

THUNDER BAY REGIONAL
CHILD AND FAMILY PROGRAM
NEWSLETTER

FALL 2021

Welcome To the FALL Edition! We hope you find the information useful and supportive in your work!

Operational Guidance During COVID-19 Outbreak for First Nation Child & Family Programs - Aug 2021 - Version 4.0

Highlights of Changes (please refer to the document)

- (p. 11-12) Cleaning Products and Procedures:
- (p. 12-13) [NEW SECTION] Hand Hygiene and Respiratory Etiquette:
- (p. 16-17) The province will continue to provide a screening tool for use by schools and child care, which may be periodically updated. All individuals must follow the monitoring and isolation advice outlined in the screening tool. The ministry may direct child and family program providers to perform and validate daily on-site confirmation of self-screening.
- (p. 18-19) Monitoring and Responding to Reports of COVID-19 Symptoms:
- (p. 21) Visitors and Students on Placement:
- (p. 22) Equipment and Toy Usage Restrictions:
- (p. 22) Updated guidance on Outdoor Programming:
- (p. 22-23) Space Set-up and Physical Distancing:
- (p. 24-25) [NEW SECTION] Ventilation:
- (p. 25-26) Child and Family Program Data Elements:
First Nations should continue collecting information on the data elements outlined in the most recent First Nations funding guideline, as well as those pertaining to virtual programming.

September Version 5.0 Highlights of Changes

(p. 14-15) Updated Guidance on the Use of Masks and PPE: Masking is not required outdoors when two metres of distance is maintained from others; eye protection (e.g. face shield or goggles) is required both indoors and outdoors, as per occupational health and safety requirements, for staff working in close contact with children who are not wearing face protection.

For more information or clarification on highlights please contact your Early Years Advisor: Lina Davidson

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November is Diabetes Awareness Month

Ontario Native Women Association ACTIVITIES

Medicine Wheel Teachings (Limited space)

Wednesdays, 5 PM - 7 PM (CST)

6PM - 8 PM (Eastern Time)

Nov. 3: Mental Health & Diabetes

<https://bit.ly/3aWQE2R>

Nov. 10: Spiritual Health & Diabetes

<https://bit.ly/3E1MfZg>

Nov. 17: Emotional Health & Diabetes

(register by Nov.8) [https://](https://bit.ly/2Xt8KX9)

bit.ly/2Xt8KX9

Nov. 24: Physical Health & Diabetes

<https://bit.ly/3nfD7JL>

For more information visit:

www.onwa.ca

FACTS

If you're living with diabetes—especially type 2 diabetes—regular physical activity is one of the most important things you can do to lower your blood sugar. Increased physical activity can work just as effectively as some medications, with fewer side effects.

If you're at risk of developing type 2 diabetes, regular exercise can help delay or even prevent diabetes from developing.

Strive to complete at least 150 minutes of moderate-to vigorous-intensity aerobic exercise each week (e.g. 30 minutes, five days a week) and resistance exercises (like lifting weights) two to three times a week.

[Diabetes Canada](http://DiabetesCanada.ca)

Why Playgroups?

1. Develops Social Skills and Confidence

Experts agree that children begin to develop their social skills between the ages of one to three. In a playgroup setting, children learn to negotiate with others, take turns, share, and resolve conflict. In a playgroup, they can do this while still being supported by their parent or main caregiver which gives them a much-needed safety net to develop at their own pace.

2. Encourages Physical Activity

From the time a child starts to become mobile, keeping them entertained can be difficult! Playgroups provide well thought out, age-appropriate activities for children that often focus on developing their gross and fine motor skills. The use of indoor and outdoor spaces offer lots of opportunities for running, jumping and climbing alongside cutting, gluing, painting and moulding. Occupational therapists advise parents to offer many opportunities for physical movement. Playgroups offer a variety of creative materials!

3. Elicits creativity and fosters their imagination

Eighty percent of all brain development occurs in the first few years of life and exposure to creative environments can only enhance their development. Having the opportunity to play using open-ended resources allows children to begin to think creatively, develop their own ideas and explore. This also aids speech development as they learn to describe the world around them.

4. Builds Resilience and Prepares For 'Big' School

Attending a playgroup can enable children to cope with new situations, manage stress and adapt to change. Research has shown that separation from a parent or main caregiver when starting school can be a stress-inducing. However, at a playgroup, children get to test separation from their parent over time, which builds their confidence and encourages them to be independent from an early age. This will support them emotionally when they go to school on a daily-basis.

5. Opportunities to strengthen the bond between parent and child and make new friends too!

Spending time at a playgroup strengthens the relationship between the child and parent because it creates a shared experience. Parents enjoy seeing their child grow and develop more in confidence as they become more familiar in the playgroup setting. Playgroups are also fantastic places for parents to meet other parents. To know you are not alone, but instead have a network of people to talk to, ask advice and make friends with can be hugely comforting. Building a community as an expat can be challenging as day-to-day activities can often feel so unfamiliar. Playgroups allow parents to come together, have a coffee and make friends. ([BBK Kids](#))



Re-opening Child & Family Programs

All in-person programs and services must be offered with enhanced health and safety protocols and physical distancing measures in place.

The ministry recognizes that not all child and family programs will re-sume in-person operations immediately once permitted, for public health reasons and/or due to other community related considerations. First Nations are encouraged to leverage a variety of service delivery methods as part of their re-opening plan to continue delivering child and family programs during the ongoing outbreak. First Nations may take a phased or gradual approach to re-opening child and family programs, which may include offering targeted services based on community need.

It is recommended that First Nations who are able to re-open child and family programs for in-person offerings consider ways to prioritize programs/services and families with the greatest need during this difficult time.

*For more information please refer to **page 7** of the *Operational Guidance for Child and Family Programs for First Nations*.*

For submissions for the next issue please contact:



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