

Eatonville Newsletter

May 2025



Celebrating 54 years providing childcare in Etobicoke

From the Desk of Admin

April showers have surely brought out May flowers. The buds on trees are ready to burst and the earliest spring flowers are starting to peek through. Birds are singing, the days are getting longer and warmer days are coming.

Research continues to show that being outside and experiencing nature can improve our mental health and increase our ability to focus as well as decrease stress and anxiety.

Everyday life can be busy and our schedules may keep us or limit us from spending more time outdoors...start small; try to get yourself and your family used to the idea of outdoor time with short excursions like a bike ride, a picnic dinner or stroll to a neighborhood park. These simple ideas and strategies can help add a dose of nature to each and every day. And the benefits are many.



Board and Staff News

Next Board meeting will be on May 14th via ZOOM. Please notify Michelle if you would like to attend.



Terry Tan Child Centre closes at 6 pm. Please notify us as soon as possible if you anticipate that you will be late picking up your child. Also note the late fee will be imposed.

Special Dates

11th – Mother's Day

19th – Victoria Day
(Centre Closed)

May is designated as Mental Health awareness month



Healthy Mental & Emotional Development: 4 Key Building Blocks

Families are facing a lot of stress and other challenges to mental wellness. Positive experiences and safe, stable relationships help children develop skills they need to manage their emotions, solve problems, communicate and develop close connections with others.

The Four key building blocks are:

Safe, stable, nurturing relationships in the family:

Parents can help by creating predictable structured routines such as having meals together, Plan time for play, set limits and consequences, and pointing out positive behavior

Open communication:

Feeling free to express their thoughts and feelings helps kids process emotions in healthy ways. Open communication also strengthens parent-child bonds. Start conversations early, make time to listen. Remember that any time can be chat time. Move away from Yes/No questions towards open ended questions

Learning to understand & manage emotions:

Acknowledge, Name, Validate and meet the need of the emotion. Share coping and calming techniques like Deep breathing, Muscle relaxation and mental imagery

Social relationships at school or in the community: Developing strong, healthy social relationships provides a support system for your child's mental and emotional development.

Foster friendships, encourage your child to get involved in extra curricular activities or seek out volunteering opportunities. Help them develop empathy, respect and acceptance by introducing them to diverse cultures and backgrounds. Let them see you treat everyone with kindness. Connect with their teachers and educators as this helps you stay aware of challenges your child may be facing.

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/healthy-mental-and-emotional-development-in-children-key-building-blocks.aspx>