



# April Newsletter 2017



<http://www.pinterest.com/crfdha/>



<https://www.facebook.com/CalgaryFamilyDayhomes>

## Dates to Remember:

**Invoice due date: Thursday, April 20th, 2017.**

**In-Service Date: Monday, April 24th, 2017 at 7:00pm.** Our MRU Practicum Student, Amy, will be at our in-service to share the work that she has been doing in our dayhomes this semester. Please come out (parents too!) to see this exciting journey.

**Chestermere In-Service Date: Tuesday, May 2nd, 2017 at 6:30pm.** This in-service will be held at the Chestermere Parent Link Centre. 105 Marina Road, Chestermere. Stay tuned to our Facebook page for more information

**Upcoming In-Service Date: Tuesday, May 16th, 2017 at 6:30pm.** This in-service will focus on how to complete your Provider Invoice, Children's Attendance Records, and Provider Support Funding Forms. We will also be reviewing: back up care, holidays, unavailable days and late fees. This in-service is **extremely important** as we will be reviewing and clarifying forms that are connected to you receiving your fees, provider support funding and your responsibilities. There have been inconsistencies noted over the last several months and in some cases collection of fees has been affected. Please plan to attend this meeting!

**Providers & Parents are welcome at all of our in-services.**

**All in-services are held at the agency office unless otherwise noted.**

**Cash and Food donations are welcome for our collection for local charities.**

## Walking Water Rainbow

### Supplies needed:

6 wide mouth glasses or jars

Paper towels

Food dye or liquid water colors {red, yellow, and blue}



### Directions:

Rip off six sheets of paper towel and fold each sheet in thirds lengthwise .(cut or fold as needed depending on the size of your paper towels)

It's a good idea to test your paper towel strip to make sure they fit properly in your glasses. They should be able to go from the bottom of one jar to the next without sticking up in the air too much. The paper towel on the left shows the just-right height.

First, line up the glasses and fill the first one with red watercolor, the third with yellow, and the fifth glass with blue. We left the other glasses empty.

Next, add water to the glasses with color until the colored water almost reached the top.

Move the glasses into a circle and add the paper towels.

See what happens!

**\*Thank you to Kim M for this wonderful science experiment idea!**

<http://thestemlaboratory.com/walking-water-rainbow/>

### From the desk of Susan: Director

Thanks to everyone who came out to hear Dr. Jody Carrington – what an amazing night!

This month, our MRU Practicum Student will be at our in-service to share the work that she has been doing in our dayhomes this semester. Please come out (parents too!) to see this exciting journey.

A reminder to Providers that we are here to support you in any way we can. Please let your Consultant know of any changes so we can work together.

A few of us at the office are signed up for community support runs and we would love to know if you are too! If you have signed up for a run and want to share your 'pledge' page please let us know so we can post on Facebook.

Happy Hoppy April Everyone!!



### From the desk of Louise: Parent Accounts Manager

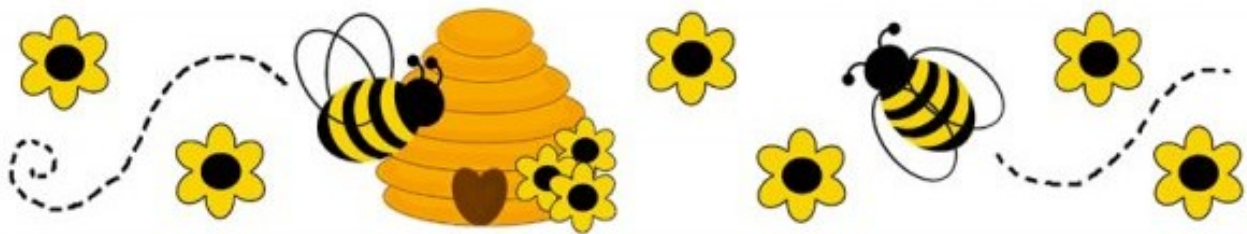
Happy Spring! Days are longer and summer is on the way.

