

Early ON

Child and Family Centre

KENORA

Kenora EarlyON Centre

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SEPTEMBER 2022



DR. JEAN CLINTON
AS OUR GUEST
SPEAKER

Helping Our Children Bounce Back: The Power of Connection

Join us to discuss the huge role supportive relationships play in building our children's resilience after any great challenge.

Dr. Jean Clinton is a clinical Professor at McMaster in Hamilton, Ontario. She is renowned nationally and international as an advocate for children's issues. Her special interest lies in brain development and the critical role it plays in relationships and connectedness. She is also the author of "Love Builds Brains" that can be found in any bookstore.

Parent/Caregiver in-person sessions will be as follows:
Tuesday September 13th
5:00 – 6:00 Light supper
6:00 – 7:00 Session with Dr. Jean Clinton

**At Seven Generations
Education Institute**



JOIN US FOR STROLL N ROLL

10:00 to 11:30

We are continuing our Stroll N Roll for September. We will meet at the harbourfront entrance and walk to the Husky the Musky then back to the centre for a light snack.

Fun Back-to-School Snacks for Kindergarteners

Getting your kindergarteners into the back-to-school vibe can be difficult. Add a sprinkle of fun to their lunch box with a few delicious snacks for kids... and toss a positive affirmation note in their lunch to put some pep in their step.

Mini Muffins

Preschoolers and kindergarteners love muffins. Create a few yummy and healthy mini muffins for their back-to-school snack. You can make an apple bran or banana applesauce muffin. You can also make a healthy muffin by using cake mix and adding pumpkin rather than butter and oil. Bake as normal in a mini muffin pan. It's like a muffin cookie.

Cheese Roll-Ups

Protein is filling and good for your kids. Grab a tortilla and add a bit of shredded cheese. Throw it in the air fryer for a few minutes and cut them up into bite-sized chunks. They are great to grab and go.

Homemade Hummus

Replace chips and dip with a bit of veggies and hummus. Create your favorite hummus flavor. Give them some carrots, celery, or snap peas. Let them dip and crunch til their heart's content.

Eggs

Eggs are a versatile snack. You can cut up hardboiled egg slices or even create deviled eggs. It's a great snack packed with protein.

Party Mix

Party mixes have a lot of different things to keep kids happy. You can throw everything in a party mix, from pretzels to Chex to cheerios.

Roasted Chickpeas

Chickpeas are so healthy. Roast a few of them in the air fryer for about 15 minutes. Add some fun flavors like ranch or nacho cheese. Kids have a crunchy, healthy snack.

Banana Bread Chunks

Banana bread tastes amazing, and it's easy to make. Create a big batch of banana bread following your favorite recipe. Cut it into easy-to-grab chunks for a snack.