:30 am - 4:30 pm

smdhu.org/PrenatalClass

FREE breastfeeding help *is available* whenever you need it.

BREASTFEEDING SUPPORT GROUPS

IN-PERSON + ONLINE

- ☒ Connect with other parents and share your tips, challenges and successes.
- ☒ A **PUBLIC HEALTH NURSE (RN)** is available at every group to provide support and answer breastfeeding and new parent questions.

For Breastfeeding Support
Group dates, times and
locations visit:



smdhu.org/BreastfeedingGroups

TELEPHONE and VIRTUAL SUPPORT

Monday to Friday 8:30am - 4:30pm

Chat with a **PUBLIC HEALTH NURSE (RN)**

705-721-7520 or **1-877-721-7520**

smdhu.org/HealthConnection

All day every day (24/7, 365 days/year)

Chat with a **NURSE (RN)**

or **LACTATION CONSULTANT**

Call **811** or chat online

health811.ontario.ca

- [1] <https://www.empowersimcoe.ca/earlyon-child-family-centres/>
- [2] <https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-education-savings-plans-resps.html>
- [3] <https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-education-savings-plans-resps/canada-education-savings-programs-cesp/canada-learning-bond.html>
- [4] <https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-education-savings-plans-resps/canada-education-savings-programs-cesp/canada-education-savings-grant-cesg.html>
- [5] <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/child-disability-benefit.html>
- [6] <https://www.ontario.ca/page/services-covered-by-healthy-smiles-ontario>
- [7] <https://optom.on.ca/esel/>
- [8] <https://www.unwater.org/our-work/world-water-day>
- [9] <https://globalnews.ca/news/9571066/first-nations-drinking-water-issues-world-water-day-2023/>