Providers-do you have school age children that will be coming to your home full time in the summer?

Remember to discuss with your parents your full time rate and send in a **summer change of fee.**

If you are planning holidays of your own you must give your parents 30 days notice, they may need back up care.

Enjoy the beautiful weather!



### From the desk of Laura: Invoicing

Grateful for the sunshine and our beautiful spring weather!

**All new providers** please circle Tuesday May 16<sup>th</sup> on your calendars. This is our next in-service focusing on completing your monthly paperwork and answering questions around holidays, absences, back-up care and much more! We start this one a bit earlier at 6:30pm. Hope to see you then.

Check out the Scholastic Book Club selections at [www.scholastic.ca](http://www.scholastic.ca) email your orders to me [laura@calgaryfamilydayhomes.com](mailto:laura@calgaryfamilydayhomes.com) :)

## Healthy Eating for Young Children



## Enjoy meatless meals!



Use beans, lentils, tofu, eggs, nut or seed butter in place of meat to make healthy, tasty meals. Meatless meals are great choices for all children, not just those who avoid meat for religious, cultural or other reasons.

### It's easy for children to enjoy meatless meals!

- Replace the meat in chili, casseroles, stews and soups with beans, lentils or tofu.
- Use lentils or black beans in tacos or quesadillas.
- Top salads with beans or hard cooked egg.
- Add tofu to a vegetable stir-fry.
- Puree cooked black beans or chickpeas and add herbs and spices for an easy dip or sandwich spread.
- Use nut or seed or soybean butters. Add them to dips, smoothies or spread thinly on breads or crackers.

For recipes using Meat Alternatives, visit [Inspiring Healthy Eating](#) on the [Healthy Eating Starts Here](#) website.

**What Parents are Saying**

**About: Shenaz K.**

My daughter doesn't want to leave at the end of the day, I have to bribe her away. Shenaz is very focused on the children and is concerned for their well being. She has really helped I start to eat new foods, which for us, is a miracle! I find Shenaz a very kind, loving and warm person who seems to enjoy spending time with the children.

**What Parents are Saying**

**About: Alma H**

All I can say about Alma's day home is, her home is a loving and warm environment for my baby and an extremely recommended one. We are grateful everyday to have S at Alma's home.

**What Parents are Saying**

**About: Bernadine R.**

Bernadine is absolutely incredible, we feel so blessed to have her. She has taught P so much in a variety of ways. She is always so calm, and positive towards to kids when correcting behaviors when needs. I cant say enough great things about her, P loves going there and has a great connection with Bernadine. I just say enough great things about her!



Happy Birthday to our providers celebrating a birthday this month!

**What Parents are Saying**

**About: Odette O.**

When we found Odette we immediately liked her forthrightness and family values. We are beyond thrilled with Odette, and have noticed many positive changes in our daughter since she began attending her dayhome. B is learning songs, more complex Spanish grammar and how to follow instructions. When we leave B with Odette we have piece of mind.

- |           |            |
|-----------|------------|
| Dulce     | Santhoshya |
| Alma H    | Julie      |
| Heather W | Rose       |
| Jackie    | Claudia    |
| Lubna     | LiNa       |
|           | Zahida     |



**Do you have any Suggestions for the agency?**  
Please send any suggestions to Susan at [susan@calgaryfamilydayhomes.com](mailto:susan@calgaryfamilydayhomes.com)

### **Accreditation Reminder of the Month**

Find the Accreditation Standards here:

<http://humanservices.alberta.ca/documents/accreditation-standards.pdf>

***Standard 1.4: Children's development is supported through outdoor environments with active play spaces and opportunities to experience and learn about the natural world.***

- Organize and equip the outdoor play space to provide a variety of developmental and physical activities for children in a safe environment
- Provider opportunities for children to explore and learn in natural settings
- Encourage environmentally responsible practices to promote children's connections with the natural world
- Provide opportunities for children to learn about how materials in nature are used in everyday life

