



Happy June Everyone!

As all of you know George Jeffrey Children's Centre is currently closed to the public. George Jeffrey Children's Centre and the Adolescent Program continue to be thinking about all of our Youth Friends!

If you have a concern or question for your therapist, please call reception at (807-623-4381 ext. 0) and they will connect you with the appropriate staff member.

To remain up-to-date check our website (www.georgejeffrey.com) and the Facebook page. The April & May Youth Newsletter is also on our website if you would like to check it out for information on Self-Care, March of Dimes (MOD), Ontario Disability Support Program (ODSP), and Recreation Activities

We would like to hear from you for our next edition! We would like to include pictures of things you have been doing over the past month! From artwork, to playing with siblings, to hanging out with your family! If you want to be included in the next Newsletter, please email them to info@georgejeffrey.com; include your name and why you enjoy doing that activity!

If there is something you would like to see in the next newsletter or questions you may have, please go to this survey: <https://www.surveymonkey.com/r/FBYF2LM>

IN THIS EDITION

1. Centre Update and Internet Safety
2. Importance of Routine
3. Make your own Pop-Out Card
4. Recreation Corner and Word

Internet Safety

Recently, you have been pushed to using online platforms for a variety of needs such as attending school or communicating with friends and family. Below are some helpful tips and resources to ensure you are safe while using the internet. The below tips are taken from Telus's Parent Guide by Media Smarts Canada.

1. Set clear rules and procedures
 - a. Don't click on a link without checking with an adult
 - b. Do not go to a new website or download a new app without asking
 - c. Do not change any settings without permission
 - d. Tell an adult right away if anything goes wrong or doesn't seem right
 - e. Set times during the day they can be on the computer
2. Model the behaviour you want to see
3. Discuss the importance of a smart, safe password that is kept secret.
4. Look in settings for privacy and permission settings to ensure protection on various websites and accounts.



More Resources to Check Out

Telus Wise Parent Guide Helping our Kids Navigate the Digital World:

https://mediasmarts.ca/sites/default/files/guides/guide_helping_kids_navigate_digital_world.pdf

"Teaching Children Safe Surfing Habits":

https://mediasmarts.ca/sites/mediasmarts/files/pdfs/tipsheet/TipSheet_%20Safe_Surfing_Habits.pdf

Family Online Rules Tip-Sheet:

<https://mediasmarts.ca/tipsheet/family-online-rules-t-ip-sheet>

Internet Safety Tips Ages 8-10:

<https://mediasmarts.ca/tipsheet/internet-safety-tips-age-8-10>

Internet Safety Tips Ages 11-13:

<https://mediasmarts.ca/tipsheet/internet-safety-tips-age-11-13>

Internet Safety Tips Ages 14-17:

<https://mediasmarts.ca/tipsheet/internet-safety-tips-age-14-17>

Explore Media Smarts Canada website for tip sheets and education to support your child in safe use of the computer and internet.

<https://mediasmarts.ca/>

Routines Are Important!

WHAT IS A ROUTINE?

A routine refers to a personal custom that is established because it's truly convenient, without needing modification or flexibility. Planning routines for your family doesn't mean scheduling every hour in the day; it means establishing increased structure around things that you already do.



Each family's daily routines can be unique and personalized to their needs. A routine can be as simple as brushing teeth after eating or having set meal times or play times. Routines are especially beneficial for children who have difficulty with transitions. And, even more important right now due to the unexpected circumstances of COVID-19 and upcoming summer months.

WHY HAVE ROUTINES?

There are many benefits to having routine throughout your day!

- Routines create a stable, consistent environment in which the child feels safe
- Routines provide a sense of regularity and perseverance in the child's mind
- Doing something that they know how to do well creates a state of tranquility that can make children feel capable
- Children do not have a lot of control in their lives, therefore routines can provide a sense of organization, stability and comfort
- Nighttime and morning routines can instill good personal hygiene habits.
- Post-dinner/play routines can instill responsibility and work ethic.



