



December Newsletter 2015



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



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

Dates to Remember:

Invoice due date: Monday, December 21st, 2015

Annual Turkey Dinner: Our annual Turkey Dinner is on **Monday, December 7th, 2015 at 6:30pm**. The dinner will be at the Glamorgan Community Centre (4207 41st Ave SW). As the RSVP list is full already, if you would like to place your name on the waitlist, please call the office at (403) 217-5394.

****Don't forget to bring your non-perishable food donation for the food bank!****



First Day of Winter: Winter Solstice

Tuesday, December 22nd, 2015

What Is It?

Winter solstice marks the beginning of winter and it's also the shortest day of the year. Because of the earth's tilt, on this day the Northern Hemisphere is as far away from the sun as it can be. Therefore, the first day of winter has the least amount of sunlight.

Celebrations

Solstice means "standing still sun" and has historically been a day for celebration. This tradition started with an ancient fear that the fading light would never return unless humans kept watch and had a huge celebration. Tons of cultures and societies have solstice celebrations.



The First Day of Winter

<http://www.kidzworld.com/article/1623-winter-solstice>

From the desk of Susan: Director

Happy Holidays!

December is such a fun time of year, and can be stressful too. Make sure to talk to your families about any planned holidays / days off. The Agency is here to help with arranging back care when possible. Our annual government review should be happening sometime early in the New Year, so please make sure to be inviting and to ask to see ID before letting someone into your day home.

Our annual Turkey Dinner is coming up fast! It filled up quickly again this year and I know there were several people on the waiting list...We wish there was room for everyone ! Our list of in-services and invoice dates for 2016 will be coming out shortly....January's in-service will be hosted by myself and will be a chance for you to bring your questions and share in some casual conversation.

We are looking at having Collaborative Mental Health back for a few more workshops next year, so make sure to look for those dates and mark them on your calendar. Also mark March 5, 2016 on your calendar as this year's Provider Conference. Registration and details coming soon.

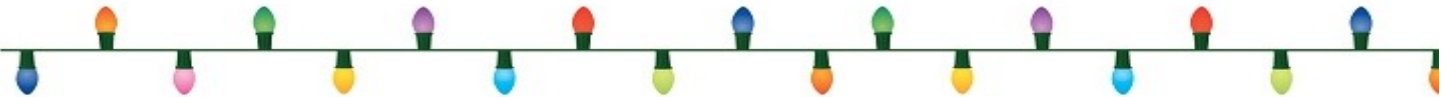
From the desk of Louise: Parent Accounts Manager

I can hardly believe the year is almost over!

Providers-have you discussed any closures over the holidays with your parents?

The new year is coming and it is a good time to go over 2016 and write up your letter of any closures and if they are paid days.

Keep warm! Wishing everyone a very Merry Christmas!



From the desk of Laura: Invoicing

I can hardly believe that 2015 is almost over! We've had another wonderfully busy year here, welcoming new staff and new family members :), our 1st annual Teddy Bear Picnic and celebrating all of YOU at Provider Appreciation Night.

Looking ahead to 2016 please ensure that you are faxing or scanning in your provider invoices, attendance record, and provider support funding forms. We will not be processing photos of these legal documents.

Any questions on your invoices or support funding, please call or email me at laura@calgaryfamilydayhomes.com

Have a safe and joyful holiday season!

Nutrition Tips for Caregivers and Parents

Plan Healthy Snacks

Healthy snacks help kids meet their nutritional needs.

- Children need 2 to 3 snacks each day at regular times
- Offer snacks at least 2 to 3 hours before meals
- Include at least 2 food groups from Canada's Food Guide:
 - Vegetables and Fruit
 - Grain Products
 - Milk and Alternatives
 - Meat and Alternatives
- Serve snacks with water, milk or fortified soy beverage



Tasty Snack Ideas:

- Apples sprinkled with cinnamon and cheese cubes
- Fruit smoothie made with fresh or frozen fruit and milk
- Mini sized pancakes with unsweetened applesauce
- Mini cucumber sandwiches made from whole grain bread
- Guacamole or hummus with whole grain pita wedges
- Fruit with cottage cheese
- Tomato and avocado slices with whole grain crackers
- Fruit slices (apple, banana, pear, peaches) with yogurt dip
- Veggie sticks (carrot, cucumber, celery, pepper) with hummus or tzatziki

***Visit our Calgary & Region Family Day Homes
Pinterest page for some yummy snack ideas!***

Accreditation Reminder of the Month

Find the Accreditation Standards here:

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

Standard 3.1: Child care programs work in partnership with families and respect their beliefs and expertise in their child-rearing role as primary caregivers

