

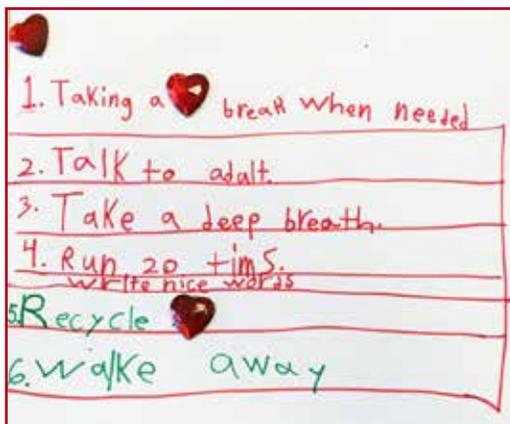


## April is all about well-being!

As we welcome April, we hope you had a Happy Easter! This month, we're celebrating physical, mental and spiritual well-being. These times continue to challenge us like never before. Let's work together to keep our little ones — and ourselves — safe, healthy and happy!

### Executive Leadership Team UPDATE

We continuously hear about the adverse mental health impacts of Covid, but what does that really mean and how can we insulate ourselves from some of the negative side effects it has brought to our well-being? We're taking our lead from a 6-year-old in our Connaught OSC program this month! We think she has it right — it's about self-regulation, which encompasses self-care! Please visit our [Blog](#) to see how the Canadian Mental Health Association recommends a similar self-care strategy.



### FEATURED CENTRE: PlayPenn

For too long, our kids have not been on play dates or celebrated their birthdays with friends and families. Play Penn has recently celebrated 6 birthdays with their families watching on Zoom! As relayed by the program Director, Twen, we ordered pizza. When the kids saw the boxes, they jumped up and down screaming "Pizza! Pizza!" Parents also sent cupcakes and goody bags. You could see from the joy in the little ones' eyes, these were their happiest moments in a while! Visit the [PlayPenn Child Care Centre](#) profile.





# TEAM FOCUS

The Making a Difference initiative acknowledges team members for excellence in activities, interactions and endeavours.

## Making a Difference this month!

*Left to right:*

**Amy** (Pump-kin Patch) for her honesty and professionalism,

**Danielle** (Sunridge) for her toddler-whispering ways,

**Debbie** (PlayPenn) for her kindness and helpful nature,

**Song** (Bright Lights) for always jumping in to help.



## IN THE KITCHEN with Chef Caroline

### Lemon Cookies

We deal with allergies and food preferences every day in our K@CP kitchen. We recently found a nice replacement ingredient for eggs: The aquafaba! This is the viscous water in which chickpeas have been cooked. One whole egg can be replaced by three tablespoons of aquafaba. It has emulsifying, binding and thickening properties that are ideal for most baking recipes. Here's our egg-free [lemon cookie recipe](#) for you to try!

## FROM THE KIDS' ZONE

Using play dough, Connaught kids recently shaped and birthed several very fun new friends!



## NEW PARENT RESOURCES

### FREE Massage for Participants in Clinical Practicum V

Do you have a doctor-diagnosed condition? You might be eligible to receive FREE massages. Mount Royal University's Massage Therapy Diploma program is looking for clients to take part in this 18-week (approx.) clinic on the effects of massage therapy (everything from post-traumatic stress disorder to arthritis to multiple sclerosis). Interested? [Sign up](#) and they'll contact you. To book a paid massage at MRU (about \$20-\$30 per hour), please visit [Click4Time](#).

[More New Parent Resources >>](#)

