



EDEN DAYCARE NEWSLETTER SUMMER/FALL 2026

Eden Newsletter – Message from The Board of Directors

Hello Parents of Eden Daycare,

As we enter the summer months, we're already off to quite the start, with the early arrival of hot and humid weather setting the tone for an energetic season ahead!

With the warmer days upon us, the children have been making the most of their time outdoors; running, exploring, and enjoying the simple pleasures that come with sunshine and fresh air. There's something about summer that brings out a little extra laughter and curiosity each day.

And when the heat or rain keeps us inside, the fun certainly doesn't slow down. Creative play, storytelling, music and hands-on activities continue to keep the days engaging and full of learning.

We would like to extend our sincere thanks to our incredible staff for their ongoing dedication, care and flexibility especially as they adapt to the changing weather to ensure the children remain safe, comfortable and happy.

For those with upcoming vacation plans, we wish you a wonderful, safe, and relaxing holiday. We hope your time away is filled with fun and special moments with your families.

Thank you, as always, for being such an important part of the Eden Daycare community.

Wishing you all a happy, safe and sunny summer!

Warm regards,

Board of Directors
Eden Daycare Inc.

Infants

How Sensory Play Builds Your Babies Brain?

Let's start off with what sensory play is — Sensory play refers to any activity that stimulates a child's senses. These include the five primary senses; touch, sight, hearing, taste and smell. When taken as a whole, we start to understand how these are the crucial components children need to make sense of the world around them.

While sensory play has been around since the beginning of time and often occurs naturally for young children, many parents' voice confusion about what exactly sensory play is and how it can benefit their child. The first 3 years of life are a time of rapid growth and development for a child. As children grow from infants to toddlers to preschoolers, they can take in vast amounts of information and turn it into working knowledge about the world.

Sensory Plays Connection to Children

There is a close connection between sensory play and cognitive development. The term "cognitive development" refers to the human brain's ability to process and store information, as well as solve problems and complete tasks. A child's cognitive development is connected to sensory play from a very young age. In fact, it is important to encourage and stimulate a child's cognitive abilities from day one to give their brain the tools it needs to develop problem-solving and critical thinking skills.

How Does it Work?

When a baby is playing with blocks, they are tasting, touching and even hearing the sounds the blocks make. The baby is learning how the blocks can rest on top of each other and about the sound they make when they bang together. All those

experiences are exercising the child's brain, helping them practice the process of exploration and discovery they will use throughout their life. Cognitive development activities even train a child's brain to utilize the scientific method long before they learn it in school.



Key Benefits of Sensory Play for Babies

Brain Development: Sensory experiences help build and strengthen neural pathways in the brain. Each new texture, sound or smell creates connections that support cognitive growth and learning.

Fine Motor Skills: Activities like squeezing playdough, pouring water, threading beads and manipulating small objects strengthen the hand and finger muscles children need for writing, drawing and self-care tasks.

Language and Communication: Sensory play gives children rich opportunities to build vocabulary as they describe what they see, feel, hear and smell. Words like "squishy," "rough," "warm" and "sticky" emerge naturally during hands-on exploration.

Problem-Solving and Critical Thinking: When children experiment with sensory materials, they ask questions, test ideas and observe outcomes. What happens when I add more water? Why does the sand stick together when it is wet? This is early scientific thinking in action.

Emotional Regulation and Calming: Many sensory experiences, particularly water play and tactile materials like kinetic sand, have a calming effect. Children who feel overwhelmed or dysregulated can use sensory play to self-soothe and return to a state of readiness for learning.

Social Skills: Shared sensory experiences encourage turn-taking, cooperation and communication between children. A water play station or a shared playdough table naturally invites social interactions. These are some of the same skills children develop through different types of play as they grow.

Creativity and Imagination: Open-ended sensory materials have no "right" way to be used. This freedom encourages children to experiment, invent and express themselves without the pressure of a predetermined outcome.

The impact that sensory play has on cognitive development cannot be overstated. Allowing a child to play with sand, explore a bucket of slime or build with blocks is one of the best things a parent or educator can do to aid a child in their cognitive development and set them up for future success.



Primary Senses -

From the moment they babies are learning world around them.

senses — taste, touch, smell, sight, and hearing — play a crucial role in their brain development. Parents and caregivers can help support the early stages of human development by introducing their baby to age-appropriate sensory experiences.

Breakdown

are born, about the The five

Touch (Tactile): This is a primary tool for exploring textures (soft/hard) and temperatures (warm/cold). Squeezing items helps babies learn about density and shape.

