



CALGARY & REGION FAMILY DAY HOME AGENCY Inc.

January Newsletter 2019



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



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

Dates to Remember:

Invoice due date: Thursday, January 24th, 2019 by 9:00am

Provider Professional Network: Saturday, January 12th, 2019 from 1:00pm - 3:00pm. RSVP to Kim at: kimberleamateri@gmail.com for more information. This network meeting will be held in the SW community of Southwood.

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

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

Cash or Food donations are welcome for our collection to the Calgary Food Bank.

Celebrating 35 Years!

Calgary & Region Family Day Home Agency is proud to be celebrating its 35th anniversary. Each month this year we are going to be doing a little something extra to celebrate – and watch for Provider Appreciation in September this year – you won't want to miss it.

To kick things off in January we have a small token of appreciation and recognition for our Providers; this one's a surprise!



Community Education Service Upcoming sessions, January 2019

Visit the website for more information and upcoming courses: <http://community.hmhc.ca/>

Schizophrenia Society of Alberta- Community Education Presentation

Wednesday January 23 - 11:00 AM - 12:30 PM

Alberta Children's Hospital

Taming Anxiety Gremlins

Thursday January 24 - 6:30 PM - 8:00 PM

St. Sebastien School

RECORDED SESSIONS

Music Therapy and Early Childhood Development

Adolescent Dating Violence: Prevalence, Correlates, Outcomes and Prevention

Laugh Until it Helps: Building Resilience through Humour and Laughter

From the desk of Susan: Director

Happy New Year! I hope everyone had a few moments to enjoy with family and friends this past holiday season.

The agency is excited to ring in the new year and celebrate our 35th anniversary. Please check out the new section in our newsletter to follow the highlights each month, or check in on our Facebook page.

Providers – Invoices were updated in the summer of 2018 and only the most recent version of the invoice will be accepted. You must send in your invoice in the proper format and on time each month in order to be paid on time, and to guarantee claiming of your Provider Support Funding. If you are unsure please ask your Consultant to help you.

From the desk of Louise: Parent Accounts Manager

Happy New Year!

Unbelievable! 2018 passed by so quick...and now on to the New Year!

Providers: do we have your paid closure days for 2019? Please remember you are self-employed and do not receive statutory holidays.

Please make sure your parents have a copy for the records.

Do you have copies of all your 2018 invoices? You will need them for your taxes.

Please let your parents know that all 2018 tax letters will be emailed no later than Feb. 28th. Hopefully we have all updated email addresses on file.

All the best in 2019!

From the desk of Laura: Invoicing

Happy New Year everyone! I hope you all enjoyed time with friends and family over the holidays and are feeling renewed as we begin 2019.

I believe that I have gotten all of the quirks and formatting in the Provider Invoice resolved and the 2019 version should be sent out this month by your consultant. This newest version must be used, older copies can be shredded or used as scrap paper.

For those of you working with Apple products you will need to save your completed invoice as an excel file as opposed to a Numbers file.

The 2019 Invoice Due Dates will also be emailed to you this month, and are noted each month in the newsletter, please note your calendars of these important due dates to avoid any late charges.

If you have questions on how to complete and submit your invoice you can ask your consultant or connect with me through email or a quick phone call :)

Scholastics Orders

Do you want to order some books from the current scholastics? Visit:

<http://www.scholastic.ca/clubs/readingclubonline/> for all of the different Reading Club magazines. All you need to do to order is email Laura (laura@calgaryfamilydayhomes.com) the name, number, price of the book as well as the Reading Club Book its coming from (Ex: October Elf, #3E2, \$2)

Provider Networking Meeting: Kim M

This is a free monthly network meeting for early learning and child care educators that are interested in meeting with other like-minded people.

This networking group is held the second Saturday of each and every month. The time is from 1 pm to 3 pm. The location varies since it is held at a different day home each month. This is a fantastic way for each of us to see what other educators are doing in their environments. Everyone brings a yummy snack to share. The goal is to discuss information regarding one main topic, per meeting, that is determined at the previous meeting. We have a tour of the host's home and sit down and enjoy the delicious food represented by a multitude of cultures.

Our next meeting will be Saturday, January 12, 2018, and it will be in Calgary's Southwest community of Southwood. The discussion will be about www.storypark.com. We will discuss how Storypark is a great tool for observing, reflecting, planning and sharing!

