

# Community Connections



## ***Good morning!***

*During these uncertain times, we want to stay connected to you and our community, supporting each other and sharing resources will help all of us and the families that we work with.*

**New this week - Spotlight Post:** in upcoming issues we will be spotlighting a social media post of the week from programs and agencies that are reaching out to their families and clients in unique and helpful ways. **Please share your most liked post and why you think this was received so well and we can include in future emails.**

*Also, please let us know if there is anything you have found that has **inspired you** and we will share in future newsletters.*



**Spotlight Program:** [Click Here](#) to watch Tami from **Port Dalhousie Nursery School** share remotely with her preschool group

Like Tami, are you or your staff planning **create a post reading a story on Facebook or YouTube?** [Click Here](#). **Read Aloud Canadian Books Program** will allow, on a temporary basis, a **waiver of licence fees** related to the reading of all or part of select in-print books from participating publishers and authors, and the posting of the video recording online.

**Stay up-to-date** on what is happening in Canada, Niagara and Ontario by only getting your information from dependable sites: (**Facebook Friends are NOT reliable information sources**)

**Niagara Region Public Health Daily Covid-19 Updates:** [Click Here](#)

**Niagara Region Community Resources:** is working with the community to ensure residents are connected to resources, services, programs and support during the COVID-19 pandemic. [Click Here](#)

**Regional Chair Jim Bradley:** [Click Here](#) to view Chair Bradley's thank you essential workers

**Ontario Government Covid-19 Update Page:** [Click Here](#) français: [Cliquez ici](#) (this site has the information available in many other languages)

**Health Canada Covid-19 Update Page:** [Click Here](#) français: [Cliquez ici](#)

## How to talk to Children about Covid-19

### Talking to Children about Covid-19

With all the news and media around COVID-19 children may be feeling upset or overwhelmed. Niagara Region's Associate Medical Officer of Health Dr. Andrea Feller shares some tips for talking with children about COVID-19:

[Talking with Your Children about COVID-19 Part 1](#)

[Talking with Your Children about COVID-19 Part 2](#)

[Talking with Your Children about COVID-19 Part 3](#)

**Dr. Robin Williams** shares "How can we talk to kids about COVID-19?" [Click Here](#)

**Your Covid-19 Mental Health Tool Kit:** Pathstone Mental Health shares tips activities and recommendations for assisting families during this pandemic [Click Here](#)

**Anxiety Canada** gives some suggestions and advice for families when talking about Covid-19 with their children [Click Here](#)