Sight (Visual): Newborns focus best on a close range (8–10 inches) and are attracted to high-contrast black-and-white patterns. They gradually learn to track objects and recognize faces within the first few months.

Hearing (Auditory): Babies can recognize familiar voices from the womb. They learn language and communication by listening to sounds, music, and the rhythm of speech, eventually imitating them.

Smell (Olfaction): A baby's sense of smell is highly developed, helping them recognize parents and build memories. Familiar scents, like a cloth with a parent's scent (T-shirt, scarf etc.), can reduce stress and improve comfort.

Taste (Gustation): Babies explore the world through their mouths, a process known as "mouthing". This exploration helps them distinguish between textures and tastes, aiding in the transition to solid foods.

Sensory experiences tell us who we are and where we are. The accumulation of images seen and heard, tasted, touched and smelled build a complex image of his surroundings in a little child's mind.



Why Repetition in Play Matters?

In general, the benefits of repetition for developing little ones are split into two areas:

They are learning more each time. This is good for development and comprehension.

Repetition is backed by research as a key factor in cognitive development. Studies indicate that repeated exposure to language through reading and songs strengthens neural connections in young children’s brains. This process supports their ability to recall words, recognize patterns, and understand story sequences. Over time, repetition enhances memory, attention span, and problem-solving skills—important cognitive abilities needed for future academic success.

The feeling of mastery brings them comfort and improves their self-confidence.

In addition to language growth, repetition builds confidence. When children engage with something familiar, they feel a sense of accomplishment. The security of knowing what comes next allows them to focus on enjoying the story, song, or activity, which increases their enthusiasm for learning.



Junior Toddlers

Water Play Fun and safety- Benefits of water play for sensory development and safety tips!

Water play is a fun and engaging activity that supports children's learning and development. It provides many opportunities for exploration, creativity, and sensory experiences while helping children build important skills.

Benefits of Water Play for Sensory Development

- Water play helps children explore different textures, temperatures, and movements through their senses.
- It supports fine motor skills when children pour, scoop, squeeze, and splash water using different tools.
- Children develop hand-eye coordination and problem-solving skills while experimenting with containers and objects that float or sink.
- Water play encourages language development as children learn new words such as "full," "empty," "splash," and "pour."



- It also promotes social skills through sharing, turn-taking, and cooperative play with peers.
- Water activities can have a calming effect and support emotional well-being.





Water Play Safety Tips:

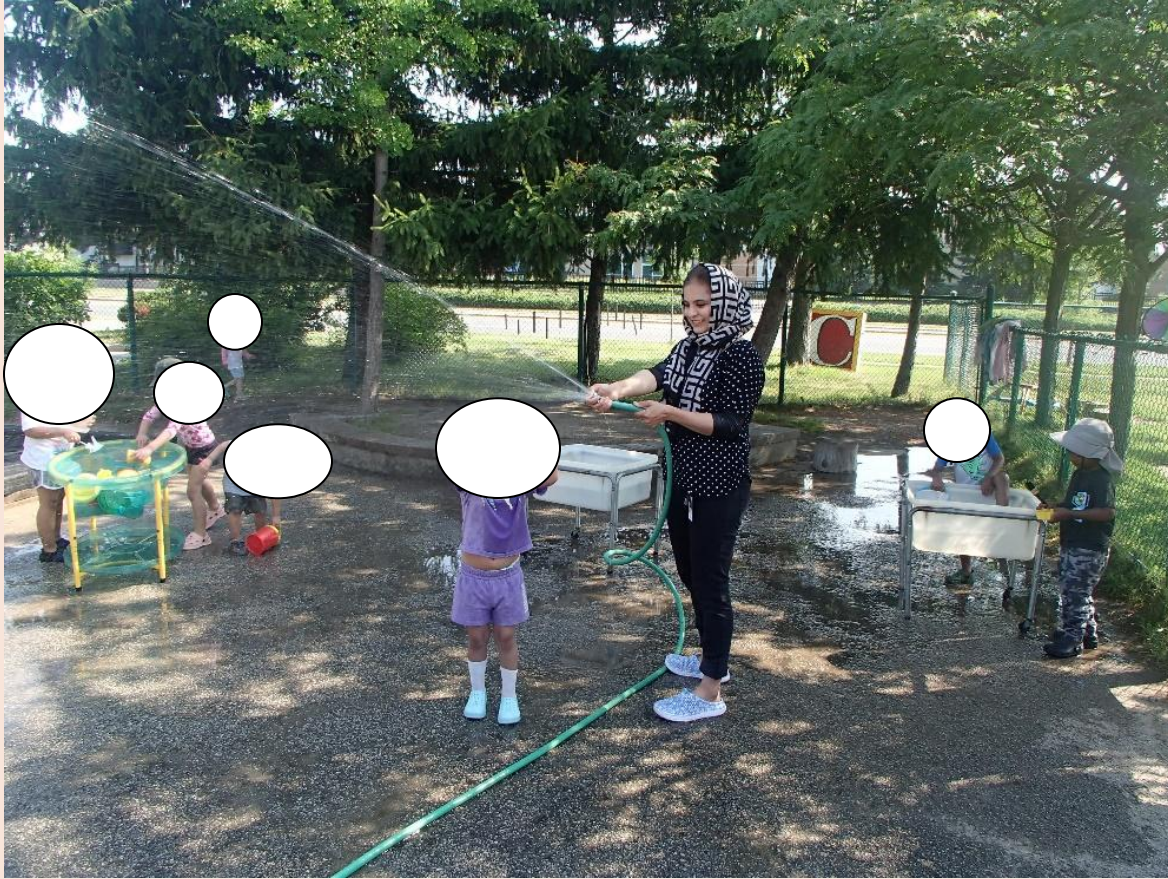
- Always provide close adult supervision during water play activities.
- Use shallow water to reduce safety risks.
- Ensure the play area is clean and free from slipping hazards.
- Teach children safe water rules such as no running or pushing near water.
- Check the water temperature to make sure it is comfortable for children.
- Clean and sanitize water play toys and equipment regularly.
- Encourage proper handwashing before and after water play.

