

# EarlyON

Child and Family Centre

**KENORA**

## Kenora EarlyON Centre

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## September 2021

This year may be especially stressful if kids are returning to in-person school after learning at home for so long. While you might not be able to snuff out all of your grade-schooler's concerns, you can help calm those normal first-day jitters. Here are some key ways.

1. **Talk about feelings:** Young kids don't always have the exact words to express their complex emotions. Give your grade-schooler plenty of opportunities to talk about feelings.
2. **Run through the day:** Most kids don't look forward to switching gears from their more casual summer schedule to a stricter school mode. And for kids who learn and think differently, this change can result in even more anxiety. Running through the new daily routine before the first day can do wonders to help with your child's nervousness.
3. **Talk about the Teacher:** Kids who struggle with behavior may have another concern about walking into the classroom on the first day: What if the teacher is mean? What if the teacher doesn't like me? You can reassure your child that the teacher is there to help and understands that many kids need extra support. Explain that you and the teacher will work together to make sure their needs are met. Having your child meet the teacher ahead of time can also help your child feel more comfortable.



### STROLL N ROLL AT GARROW



Meet the EarlyON staff at Garrow Park by the rowing club on Tuesdays at 10:00.

Bring your children in strollers or bicycles and we will walk the paved walking trail for the month of September.

There will be a light snack offered at the picnic tables upon our return.

Registration is required by calling 467-5530 and a pre-screening on site must be completed with 2 metre social distancing in place.

### PLAYGROUP AT KEEWATIN BALL DIAMOND



We are offering pre-registered activities at the Keewatin Ball Diamond from 10:00 to 11:00 and 2:30 to 3:30 on Wednesdays and 10:00 on Thursday mornings in September, weather permitting.

Please call 467-5530 for more details and to register. There is limited capacity due to COVID restrictions and everyone must be pre-screened. A light snack will be provided.

### Wednesday's outdoor activities include!!

- Fairy Gardens
- Planting terrariums
- Messy art in the park
- A scavenger hunt
- Dino mud

Thursday's will be moving and grooving in the park!

