

Family Resource Connection Newsletter

June 2020

EarlyON

Child and Family Centre

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Centre pour l'enfant et la famille



If your heart is broken, make art with the pieces

-Shane Koyczan



Staff are available to answer your questions through phone or email. Please do not hesitate to contact us at our temporary email address earlyonfamilyresource@gmail.com or at 416-690-0102



Dear Families,

Over the next while we will be posting on our website a program plan and newsletter containing ideas for activities that you may wish to do at home with your children or the children you are looking after, as well as other information you may find useful. They can be found at our new website address www.daycareconnection.net. It is our hope to post at the beginning of each week. Some of these ideas will be one's you may have seen before, others might be new. We would also LOVE to hear your ideas. After being home for almost three months I am sure many of you have come up with some great and creative ideas of your own to keep yourselves and your children busy. Please send your ideas to us and we do our best to include them in the list of activities. I had arranged the activities in a weekly format, but of course feel free to do the activities on any day you choose.

As challenging as these times have been, I have been thinking of the resilience that we have as human beings and the importance of connection through many ways. The resilience to adapt to change no matter how difficult that may be, the gift of a kindly worded conversation or a socially distanced hug, the joy we feel after a conversation, and yes, the grief we feel at all we may have lost....yet we carry on. We carry on for our children, for one another, for our families and loved ones, and for ourselves.

Family Resource Connection and other EarlyON's will likely look very different when we reopen. The Province and City have not yet given EarlyON's a date for when that will happen. When we all return we will be negotiating the very real need for social distancing, the desire to protect ourselves and our children, while still fostering a warm stimulating loving environment. Family Resource Connection will be following guidelines and directions from Public Health and the Ministry of Education as they become available. We are all learning together. We will need to be patient with ourselves and each other, be gentle with ourselves and towards others as we live and work in the new reality. There will be days when we'll feel okay, and maybe days when we don't. And that is okay. Thank you for all you do in the lives of your children. Together, we will do our best to make the time you and the children spend at Family Resource Connection meaningful and special.

Covid-19 Resources

<https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-reduce-virus-sp>

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

“When you find yourself cocooned in isolation and cannot find your way out of darkness....Remember, this is similar to the place where caterpillars go to grow their wings.”

-Necole Stephens