Please RSVP to kimberleamateri@gmail.com to obtain the address!

Everyone is welcome whether you run a private day home, have a day home with a different agency, work in the BAS industry, or are a nanny, or preschool teacher. If you want to meet with other professionals, in the early learning and child care industry, this meeting is for you.

Welcome one and welcome all!

Have a Jubilant January!

What Parents are Saying

About: Asma B.

Asma, you are truly a wonderful person who cares so much about other and you are true professional. I feel safe and at peace knowing that my children are in your care. You go above and beyond and it shows in the bond that you have with the kids. I cannot express how lucky we are to have you in our lives. You are kind, thoughtful, genuine, funny and much more. You basically potty-trained A and our family is better off with you around. I love that everyday is a good day with you. I could write an essay ... we love you!

What Parents are Saying

About: Titilayo O.

D and T love it at Titilayo's dayhome and I am absolutely comfortable with them there

What Parents are Saying

About: Ayesha H

We are absolutely happy with her care and support .. she takes care of all the kids as her own kids . Caitlyn loves to go there .. Ayesha is an amazing person who can understand and handle kids feelings and emotions...We are absolutely happy with her care

We would love to highlight our wonderful providers!

Parents: Please email your consultant with feedback to be added to future newsletters!

Congratulations

To our provider Holly E who had a beautiful baby girl in December!



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 or ask your consultant for more information as well as a free 30 day trial.



Happy Birthday to all of our providers celebrating a birthday this month!

Samina	Kristine	Maria
Anna P.	Misbah	Anna S.
Seema	Sahar	Paulette
Razia	Shazia T.	Bina K.
Ana Marie	Josie	Carissa

Policy Spotlight of the Month:
Nutrition Policy

- Dayhome providers will have posted on their parent board a weekly menu planner. Meals and snacks provided follow the Canada Food Guide.
- As noted by Alberta Health Services providers will be offering water when children are thirsty and milk for lunch.
- For any child requiring a special diet this is the responsibility of the parent. All allergies must be noted on the Child Profile and Child Information Sheet when registering.
- Parents must supply baby food until your child is able to eat table food. Bottles of formula and or milk are the parent’s responsibility.
- Please support your provider in encouraging healthy eating habits by not bringing sweet or salty foods into the dayhome.

Accreditation Reminder of the Month

Find the Accreditation Standards here:

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

Standard 3.2: Child care programs implement clear, simple practices that promote regular exchange of information with families

Indicators:

- Provider opportunities for families to share and exchange information with the child care program
- Provide families with a clear intake and orientation process before their children begin care
- Promote regular communication between the family and program
- Provide opportunities for the families to be involve in the programming for their children
- Consult with families about proposed policy/practice and program changes that may affect them
- Implement a social media policy that defines monitoring and intention, and meets the program's outcomes
- Protect the confidentiality of children, families, and colleagues

Please fill out our surveys!

Family <https://www.surveymonkey.com/r/HR62YF8>

Provider <https://www.surveymonkey.com/r/PD5JBVR>

Outdoor and Nature Play

With the Fall and Winter months, there are still some opportunities to get outside and play! The Alberta Council for Environmental Education (ACEE) have a ton of resources on their website (<http://www.abcee.org/eerc>) for educators to learn about outdoor play and the environment.



There are many resources out there to help facilitate outdoor play, along with all of the benefits that come along with outdoor play that you could find and use for your day home.

It is important to talk to the parents in your homes and ensure that they are bringing appropriate clothing (jackets, boots, mittens, etc.) for outdoor play each day. Remembering that outside play should be happening each day until -20 degrees.

Discovering Play in Natural Spaces:

This website has some flashcards that were created by the Alberta Recreations and Parks Association that talks about Nature Play and gives tons of ideas on how you can play in Natural Spaces.

http://s3.amazonaws.com/s3.arpaonline.ca/docs/nature-play_flash-cards_web.pdf

Recipe of the Month

Delicious Gluten Free Pancakes



Ingredients:

- 1 cup rice flour
- 3 tbsp tapioca flour
- 1/3 cup potato starch
- 4 tbsp dry buttermilk powder
- 1 pack sugar substitute
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp xanthan gum
- 2 eggs
- 3 tbsp canola oil
- 2 cups water

Directions:

