

# Child and Family Program NEWSLETTER

WINTER 2021

Welcome to the Winter edition of the Thunder Bay Region Child and Family Program newsletter! Happy New Year!

We hope you find the content useful in your role; connecting with children, parents and the community.

## Virtual Services

During periods of lockdowns children and families are supported virtually in communities across Ontario. By now some of us are comfortable in front of the camera. One of the easiest ways to get comfortable is to actually be in front of the camera as much as possible. You'll get more relaxed with the process simply by doing it over and over again. Recording a few minutes every day can help you get used to this.

## December 2020

At the Meet & Greet held in Dec we were provided with the opportunity to share our programming. Stay tuned for another date for sharing! Virtual cultural activities such as language/craft sessions can happen! Supplies are delivered by drive by pick up/drop off prior to scheduled event.

## November 2020

Operational Guidance During COVID-19 Outbreak - First Nations Child and Family Program Re-Opening

The Ministry of Education released Version 2.0 of the Operational Guidance to protect children, families, and educators. This document is intended to support First Nation communities in re-opening/in person child and family programs and to provide clarification on operating with enhanced health and safety measures.

## October 2020

Building On How Does Learning Happen

This resource is designed to invite early years system leaders and educators to revisit How Does Learning Happen? Ontario's Pedagogy for the Early Years (HDLH), to support re-opening early years programs, including child care and Child and Family Centres across the province.

## Mental Health Supports for Children and Families

[School Mental Health Ontario](#) – Resources for Educators, Parents and Students Related to COVID-19, 12 Easy and Fun Mental Health Practices To Try With Your Children At Home

[Centre for Addiction and Mental Health](#) – How Do I Talk To My Children About COVID-19 and Its Impact?

[Mind Your Mind](#) – Staying on Top of Your Game During A Pandemic

[Centres for Disease Control and Prevention](#) - Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children (*p.6 Operational Guidance*)

Educators can play an important role in supporting optimal mental health and well-being for families and for children, for example, by:

- \* becoming aware of and connecting with community organizations that provide information and support;
- \* integrating practices that support resilience;
- \* ensuring that children and families with mental health disorders are included and accepted;
- \* taking a strength-based approach, recognizing and valuing the capacities that families have, while supporting them in accessing supports they need. (HDLH, p. 31)

(excerpt from *Building on HDLH* - Oct 2020)



## Snowshoeing



Snowshoes "float" on top of deep snow by distributing the weight of the walker across the surface.

A winter activity to enjoy during this long season! Whatever style of snowshoes you have on hand will ensure a fun filled adventure for the whole family! They come in all sizes. Choose a trail and create a game to play!

## Homemade Spruce Tea

- \* Large sized pot or kettle • Fine mesh strainer • Tea cups • One large handful of spruce needles, either fresh or dried • 8 cups of water
- \* Bring water to a boil on stovetop. • Sink spruce needles in water and boil for 10-12 minutes. • Remove from heat and pour water and needle mixture through strainer into individual cups. • Discard the boiled spruce needles and enjoy!

*The Mi'kmaq drank spruce tea and taught early settlers to use spruce to prevent the disease known as scurvy. (Share Our Play)*

## Wellness Bingo

Research tells us that family dynamics such as parent interaction, family mental health, father involvement, and other concerns can have a major impact on child health and wellness. The wellness BINGO game can be a tool to address challenges in all aspects of overall wellbeing.

## Wellness Bingo

<u>Spend time in nature</u>	Call someone you care about	<u>Watch a virtual concert</u>	<u>Listen to an audiobook</u>	Take a break from technology
Write in a journal	<u>Have a solo dance party.</u>	Declutter one space	<u>Make a playlist</u>	<u>Try a new recipe</u>
Pajama day	<u>Learn something new</u>	FREE SPACE	Create window art to share	<u>Deep breathing</u>
<u>Watch a movie or TV show</u>	<u>Draw, paint, or make another form of art</u>	<u>Exercise</u>	<u>Reread a favorite book</u>	<u>Make music</u>
Reach out to someone who might need help	<u>Play a game with friends</u>	<u>Take a virtual tour</u>	Do one thing you'll be glad you did later	Keep a consistent sleep schedule

UnlockFood is an award-winning website brought to you by Dietitians of Canada. UnlockFood is here to help Canadians connect with a dietitian and find the nutrition and food information that they need when they need it. You will find information on nutrition, food and healthy eating, as well as recipes, videos and online tools. There is information on hundreds of topics from A-Z. The content on UnlockFood focuses on healthy eating throughout the lifecycle (from infants to seniors), and preventing and managing health conditions.

Popular content includes:

- diabetes prevention and management,
- infant feeding and picky eating,
- digestive concerns,
- and heart healthy eating.

There are also useful resources on eating on a budget, cooking, shopping, menu planning, and more.

Resources are printable for sharing with families!



For submissions for the next issue please contact:

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