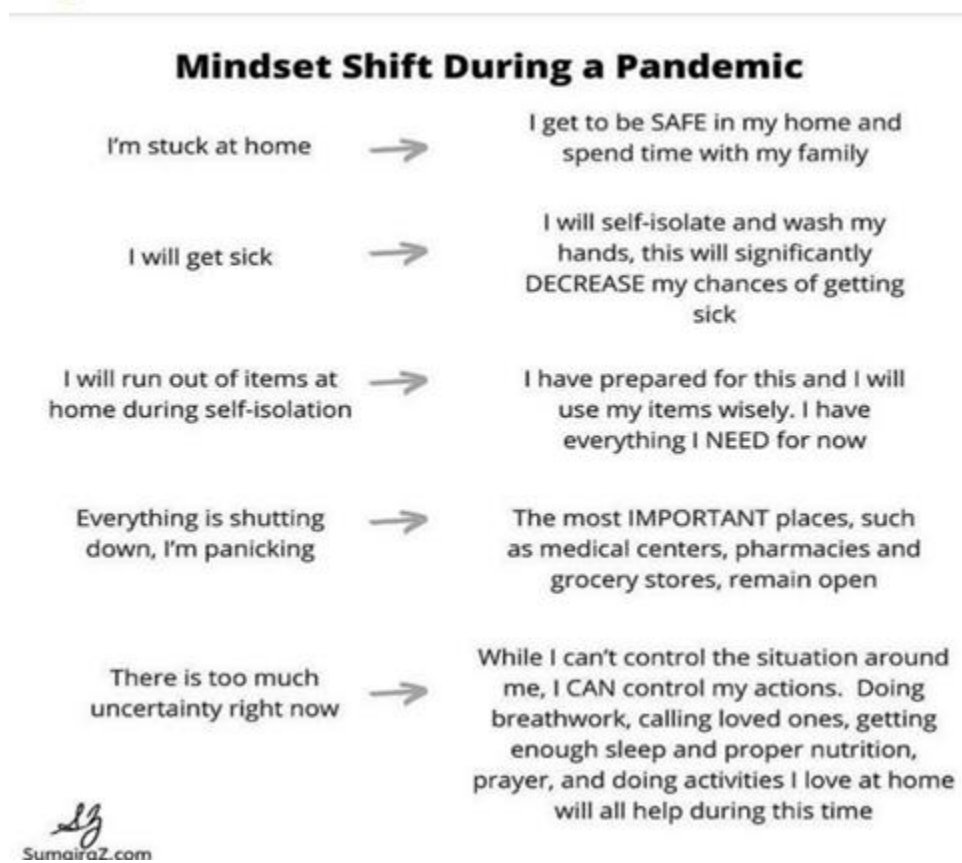
**Canadian Centre for Protection of Children:** [Click Here](#) for FREE resources for children regarding bullying, sexual abuse information, how to keep your child safe and many other unique downloadable resources.

**Parenting During Covid-19** [Click Here](#) for tips for talking to children about COVID-19, and strategies for supporting your child's mental health during COVID-19

**The Big Alone:** [Click Here](#) for a story for kids everywhere in the age of social distancing

**Time to Come In, Bear - Children's Story about Social Distancing:** [Click Here](#) for a story and video about social distancing for kids

# Supports for you, your clients and families to assist with the anxiety and uncertainty we all are dealing with:



**Child Development Institute:** [Click Here](#) for information from Toronto's leading children's mental health and early learning organization on helping families effectively manage their emotions during Covid-19

**Dr. Jean Clinton** shares her wisdom and education for parents and caregivers on her Facebook page [Click Here](#)

**The Joy4All Project:** Youth leaders have created a hotline to bring joy to those in isolation. If you know a senior or someone who is experiencing isolation you can call **403-209-4300** or **1-877-JOY-4ALL** (1-877-569-4255) or [Click Here](#) for more information or to submit something to share.

**URStrong:** [Click Here](#) for programs for enhancing the social-emotional wellbeing of children through friendship skills – based in out of Calgary and Australia

**Random Acts of Kindness:** Kindness is a powerful tool. Let's use it. We need to distance ourselves, but that doesn't mean we can't help each other looking for things to do to keep busy, [Click Here](#) for a list of resources to help!

## Check out these Locally Sourced resources and activities:

**Links for Greener Learning:** [Click Here](#) to download the Growing Diversity Garden Manual, a step by step how to set up a garden

**Good Food Box** is open for business and anyone can sign up [Click Here](#). Drop offs in each Niagara community

**Project Share:** [Click Here](#) for garden manual and additional free garden resources

**Niagara Community Garden Network** has lots of good resources for any garden [Click Here](#)

**Grimsby Museum Virtual Museum:** [Click Here](#) for a Virtual Mini Exhibition: 'What's In Your Bedroom?'

**St. Catharines Museum:** [Click Here](#) for their new virtual classroom

**Welland Museum:** [Click Here](#) for their virtual downtown Welland tours.

**The Brock Learning Lab:** Brock's educational team has curated online resources for parents to use at home with their children [Click Here](#) for the full list of ideas and resources.