1. In a bowl mix or sift together the rice flour, tapioca flour, potato starch, dry buttermilk powder, baking powder, baking soda, salt, sugar substitute and xanthan gum. Stir in eggs, water and oil until well blended and few lumps remain
2. Heat a large well-oiled skillet or griddle over medium high heat. Spoon batter onto skillet and cook until bubbles begin to form. Flip, and continue cooking until golden brown on bottom.
3. Serve immediately with condiments of your choice

Do you have a great recipe you would like to share? Email Danielle at danielle@calgaryfamilydayhomes.com

Early Learning and Child Care Curriculum Framework for Alberta “Inclusiveness and Equity”

All children, regardless of race, religion, age, linguistic heritage, social and economic status, gender, or ability are entitled to inclusion in everyday activities and routines. When inclusiveness and equity are practiced, children come to appreciate their physical characteristics and their gender, racial, linguistic and cultural identities. They become sensitive to the effects of poverty and begin to contribute to local and global initiatives that address it. Learning requires inclusive and equitable environments where children work and play within diverse groups, and engage in meaningful, respectful interactions with people, materials, and content that represent diversity.

When children engage in practices that respect diversity they are:

- Learning about their cultural heritages and those of other families within the centre and the society
- Forming positive, inclusive relationships with all children
- Learning about differences, including cultural, racial, physical, spiritual, linguistic, gender, social, and economic
- Learning about and engaging with communities representative of Alberta society
- Learning about and participating in helping projects—locally and globally



References:

Makovichuk, L., Hewes, J., Lirette, P., & Thomas, N. (2014). *Play, participation, and possibilities: An early learning and child care curriculum framework for Alberta*. Retrieved from www.childcareframework.com (p.111-112)

Health Canada Recalls: Strawberry-flavoured acetaminophen infant oral drops in 24 mL bottles recalled because of defective child-resistant safety caps

Issue: Laboratoire Riva Inc. and Laboratoires Trianon Inc. are voluntarily recalling five over-the-counter strawberry-flavoured acetaminophen oral drops for infants. The products are labeled as Biomedic, Option+, Personnelle, Selection, or Laboratoires Trianon Inc. The products are packaged in 24 mL bottles and are used for pain and fever relief. They are being recalled because the child-resistant safety cap may be defective. This recall is in addition to previous recalls of children’s acetaminophen syrups for the same issue. A defective cap could allow a child to accidentally ingest the product, which could pose a significant health concern. Accidental ingestion can result in acetaminophen overdose and serious health consequences, including liver damage. Early signs of overdose include nausea, vomiting, lethargy and sweating. Liver damage may result in liver failure or, in the most severe cases, death. Abdominal pain may be the first sign of liver damage and may not be apparent for 24 to 48 hours. This issue is related to product packaging and not the safety or effectiveness of the drug in the bottles. The products were distributed at major pharmacies across Canada.

What you should do: Return affected product to the place of purchase for a refund. Call your local poison control centre immediately if you think your child may have taken too much acetaminophen. Consult your health care professional if your child has used these products and has health concerns.

For more information on the affected products visit: <https://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2018/68574a-eng.php>



Welcome to our new activity planner!

All providers should be using the new activity planner (whichever style you choose and works best for you) starting **May 1, 2018**. Your consultant will be able to help you over the coming months to work on the new planner if you have any questions.

Below you will find some helpful examples on how you can fill out these new planners and some activities that support each new area of the planner. There are 2 different versions of the new planner, please feel free to use whichever suits your home and needs best!