Indicators

- Support the important child-rearing roles of families in the children's lives
- Incorporate effective communication strategies with families to facilitate positive, respectful relationships.
- Respect the diversity of children and families which the program serves
- Demonstrate respect for children's home language(s)
- Demonstrate appreciation for the contributions of families to the children, program and community

Physical Literacy

A link to the eBook; A Hop, Skip and a Jump: Enhancing Physical Literacy Tool Kit can be found here:

<http://www.freebookez.com/ebook.php?>

[u=aHR0cDovL2NwY2Njc3RhZmYud2VIYmx5LmNvbS91cGxvYWRzLzEvMy82LzUvMTM2NTM0MzQvaG9wX3NraXBfX2p1bXBfcmVzb3VyY2UucGRmCkEgSG9wLzCBTa2lwIGFuZCBhIEp1bXA6IEVuaGFuY2luZyBQaHlzaWNhbCBMaXRlcmFjeSBUb29sIEtpdA==](http://www.freebookez.com/ebook.php?u=aHR0cDovL2NwY2Njc3RhZmYud2VIYmx5LmNvbS91cGxvYWRzLzEvMy82LzUvMTM2NTM0MzQvaG9wX3NraXBfX2p1bXBfcmVzb3VyY2UucGRmCkEgSG9wLzCBTa2lwIGFuZCBhIEp1bXA6IEVuaGFuY2luZyBQaHlzaWNhbCBMaXRlcmFjeSBUb29sIEtpdA==)

Training Sessions / Workshops in the Community

For information on workshops and training sessions help by Alberta Health Services please visit their website at:

http://fcr.albertahealthservices.ca/course_registration/public_course_list.php

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

Training Sessions / Workshops in Chestermere

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

Professional Parenting

Professional Parenting puts on FREE Webinars each month. Visit

<http://campaign.r20.constantcontact.com/render?ca=76d6a00c-38a1-4565-8ef3-89260d365d6d&c=e55cfd40-bf12-11e3-9cb2-d4ae5292c4bc&ch=e63f46f0-bf12-11e3-9d09-d4ae5292c4bc> for more information

What Parents are Saying

About: Romana Q.

At first, I loved the day home because my boys loved the day home but now I love the day home for so much more reasons. At dinner my son always tells me about his wonderful day and I get to hear about his crafts or different activities. I am enjoying getting to know Romana also. She is a very positive person and great with kids. It feels like my family has become bigger!

What Parents are Saying

About: Heather B.

I appreciate your email. I am very happy with Heather and her dayhome, but more importantly so is my son. Her programming is awesome and her daily communication goes above and beyond, including all the details of my son's day and photos of him at play. She does outings and spends lots of time outside, which I am thrilled about. I have no concerns whatsoever and find her care for my son to be exactly what I would hope for in my absence.

What Parents are Saying

About: Kim M.

I love Kim's day home not only because she is an incredibly nurturing, conscientious, and empathetic role model but I can walk away after drop-off feeling comforted. My son had thrived at Kim's in the past and now I can see that my daughter is happy there as well. I cannot say enough about the day home that Kim has and my kids' "second home".



Happy Birthday to our providers celebrating a birthday this month!