### **Heart of South Calgary Family Resource Centre**

They offer lots of free classes that are drop in or registration - call (403)219-3477 ext 213 or email [aksio@aspenfamily.org](mailto:aksio@aspenfamily.org)

### **Training Sessions / Workshops in Chestermere**

[www.chestermere.ca](http://www.chestermere.ca) > Town Services > Community Services > Programs For 0 - 5 Years Old

### **YWCA Parent Link Corridor**

Visit the YWCA Calgary Website for more information on their upcoming workshops and newsletters.

For more information on upcoming programs call: (403) 262-0497

All workshop and trainings held at the YWCA Parent Link Corridor. 320-5th Avenue SE

### **Health Canada Recalls: Robin Hood brand All Purpose Flour, Original recalled due to E. coli O121**

#### **Advisory details**

Smucker Foods of Canada Corp. is recalling Robin Hood brand All Purpose Flour, Original from the marketplace due to possible E. coli O121 contamination. Consumers should not consume the recalled product described below. This recall's affected products are the Robin Hood All Purpose Flour, Original in the 10kg bags.



#### **What you should do**

If you think you became sick from consuming a recalled product, call your doctor. Check to see if you have recalled products in your home. Recalled products should be thrown out or returned to the store where they were purchased. Food contaminated with E. coli O121 may not look or smell spoiled but can still make you sick. Symptoms can include nausea, vomiting, mild to severe abdominal cramps and watery to bloody diarrhea.





Health Canada and the Public  
Health Agency of Canada

Santé Canada et l'Agence  
de la santé publique du Canada

### **What is mumps?**

Mumps is a highly contagious viral disease caused by the mumps virus. The most common symptom of mumps is swelling of the glands that produce saliva (spit). This swelling can make the cheek or neck bulge out on one or both sides. Sometimes the virus can cause more serious complications including swelling of the testicles or ovaries, hearing loss or meningo-encephalitis (inflammation of the fluid and tissues surrounding the brain and spine).

### **How is mumps spread?**

Mumps is spread through close, direct contact with an infected person's mouth and nose secretions. Behaviors that can spread the bacteria include:

- o living in close living quarters
- o participation in sporting events where contact with others' secretions may occur
- o kissing, coughing or sneezing
- o sharing food, drinks or eating utensils
- o sharing toothbrushes, mouthguards, towels, cigarettes or lipstick
- o sharing mouthed toys (young children) or musical instruments with a mouthpiece.

### **Preventing mumps**

The most important way to reduce your risk of getting mumps is to make sure that you and your family members are vaccinated with 2 doses of the mumps-containing vaccine.

You can further decrease the risk of mumps by reducing exposure to others' mouth and nasal secretions. Don't share food, drinks, water bottles, towels, mouth guards or toothbrushes. Wash your hands thoroughly and often.

### **What are the symptoms of mumps?**

It can take between 12 and 25 days for symptoms to occur after you have been infected. However, you can pass the infection on to others even before you know you are sick. In fact, the time you are most contagious starts 2 days before the symptoms begin until 4 days after the symptoms begin.

The most common symptom of mumps is swelling of the glands that produce saliva (spit). This swelling can make the cheek or neck bulge out on one or both sides. Other symptoms of mumps include:

- o fever,
- o headache or earache,
- o tiredness,
- o sore muscles,
- o trouble talking, chewing or swallowing, or
- o loss of appetite.

Symptoms can be mild or severe, and generally last 7 to 10 days.

Many people who get infected with the mumps virus will have very mild symptoms or not be sick at all. However, they can still spread the disease to others. Sometimes the virus can cause more serious complications including swelling of the testicles or ovaries, hearing loss or meningo-encephalitis (inflammation of the fluid and tissues surrounding the brain and spine). It is therefore important to be vaccinated against mumps.