Companion Help Sheet/Example of Activities

Activities that support PLAY/PLAYFULNESS and help develop our creativity and other skills:	Activities that support SEEKING and help develop our intellectual and other skills	Activities that support PARTICIPATING and help develop our social and other skills:	Activities that support PERSISTING and help develop our small and gross motor skills and fundamental movements and other skills :	Activities that support CARING and help develop our emotional and other skills:
<p><u>Activities that support:</u></p> <ul style="list-style-type: none"> •Inventing •Creating •Imagining •Telling and Directing Stories •Exploring •Representing •Taking Risks in/for Learning <p><u>Examples of Activities</u></p> <ul style="list-style-type: none"> •Art: painting, drawing, sculpting •Making Sand Castles •Play Dough •Dressing Up •Making Hats, Masks •Playing Pretend •Building a Fort •Building with Construction Blocks •Inventing Stories to Share with Friends •And more... 	<p><u>Activities that support:</u></p> <ul style="list-style-type: none"> •Questioning •Wondering •Curiosity •Exploring with our Senses •Solving Problems <p><u>Examples of Activities</u></p> <ul style="list-style-type: none"> •Science Experiment •Baking/Cooking •Freezing/Melting Water •Guessing Scents with Covered Eyes •Nature Walk/Talking About What We See in Nature •And more... 	<p><u>Activities that support:</u></p> <ul style="list-style-type: none"> •Engaging with others •Listening to Others •Sharing Ideas •Sharing Thoughts •Sharing /Talking About Feelings •Negotiating •Taking Turns •Observing <p><u>Examples of Activities</u></p> <ul style="list-style-type: none"> •Discussing and Identifying Different Emotions and Feelings •Playing Team Games •Working as a Team on a Building or Art Project •And more... 	<p><u>Activities that support:</u></p> <ul style="list-style-type: none"> •Persevering with Challenges and/or Difficulties •Trying Strategies •Asking for Help •Reaching our own Goals <p><u>Examples of Activities</u></p> <ul style="list-style-type: none"> •Climbing a Play Structure •Learning to Skip on One Foot •Learning to Use Scissors •Mastering Puzzles •And more... 	<p><u>Activities that support:</u></p> <ul style="list-style-type: none"> •Caring about our Families •Caring about Others •Caring for Ourselves •Caring for the World •Caring for Living Things <p><u>Examples of Activities</u></p> <ul style="list-style-type: none"> •Watering Plants/Garden •Taking Care of Pets/Feeding/Cleaning •Cleaning our Faces •Wiping Down our Space after Meals •Putting Dishes in the Sink •And more...

•REMEMBER TO INCLUDE DAILY PHYSICAL ACTIVITY THAT PROMOTES GROSS AND SMALL MOTOR DEVELOPMENT BOTH INDOORS AND OUTDOORS (WEATHER PERMITTING) •INVITE PARENTS TO ADD SUGGESTIONS TO THE PLANNER IF THEY WOULD LIKE TOO

We are playing/playful:

Examples of Activities

- Art: painting, drawing, sculpting
- Making Sand Castles
- Play Dough
- Dressing Up
- Making Hats, Masks
- Playing Pretend
- Building a Fort
- Building with Construction Blocks
- Inventing Stories to Share with Friends
- And more...

We are seeking:

Examples of Activities

- Science Experiment
- Baking/Cooking
- Freezing/Melting Water
- Guessing Scents with Covered Eyes
- Nature Walk/Talking About What We See in Nature
- And more...

Parents Feedback:

We are participating:

Examples of Activities

- Discussing and Identifying Different Emotions and Feelings
- Playing Team Games
- Working as a Team on a Building or Art Project
- And more...

Month:

Our Interests

Reflecting On Our Experiences:

- Which activities worked well?
- Which activities didn't work well?
- What can you do differently next time?
- What was the favourite activity this month?
- And more...

Examples of Activities

- Climbing a Play Structure
- Learning to Skip on One Foot
- Learning to Use Scissors
- Mastering Puzzles
- And more...

Examples of Activities

- Watering Plants/Garden
- Taking Care of Pets/Feeding/Cleaning
- Cleaning our Faces
- Wiping Down our Space after Meals
- Putting Dishes in the Sink
- And more...

We are persisting:

We are caring:

Websites to Visit:

<http://childcareframework.com/resources/Play,%20Participation,%20and%20Possibilities%20-%20An%20Early%20Learning%20and%20Child%20Care%20Curriculum%20Framework%20for%20Alberta.pdf> A link to the pdf for the Curriculum Framework guide

<http://self-reg.ca/wp-content/uploads/2016/07/Infographic-What-is-self-reg-July-2016.pdf> Learn about self regulation, and what it is.

<http://stage.participaction.com/sites/default/files/downloads/Participaction-PositionStatement-ActiveOutdoorPlay.pdf> An information sheet on active outdoor play

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

<http://www.humanservices.alberta.ca/family-community/cmh-learning-series.html> Children's Mental Health Learning Series.

<http://www.albertafamilywellness.org/initiative> Learn about children's brain development and mental health

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 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://fcrc.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 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

<http://www.albertahealthservices.ca/nutrition/Page2929.aspx>. Nutrition information for children of all ages.

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