Tanya Zinat

AJ Wendy

Shiva Shahida

Nusrat Asma

Donna Leah

Sadia Yanbing

Shauna

What Parents are Saying

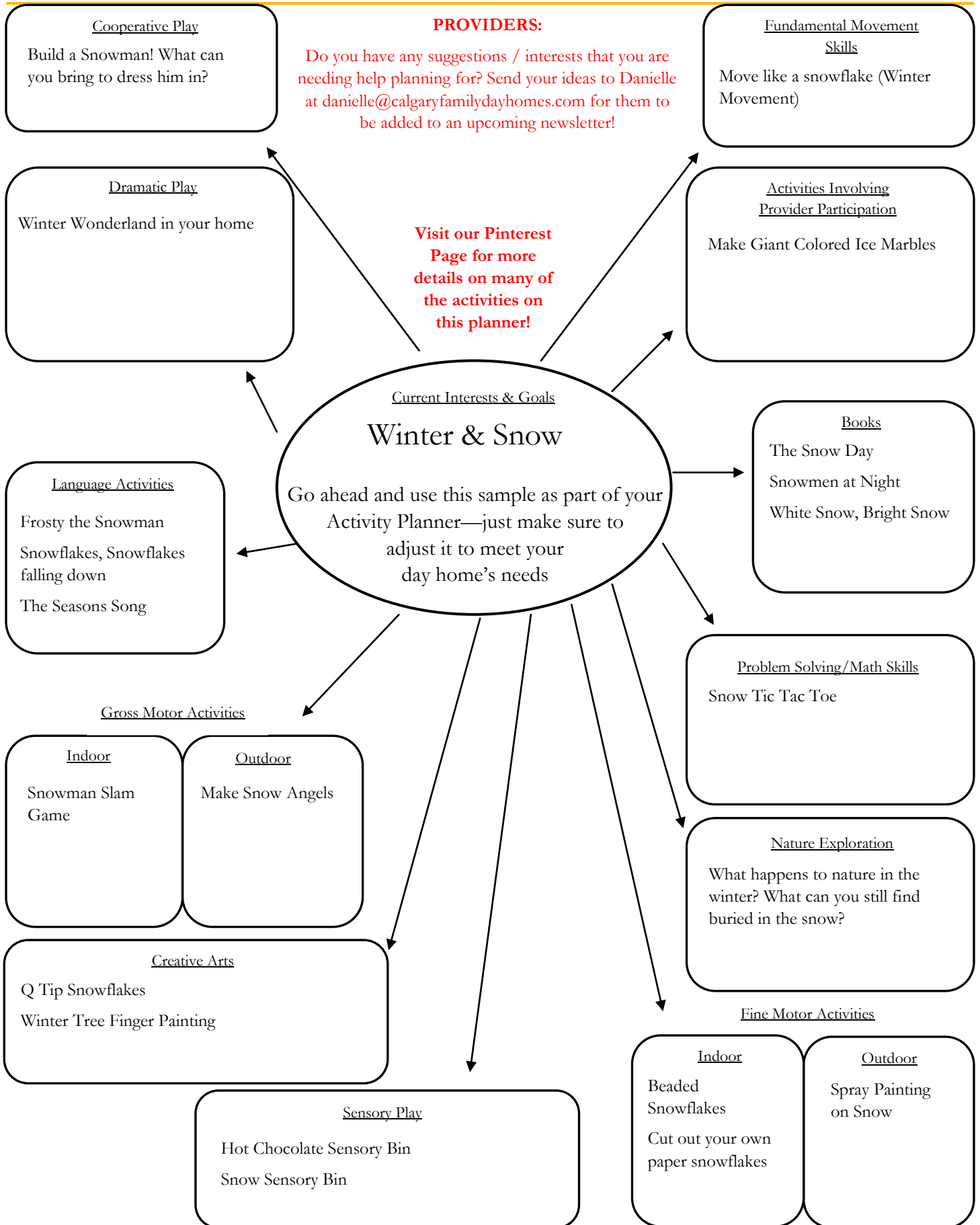
About: Shafqat S.

Shafqat had me at ease the minute I met her and she has always been so wonderful to deal with. Her patience and kind spirit shows in everything she does with the children and the parents in her home....The area in her home set up for the children is a perfect environment for them to play and learn. I always look forward to the crafts they make and updates every day about what they have done... It is very clear Shafqat loves caring for the children and has a personal connection with each one of them.



Do you have any Suggestions for the agency?

Please send any suggestions to Susan at susan@calgaryfamilydayhomes.com



Health Canada Recalls:

Loblaw Companies Ltd recalls various Life at Home brand seasonal lights

Life at Home® Indoor M5 Warm White LED Lights set of 70

Life at Home® Indoor M5 Multicolour LED Lights set of 70

Life at Home® Indoor Multicolour Snowflake or Star LED Lights set of 35

Life at Home® Indoor Pure White Snowflake or Star LED Lights set of 35

Life at Home® LED Indoor Multicolour Lights set of 35

Life at Home® M5 Warm White LED Lights set of 35

Life at Home® Indoor Clear Miniature lights set of 100

Life at Home® Indoor Multicolour Miniature Lights set of 100

Danson Decor recalls Danson Decor 100 count Indoor Mini Light Sets

100 count indoor Mini Light Set – Multi-Coloured Blubs & Clear Bulbs

The Michaels Companies, Inc. Recalls

CELEBRATE IT Christmas Basic Lights 100 Clear Indoor/Outdoor Light Set

The Michaels Companies, Inc. Recalls

CELEBRATE IT Bright Tidings 50 LED Indoor/Outdoor Light Set

Websites to Visit

<http://www.calgaryfamilydayhomes.com/providers.php> Visit our website and fill out our provider survey

www.foothillsnetwork.ca Early Childhood services available to parents and communities within the Foothills Region

www.aelcs.ca Accreditation for Early Learning and Child Care Services

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 This site provides information relating to parent-child development through the Canadian Association of Family Resource Programs.

www.zerotothree.org A great site to get developmental, researched information on children age zero to 3 years of age.

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 This website looks at what is positive discipline.

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

Calgary and Region Family Day Homes Agency Inc.

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Phone: 403.217.5394 / Fax: 403.240.2668

24hr Emergency Line: 403.852.3894

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