### **What to do if you become ill?**

If you or your child develops the symptoms of mumps, particularly swelling of the cheeks or neck, see your health care provider immediately. Make sure that you call ahead to ensure that you do not expose others to the disease.

## What are our Providers doing?

Do you have some pictures you want to share? Email them (No children's faces please) to your consultant!



**Storypark** 

Story Park is an online platform that supports providers in tracking and documenting children's daily activities and achievements, and allows providers to easily create child portfolios, learning stories, and the ability to share their work with parents online. Story Park supports and encourages strong bridges of communication between parents and providers, along with other advisors or teachers that may be in the child's life.

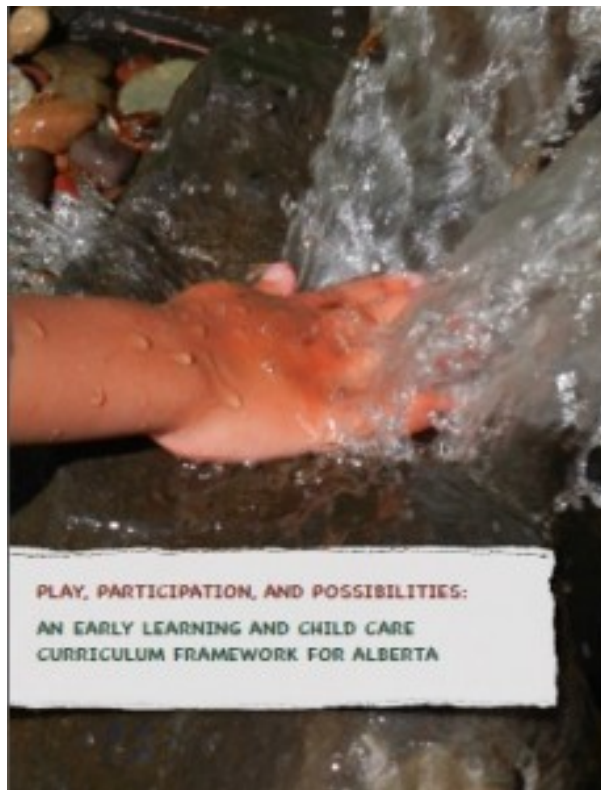
More notably, Story Park incorporates the curriculum framework from *Play, Participate, and Possibilities: An Early Learning and Child Care Curriculum Framework for Alberta*, making it easier for providers to integrate the framework into their work and make the connections from the curriculum to their planning, documentation and goals.

Visit [storypark.com](http://storypark.com) or ask your consultant for more information as well as a free 30 day trial.

## Curriculum Framework: Play, Participation, and Possibilities

This year again, Calgary & Region Family Day Homes Agency is excited to be part of the pilot project for the Early Learning and Child Care Curriculum Framework for Alberta. Some of you might have heard about it already, as it has been around for a few years, and some of the workshops or conferences that you have attended might have made reference to it.

The Curriculum Framework is still being slowly explored and discovered throughout Alberta. It has not yet been implemented everywhere, however, many early childhood settings are already using it. We would like to invite you to have a look at it and maybe even read some of it to familiarize yourself with the Early Learning and Child Care Curriculum Framework.



You can find the Early Learning and Child Care Curriculum Framework in its entirety on the following webpage:

<http://childcareframework.com/play-participation-and-possibilities/>

You can also talk to your consultant to get more details.



**PROVIDERS:**

Do you have any suggestions / interests that you are needing help planning for? Send your ideas to Danielle at [danielle@calgaryfamilydayhomes.com](mailto:danielle@calgaryfamilydayhomes.com) for them to be added to an upcoming newsletter!

Fundamental Movement Skills

Gallop like a horse

Activities Involving Provider Participation

Pin the tail on the Horse  
Sack Race / Wheelbarrow Race

Books

Little Red Cowboy Hat  
Pirates vs Cowboys  
Which Way to the Wild West

Problem Solving/Math Skills

Nature Exploration

Where would cacti grow? Would we find some in Calgary?