Water play creates meaningful learning experiences while allowing children to have fun, stay engaged, and safely explore their environment.

Water Play Days at Eden Daycare during the months of July and August (Weather Permitting) :

Junior and Senior Toddlers - every Tuesday starting July 7th, 2026

Preschool, Int/Pre & Pre/K - every Wednesday starting July 8th, 2026



Senior Toddlers

Learning Through Summer Play

Sunny summer days give senior toddlers many chances to learn while having fun outdoors. Through active play, children strengthen their muscles, practice balance, and improve coordination by running, climbing, jumping, and exploring different environments. Outdoor experiences also help children feel confident as they try new things independently and interact with others. Nature-based activities encourage curiosity, creativity, and problem-solving as children discover the world around them through hands-on learning. Summer play creates joyful moments that support healthy growth and development.

Fun Summer Outdoor Activities:

1. Garden Helpers:

Invite children to water flowers or help dig soil with small tools.

Skills: responsibility, gross motor development, curiosity.





2. Bubble Chase:

Blow bubbles and encourage children to run, pop and catch them.

Skills: coordination, movement, confidence.

3. Sandbox Exploration:

Provide scoops, cups, and toy animals in the sand area.

Skills: sensory learning, imagination, fine motor skills.

4. Nature Treasure Hunt:

Look for sticks, rocks, flowers, or leaves during outdoor walks.

Skills: observation, language, problem-solving.

5. Ride-On Toys and Scooters:

Encourage children to move safely around outdoor spaces.

Skills: balance, body control, independence.



Indoor Summer Learning Activities:

Frozen Toy Rescue: Freeze small toys in ice and let children melt the ice using warm water.

Skills: sensory exploration, patience, discovery.

Summer Dress-Up Play: Use hats, sunglasses and beach towels for pretend play.

Skills: imagination, self-help skills, communication.

Music and Action Songs: Sing songs with actions such as clapping, stomping, and stretching.



Skills: listening, coordination, confidence.

Painting with Sponges: Use sponges and bright colors to create summer artwork.



Skills: creativity, hand strength, fine motor skills.

Picture Book Conversations: Read books together and encourage children to talk about what they see.

Skills: vocabulary, social interaction, attention.



Preschool

The Power of Routine

At Eden Daycare, we believe routines are an important part of a child's life. A routine means having a regular schedule that children can follow each day. When children know what is coming next, they feel more relaxed and comfortable. It helps them settle into their day and feel more confident in their surroundings.

Why Does Routine matter?

Routine helps bring structure and balance to a child's day. It makes daily activities more organized and easier to follow. Children can move from one activity to another without feeling rushed or confused. When the day is predictable, children feel more in control and are more willing to take part in activities.

How does routine support emotional security?

