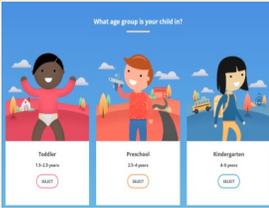


Tip of the Month:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Have you heard of the Early Year's Check-In Tool?</b></p> <p>Learn about developmental surveillance and the Early Years Check-In. It's a tool that measures a parent's level of concern regarding their child's development across the following developmental domains: thinking and learning, social and emotional, movement and language.</p> <p>You can download the tool here:  <a href="https://machealth.ca/programs/developmental-surveillance-initiative/">https://machealth.ca/programs/developmental-surveillance-initiative/</a></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:  <a href="https://playandlearn.healthhq.ca/en">https://playandlearn.healthhq.ca/en</a></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>Did you know that children's books have 50% more rare/unique words than the conversation of two university graduates?</p>			<p><b>1</b> Let's make an alphabet matching game with a paper plate and clothespins!</p> 	<p><b>2</b> To help me with my routines, play Simon Says (e.g. Simon Says, get out your pajamas, Simon Says, brush your teeth, etc...)</p>
	<p><b>3</b> Let's go outside and rake some leaves and then let me play in the leaf pile!</p> 	<p><b>4</b> Let's get some foam soap or bath-tub crayons &amp; scribble!</p> 	<p><b>5</b> Help me be a good decision maker by giving me choices. Do I want to wear the blue pants, or the brown pants? Do I want peas or carrots for dinner?</p>	<p><b>6</b> Tell me when you see me being respectful today (e.g. "I like the way that you respect your books by turning the pages so carefully!")</p> 	<p><b>7</b> Let's do a puzzle together! I LOVE it when you play with me!</p> 	<p><b>8</b> Can you draw faces of emotions for me today? Let's talk about them.</p>	<p><b>9</b> <b>FAMILY GAME NIGHT!</b></p> 
	<p><b>10</b> Let's bundle up warm &amp; go for a fall walk in the woods! Time in nature helps our brains function!</p> 	<p><b>11</b> Let's look at a new storybook today. Let me "read" it to you looking at the pictures!</p>	<p><b>12</b> Pretend with me! A good imagination starts with pretend play!</p> 	<p><b>13</b> When reading aloud with me tonight, ask me some thoughtful questions (e.g. "What do you think will happen next?")</p>	<p><b>14</b> Make getting dressed easier for me by pretending that my zipper is a choo-choo train! Let me zip it!</p> 	<p><b>15</b> After inviting a friend over, play with us! Watch us for a while to see what we are interested in, and then JOIN IN! We will LOVE this!!</p>	<p><b>16</b> Let's bake today! Let me read the numbers on the recipe!</p> 
	<p><b>17</b> After reading aloud tonight, go back through the book &amp; ask me what happened FIRST, NEXT, and AT THE END.</p>	<p><b>18</b> Let's practice saying nursery rhymes! If I am just learning to talk, LET ME fill in the LAST word.</p> 	<p><b>19</b> Encourage me to help you with dinner tonight. I feel good after I've contributed.</p>	<p><b>20</b> Help me learn to dress myself!</p> 	<p><b>21</b> Let's clap out the syllables in the names of all of my favourite things!</p>	<p><b>22</b> Practice making comments when playing with me, rather than always asking questions (e.g., Wow! That's a TALL tower!). Then WAIT to see if I say something back to you.</p>	<p><b>23</b> Library Day!</p> 
	<p><b>24</b> Let's make a sign for my bedroom door!</p> 	<p><b>25</b> Do we have a water table that we use outside? What if we cleaned it and brought it inside? Fill it with water, beans, blocks, any loose parts. I will be excited for a new way to explore!</p>	<p><b>26</b> Let's turn off the lights and get out the flashlights...we can have fun creating shadow puppets!</p> 	<p><b>27</b> Tilt a cookie sheet on a stack of books. Offer me paper towel rolls, cars, pom-poms, balls, anything...wait and see what I come up with using these materials!</p>	<p><b>28</b> When someone asks me a question, give me LOTS of time to answer. Count to 10 in your head and WAIT for me to respond!</p>	<p><b>29</b> Let's have a dance party!</p> 	<p><b>30</b> Visit an EarlyON Child &amp; Family Centre today!</p> 