TIPS FOR CREATING ROUTINES

- Be realistic. Think carefully about your family's schedule to guide your routine in aspects such as timing. Try to keep your routine simple. The more complex, the harder to maintain.
- Be patient. Routines require practice and time for your child to get used to them. Adjust your expectations.
- Be flexible. Your routine may need to be adjusted occasionally due to things outside of your control.
- Ease into naptime or bedtime. Children have no on-off switch. Gradually help your child wind-down by doing a diaper change, bathroom trip, bath, or stories to help slow them down.
- Keep the same general structure. Try to maintain a similar sequence of events while establishing a routine. Try to keep the weekend routine similar to weekday routines.
- Maintaining your routine may take some discipline on your part – remind yourself that your child relies on routine for a feeling of security.



How to Make a Pop-Up Card

SUPPLIES

- Card Stock or other heavy-weight paper
- Colourful construction paper
- White glue
- Scissors
- Crayons
- Envelope

You could make a father's day card, birthday card or just a hello card for a friend.

STEP 1

Cut a piece of card stock or paper to desired size.

STEP 2

Fold card stock/paper in half.

STEP 3

Cut 2 parallel slits on the folded side of the paper, about 1 inch apart and about 1 inch long.



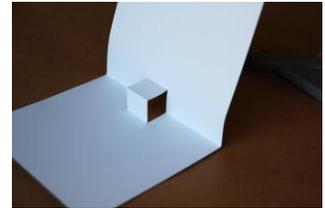
STEP 4

Fold the tab you just cut and crease it.



STEP 5

Open up your card. Pop the tab toward the inside of the card.



STEP 6

Cut a piece of colourful paper/construction paper slightly bigger than your card. Glue the card stock/paper to the construction paper. Be sure not to glue the 'pop-out' to your construction paper.



STEP 7

Draw a little picture that would fit in the inside of the card for the 'pop-out'. Like a flower or rocket ship or something that person likes that you are making the card for.

STEP 8

Cut around the outside of the little picture. Glue the little picture to the pop-out section.



Send in a picture of what you made to info@georgejeffrey.com and we will include it in the next Newsletter!

RECREATION

CORNER



Hi Friends!

Do you like challenging yourself?

Do you like trying new things?

Do you like having fun?

Do you like winning prizes?



If you answered yes to any of the above questions you should check out the Recreation Challenges being posted on the George Jeffrey Children's Centre Facebook page each week!

Each week there are 3 challenges posted. They might be a movement challenge such as a throwing game, a kindness challenge such as making a card for your letter carrier, a kitchen challenge such as making dinner for your family, a creativity challenge such as making a scene using sidewalk chalk.

You can attempt to do one of the challenges, two of the challenges or three of the challenges each week. Then with the permission from your guardian email me at scollie@georgejeffery.com to let me know which one(s) you attempted. Each one that you attempt will give you an entry into a draw to win a gift certificate at the end of June!

I am looking forward to hearing about which challenges you attempted!

Have a good day!

Stacey Collie
Recreation and Leisure Facilitator



Find us on
Facebook

Unscramble the summer words on the left side, then find them in the word search.

EIC MECRA

CYLBCIE

RGSAS

INHEUSNS

CAIMGNP

SIRBD

WMSNMIGI

HKIIGN

ROWSEFL

UBLFEYTR

NIPISCC

P	Y	X	F	S	U	S	V	T	H	A	G	B	P	I	C	N	I	C	S
D	S	M	H	R	O	M	Y	M	J	V	O	M	Z	S	U	J	P	X	X
I	S	R	I	M	S	B	U	T	T	E	R	F	L	Y	X	E	G	M	N
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J	H	C	R	Z	O	B	A	C	M	A	U	L	V	M	J	E	I	N	M
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C	B	W	K	G	R	A	S	S	V	F	P	S	N	C	G	L	F	T	S
P	I	C	A	I	P	S	M	Q	P	M	E	I	E	R	H	V	K	N	J
P	H	A	T	I	N	M	G	L	V	F	M	C	X	S	U	T	Z	U	M
C	F	Z	E	H	L	G	M	K	I	M	I	E	J	F	B	S	K	D	W
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B	M	K	S	H	H	Q	I	V	D	K	V	O	L	W	H	G	A	Q	J
E	O	M	O	K	P	A	N	K	R	S	U	M	M	E	R	N	I	A	V
W	E	L	I	J	K	U	E	V	O	J	P	Y	N	U	Z	Q	Q	H	G