Routines help children feel safe and secure. When things like meals, playtime, and rest time happen at similar times each day, children begin to trust their environment. This consistency helps reduce anxiety and makes children feel calm. When they feel safe, they are more comfortable expressing themselves and building relationships with educators and other children.

How does routine support strong learning habits?

When learning activities such as circle time, story time, music and creative play are part of a regular routine, children begin to understand that learning is a normal part of their day. They become more focused, start listening more carefully and join in with more confidence. Over time, children also begin to follow routines on their own, which helps build independence and responsibility.





How does routine support healthy sleep patterns?

Consistent routines also support healthy sleep habits. Regular nap times at daycare and bedtime routines at home help children get the rest they need. When children follow a steady sleep schedule, their bodies adjust, making it easier for them to rest. Well-rested children are usually happier, calmer, and better able to focus and manage their emotions during the day.

Overall, routine plays an important role in helping children feel secure and supported. It helps them build positive habits, develop independence, and grow in all areas of development. A simple and consistent routine can make a big difference in a child's daily experience.



Intermediate

Building Early Literacy at Home

Simple Ways Parents can support Reading, Storytelling and Conversation

Children who are read to, and are conversed with regularly, develop stronger language skills, vast vocabulary, and a lifelong love of learning. Early literacy starts long before school. You are your child's first and most important teacher.



Read Together

Set aside just 10-15 minutes a day to read with your child, it makes a bigger difference than you might think. Let your child choose the book; when children pick what they read, they stay engaged longer. Point to the words as you read aloud and pause to ask, *“What do you think happens next?”* Don’t be afraid to revisit the same book over and over- repetition builds confidence and vocabulary. Your local library is a wonderful (and free!) place to keep discovering new stories together.



Tell Stories

Storytelling doesn't require a book. Use toys, puppets, or everyday objects to create characters and adventures together. Try starting a story with "*Once upon a time....*" and letting your child take it from there, you'll be amazed by their imagination. Sharing family stories and memories is equally powerful; it builds your child's sense of identity and teaches them how narratives work. Acting stories out with movement and expression makes the experience even more meaningful.



Talk Every Day

Conversation is one of the most natural literacy tools you have. Talk with your child during meals, walks, bath time and errands, narrate what you're doing, name objects, and describe feelings. Instead of yes/no questions, ask open-ended ones *like "How did that make you feel?" or "Why do you think that happened?"* Give your child time to think and finish their thoughts as active listening matters as much as talking. Singing songs and nursery rhymes together is also a wonderful way to build rhythm, rhyme awareness, and early reading skills.

You don't need special tools or a perfect routine. Talking, reading and storytelling during ordinary moments are among the most powerful gifts you can give your child's future. It's not about perfection. It's about connections.



Kindergarten

Keeping Young Minds Active This Summer

Summer offers families a wonderful chance to slow down, explore and learn together in natural ways. For kindergarten-aged children especially, everyday moments can become meaningful learning opportunities without feeling like schoolwork. Young children learn best through play, conversation and hands-on experiences and parents can easily turn daily routines into moments of growth and discovery.

Learning at the Grocery Store

A trip to the grocery store can become an exciting lesson in counting, sorting, and language development. Children can help count apples, identify colors, recognize letters on signs, or assist in making a shopping list. These small tasks build confidence while strengthening early math and literacy skills.

Cooking as a Learning Activity

Cooking together is another simple way to encourage learning at home. Measuring ingredients introduces basic math concepts, while following steps helps children understand sequencing and problem-solving. Asking questions like “What do you think will happen when we mix this?” also sparks curiosity and critical thinking.



Exploring the Outdoors

Outdoor activities are especially valuable during the summer months. Walks around the neighborhood, visits to the park or time spent gardening encourage observation and exploration. Children can collect leaves, look for insects, count birds or talk about weather patterns. These experiences naturally support science learning while helping children stay active and engaged.



Turning Travel Time into Conversation Time

Even car rides or walks can become opportunities for conversation and creativity. Singing songs, playing rhyming games, spotting shapes and numbers or making up stories together help develop vocabulary and communication skills. At this age, meaningful conversations with adults are one of the strongest tools for language development.



Building Skills Through Daily Chores

Parents can also involve children in simple household chores that encourage responsibility and thinking skills. Sorting laundry, setting the table, watering plants or organizing toys all support independence while reinforcing concepts such as matching, counting and categorizing.