Fine Motor Activities

Indoor

Milking a Cow  
Wild West Tic Tac Toe

Outdoor

Panning for Gold

Current Interests & Goals

**Wild West**

Go ahead and use this sample as part of your Activity Planner—just make sure to adjust it to meet your day home's needs

Gross Motor Activities

Indoor

Cow, Cow, Horse  
(Instead of Duck, Duck, Goose)

Outdoor

Race on your Stick horses  
Horseshoes

Creative Arts

Hobby Horse / Stick Horse  
Handprint Cactus

Sensory Play

Panning for Gold  
Dessert Dough

Cooperative Play

Sack Race  
Wheelbarrow Race

Dramatic Play

Wanted Posters & Cardboard Jail

Language Activities

Old MacDonald had a Ranch (Old MacDonald had a Farm)

### Websites to Visit:

- <http://www.humanservices.alberta.ca/family-community/cmh-learning-series.html> Children's Mental Health Learning Series.
- <http://www.calgaryfamilydayhomes.com/providers.php> Visit our website and fill out our provider survey
- <http://www.albertafamilywellness.org/initiative> Learn about children's brain development and mental health
- [www.ahs.ca/heal](http://www.ahs.ca/heal) A comprehensive guide to common illnesses such as rashes, fever and coughs and outlines symptoms, treatments and when to seek medical attention.
- <http://www.professionalparenting.ca/webinars.html> Many webinars that are offered monthly and lots of resources
- <http://www.calgaryschild.com/> Get the Calgary's Child Magazine Online
- <http://www.albertahealthservices.ca/news/apple.aspx> Get the Alberta Health Services Apple Magazine online
- [http://www.mtroyal.ca/cs/groups/public/documents/pdf/hop\\_skip\\_and\\_jump\\_completed\\_pd.pdf](http://www.mtroyal.ca/cs/groups/public/documents/pdf/hop_skip_and_jump_completed_pd.pdf) Get "A Hop, Skip and a Jump: Enhancing Physical Literacy" book online
- <http://littlewarriors.ca/prevention/workshop/> Take an online webinar to learn how to prevent child sexual abuse
- [http://frcr.albertahealthservices.ca/course\\_registration/public\\_course\\_list.php](http://frcr.albertahealthservices.ca/course_registration/public_course_list.php) A current list of all of the workshops being offered by Alberta Health Services
- [www.foothillsnetwork.ca](http://www.foothillsnetwork.ca) Early Childhood services available to parents and communities within the Foothills Region
- [www.aelcs.ca](http://www.aelcs.ca) Accreditation for Early Learning and Child Care Services
- [www.child.alberta.ca](http://www.child.alberta.ca) This site accesses programs and services in Alberta's government monitored child care industry. Find the Family Day Home Standards Booklet on the website.
- [www.parentsmatter.ca](http://www.parentsmatter.ca) This site provides information relating to parent-child development through the Canadian Association of Family Resource Programs.
- [www.zerotothree.org](http://www.zerotothree.org) A great site to get developmental, researched information on children age zero to 3 years of age.
- [www.mentoringboys.com](http://www.mentoringboys.com) This Canadian site focuses on boys and their unique needs. Check out their monthly newsletter for some great information.
- [www.positivediscipline.com](http://www.positivediscipline.com) This website looks at what is positive discipline.
- [www.familyfuncalgary.com](http://www.familyfuncalgary.com) This Calgary website links you to current family events offered in the city.
- <http://www.2000days.ca> This website is a network of resources to connect people working in Early Years
- <http://www.albertahealthservices.ca/nutrition/Page2929.aspx>. Nutrition information for children of all ages.

### Calgary & Region Family Day Home Agency Inc.

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Phone: 403.217.5394 / Fax: 403.240.2668

24hr Emergency Line: 403.852.3894

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