**ECCDC:** [Click Here](#) for on-line training and lending library information and updates

**Bethesda:** [Click Here](#) and scroll to Latest Events at the bottom to register. Call 905-684-6918 ext. 170 or email [servicesinfo@bethesdaservices.com](mailto:servicesinfo@bethesdaservices.com) for more information or to register for any of the free on-line offerings.

## Things to do to keep you and your children busy while you at home:

**Mail a Hug:** Have your kids mail a hug to friends and family that they don't see often! It's a fun, easy way to brighten someone's day. [Click Here](#)

**Canadian Geographic:** [Click Here](#) for their on-line classroom

**National Geographic:** [Click Here](#) for quizzes, videos, science experiments, and even at-home classroom resources.

**Ripley's Aquariums:** [Click Here](#) to meet the Aquarium staff educators, who will be your guide to live feedings, educational encounters, story time, and much more!

**Royal Ontario Museum:** [Click Here](#) has lots of crafts and virtual fun for you and your kids

**Toronto Zoo:** [Click Here](#) for parent resources and virtual learning about the Zoo animals.

**Pearson Canada K-12 Resources at Home:** [Click Here](#) for tips and ideas for teachers and parents on K to 12 school resources

**Ontario Institute for Studies in Education (University of Toronto):** [Click Here](#) for a new Twitter Live series that features alumni and friends of the Institute leading interactive lessons for children and adults alike

## University of Waterloo Centre for Education in Mathematics and Computing

provide a wide variety of fun and educational ways to do mathematics and computer science while at home [Click Here](#)

**DLTK's Craft for Kids:** [Click Here](#) for a variety of printable crafts, colouring pages, worksheets and activities for kids

**Kidzone Worksheets for Children** [Click Here](#) for free worksheets for school aged children

**Toucan Box:** [Click Here](#) Top 10 fun things to do at home with your children

**The Artful Parent:** [Click Here](#) for 10 things to do at home with your kids right now

**Happy Hooligans:** [Click Here](#) ideas and activities for children with free printable sheets

**Open Library:** [Click Here](#) for free digital books for all ages

**Red Ted Art:** [Click Here](#) for Cute & Easy Crafts for Kids

**Adult Colouring:** [Click Here](#) for literally dozens of free colouring pages from Canadian artists for some adult stress reduction

**Neil Pasricha, Author of The Book of Awesome:** *"We asked our boys to organize the basement like a zoo. They made tickets, got dressed up, and had to classify and set up all their toys and stuffed animals. You know, reptile house, boreal forest, Asia pavilion, whatever. It honestly took them the entire morning!"* [Click Here](#) to download a sample chapter of his new book on resilience and begin receiving his monthly book club email for free

**Virtual Field Trips For Kindergarteners** [Click Here](#) to go on a field trip to one of your favourite locations virtually.

**Kitchen Table Classroom** [Click Here](#) for art and learning ideas and activities at home for kids, parents and teachers.

**Language Sprout:** [Click Here](#) for classes for children and adults in six different languages. They offer quality language instruction for all ages, while helping students understand cultural context and customs.

**The Stanfields "Stay the Blazes Home"** [Click Here](#) For a timely video to make you smile

*And the people stayed home.*

*And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still.*

*And listened more deeply.*

*Some meditated, some prayed, some danced.*

*Some met their shadows.*

*And the people began to think differently.*

*And the people healed.*

*And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.*

*And when the danger passed, and the people joined together again,*

*they grieved their losses,*

*and made new choices,*

*and dreamed new images,*

*and created new ways to live*

*and heal the earth fully, as they had been healed.*

We would like to apologize if you received multiple copies of this email. We are trying to reach out to as many early years educators and staff as possible. Please share with all of your staff, clients, families or anyone who is not on this email list.

**Take Care and Stay Healthy**

***Karen & Sharon***

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**NIAGARA**  
**WE'RE IN THIS**  
**TOGETHER**



**RUN ESSENTIAL**  
**ERRANDS FOR**  
**THOSE AT-RISK**