Making Reading Part of Every Day

Reading remains one of the most important activities for young learners throughout the summer. Whether it's bedtime stories, reading signs during errands, or visiting the local library, regular reading helps children maintain and strengthen literacy skills. Allowing children to retell stories or act out their favorite books can make reading even more interactive and enjoyable.




Keeping Summer Learning Simple and Fun

The key to summer learning is keeping it playful and pressure-free. Kindergarten children do not need long lessons or worksheets to continue growing academically. Short, engaging activities woven into everyday life are often the most effective. By encouraging curiosity, asking questions and exploring together, parents can help children build important skills while creating lasting summer memories.

SUMMER FUN: Summer in Mississauga is filled with exciting opportunities for kindergarten children to play, learn and explore! From splash pads and library programs to nature walks and outdoor festivals, there are so many ways to create joyful summer memories together.

Here are a few fun family-friendly ideas for Summer 2026:

 Visit Mississauga Splash Pads & Pools


Cool off at one of Mississauga's many splash pads and outdoor water play areas. Popular family spots include Celebration Square and several neighbourhood parks across the city. Splash pads typically open daily throughout the summer months.

Ideas for fun:

Practice counting while jumping through sprinklers

Play "follow the leader" water games

Bring waterproof toys and buckets

 Join the TD Summer Reading Club

Mississauga Library's Summer Fun programs return in 2026 with Storytimes, crafts, performances, and the popular TD Summer Reading Club for children ages 3–12. Kids can earn prizes while building reading confidence all summer long.

Encourage your child to:

Read one book each day

Draw pictures about stories

Share favorite characters with family

 **Explore Local Parks & Nature Trails**

Take family walks through beautiful local parks such as: Jack Darling Memorial Park

Ratray Marsh Conservation Area

Erindale Park

Families in the community often recommend these parks for playgrounds, trails, picnics, and outdoor exploration.

Try: Nature scavenger hunts

Leaf and rock collecting

Bird watching

Outdoor snack picnics

Summer Art & Creativity

Children who love creating can enjoy summer art activities at Visual Arts Mississauga, which offers hands-on summer art camps and creative experiences for children in 2026.

At home, families can also: Paint with water outdoors

Make sidewalk chalk murals

Create nature collages with leaves and flowers

Music, Movement & Celebration Square Fun

Summer activities at Mississauga Celebration Square often include family entertainment, live performances, fountains, and community events throughout the season.

Fun movement ideas: Family dance parties

Freeze dance games

Bubble chasing

Outdoor yoga stretches

Easy Summer Kitchen Helpers

Invite your child to help prepare simple summer snacks: Fruit kabobs

Yogurt parfaits

Homemade popsicles


Picnic lunches

Cooking together helps children practice: Counting

Following directions


Fine motor skills

Independence

 **Make the Most of Summer Together**

The best summer moments are often the simplest ones — reading outside, visiting parks, exploring nature and spending quality time together.

We hope your family enjoys a safe, active and memory-filled summer in Mississauga!

Happy Summer 2026! 



Kitchen

Healthy Eating for Active kids and summer nutrition tips with easy snack ideas

Nutrition for kids is based on the same ideas as nutrition for adults. Everyone needs the same type of things such as Vitamins, minerals, carbohydrates, protein and fat. These are called nutrients. Children need different amounts of specific nutrients at different ages.

Key Nutritional Components:

- Carbohydrates {Energy}
- Protein {Muscle Repair}
- Calcium and Vitamin D {Bone health}
- Iron {oxygen transport}

Healthy Eating habits for activity:

- Hydration
- Never skip meals
- Nutrient-dense snacks balanced plate

Summer Nutrition Tips:

- Involve them in meal planning
- Maintain your routine
- Emphasize hydration
- Keep healthy snacks on tap
- Limit sugary drinks
- Make fruits and veggies always accessible
- Prep healthy meal together
- Provide opportunities for independent food prep
- Don't stress over packed foods
- Encourage Outdoor activity

Easy Snack Recipe:

Frozen yogurt dipped bananas- They are easy to make, healthy and delicious.

Ingredients:

1. Bananas
2. Vanilla Greek yogurt {flavor the children like}
3. Skewers
4. Sprinkles {optional but fun}

Instructions: -

- ❖ Peel and cut the bananas.
- ❖ Place Greek yogurt [Vanilla] in a small bowl.
- ❖ Dip each banana into the yogurt and place the individual pieces on parchment paper.
- ❖ Add sprinkles or leave plain.
- ❖ Freeze for at least one hour, recommended to freeze overnight.

