



# July Newsletter 2017



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



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

## Dates to Remember:

**Invoice due date: Friday, July 21st, 2017**

**In-service Date: There will be no in-service for the month of July.**

**Provider Professional Network: Saturday, July 8th, 2017 at 11:00am.** The goal of this meeting is to help build ongoing relationships while exchanging information and advice. A place where providers can share strategies to benefit their lives, children, and families. The goal is to have regular, monthly networking sessions that will allow us to follow up on past challenges, maintain contacts, and see one another's day home set up. **RSVP to [kimberleamateri@gmail.com](mailto:kimberleamateri@gmail.com) for more information at the meeting address.**

**Providers & Parents are welcome at all of our in-services.  
All in-services are held at the agency office unless otherwise noted.  
Cash or Food donations are welcome for our collection for local charities.**

## Sidewalk Chalk "Pops"

### Materials Needed:

Plaster of Paris, Tempura Paint (neon works best), Silicone Pop Mold, Wood Craft Sticks, Plastic Cups and Plastic Spoons, Scissors,, Measuring Cups, Cold Water

### A few important notes:

**Do not put Plaster of Paris down your drain!** It will harden in your pipes and cause damage. We are using disposable cups and spoons for this reason. You can rinse very small amounts off your measuring cups and such, but get the majority of the excess (wet or dry) in the trashcan.

This can be messy. I would recommend doing it outside and using larger plastic cups than I did!

Cold water means between 40-50° F. Yes, it matters. Chill enough water in your fridge for 30 minutes prior to starting.

Tempura paint is egg-based and non-toxic, but Plaster of Paris should not be ingested. Older children may help with the mixing, but little ones probably shouldn't.

The following measurements were enough for my specific Wilton Brownie Pop Mold. You may have to adjust your volumes for different silicone molds.

### Instructions:

1. Begin by cutting down your craft sticks to about 3" long. You will need one plastic cup for each color you wish to make.
2. Fill each plastic cup with 1/3 cup cold water and add 2 Tablespoons of tempura paint to each plastic cup. Use your plastic spoons to gently stir the water and paint together.
3. Add 2/3 cup Plaster of Paris to each plastic cup. Stir until thoroughly combined. Ideally, your mixture will have the consistency of thin yogurt.
4. Carefully pour your colors into the silicone mold. Gently tap the mold on your work surface to release any air bubbles.
5. After two minutes, the plaster will begin to firm up. Insert your craft sticks (cut side down) into the middle of the chalk "pops." They should be easy to place without having to push hard or hold them up.
6. Setting these out in the hot sun is a great way to cure them quickly. After an hour, you will be able to carefully remove them from the mold. Leave them in the sun to continue drying for up to 24 hours.



### From the desk of Susan: Director

Summer! Parents and Providers I hope you enjoy the sun and slow pace that often comes with the summer months. There are a few changes at the Agency, that should help increase your connections. First off, Consultants will be working from home most of the time. This means that email is probably going to be the best way to reach them, but they can definitely call you back if you want to talk instead of type. Hours for Consultants will be 8:00am -4:30pm.

Summer can mean a lot of conversations about holidays and back up care. Please connect with your Consultant if you need help organizing, and remember that you can call the emergency cell at any time and I can help find you last minute care (403-852-3894)



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

Happy Summer!

I am sure I have received all summer changes for school age children. The next reminder is....do you have children going into Grade One in the fall and changing their fees for September?

Enjoy the beautiful weather!



### From the desk of Laura: Invoicing

Happy Canada Day! It looks like we are in for a beautiful start to the summer.

There is a "new & improved" provider support funding form, a few of you have already replaced your old versions with this one, thank you! If you are still working off of an old version, please ask your consultant or email me at [laura@calgaryfamilydayhomes.com](mailto:laura@calgaryfamilydayhomes.com) and we will get you the new form.

Summer generally brings with it a lot of back-up care, please make sure to get parents initials and signatures on the Standard 2's when providing back up care for your colleagues.

Enjoy this beautiful weather

**What Parents are Saying**

**About: Jessica H.**

Jessica has become a part of the family! My one year old who has been going to Jessica's to drop off his brother since he was two weeks old, and now attends daily, gets there in the morning and walks in like he owns the place. He obviously loves Jess and her whole family. My three year old talks about Jess, and all the kids there, like family because that is the atmosphere that Jess sets. We could not be happier with our child care, she has set the bar high for all future teachers!

**What Parents are Saying**

**About: Flor D.**

Flor is doing a great job! She has been so patient with H. We started potty training before he came back to her day-home and it is not going smoothly now. It's nice we can count on her support. She has been very understanding! I wanted to mention that Flor has recently started writing down the activities the children get to do with her each day on a page by the door. It's so nice to see what Henryk's day was like! She used to always try to tell us this information but with the bustle by the door on our way out sometimes we didn't get to hear about all the wonderful things she organizes.

**What Parents are Saying**

**About: Shelby R.**

The environment she provides for my son is absolutely amazing, he enjoys going there everyday. When I ask him if he wants to go to Shelby's house he runs for the door and says "yay", it's very comforting to know that he loves going there. B has learnt so much being there, just today he pointed at the letter "B" and said "mommy B", which I believe is great for a child who's not even 2, he can also count, recognize emotions and colours. She's done such an amazing job with the kids and I can't thank her enough for the exceptional care she provides. I'm thankful everyday that I chose her dayhome



Happy Birthday to our providers celebrating a birthday this month!

- Shelby      Sihasunie
- Shenaz      Shafqat
- Louise C      Lavone
- Hadeel      Sinder
- Sylvie      Elizabeth
- Dana

**What Parents are Saying**

**About: Sinder G.**

We wanted to share how VERY happy and thankful we are to have Sinder in our life. Our daughter has been going to Sinder's day home since last November and we have seen her grow and develop so much since being with Sinder. Sinder cares very much about Mia and I can tell you there is a special bond between the two. There is so much love; she is like family to us. We are very thankful for how Sinder has rules, teaches the children how to be polite, treats them with the upmost respect and is exceptional at how she encourages growth and development. We can not say enough good things about Sinder and her day home



Congratulations to our provider Lana that had a baby boy on June 3rd!

Congratulations to our provider Sandeep who had a baby girl on June 16th!

# Free Nutrition Classes

For Parents and Caregivers of Infants, Toddlers and Preschoolers



## Feeding Your Baby

Are you getting ready for your baby to start solid foods? Then this class is for you! A dietitian will answer your questions about what to feed first, textures, and other topics related to feeding your baby. Babies are welcome.



## Mealtime Struggles to Mealtime Success

Do you have questions about your child's eating? Learn how to create a positive mealtime environment, introduce new foods and how to cope with mealtime struggles. Taught by a dietitian, this class is for parents and caregivers with children 1 – 5 years of age. **Adults only please.**

**For class schedule and to register, visit:**

**[birthandbabies.com/new-baby-2/](http://birthandbabies.com/new-baby-2/)**

click on *'Mom, Infant & Child Nutrition'*

**Or call: 403-955-1450**

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**Accreditation Reminder of the Month**

Find the Accreditation Standards here:

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

***Standard 2.3: Child Care Programs promote competence, active exploration, and learning through play.***

Indicators: Providing, engaging, and extending play experiences.

- a. Plan experiences that promote development and learning across all developmental domains.
- b. Promote early literacy through daily programming.
- c. Provide extended periods for children to become actively engaged in a wide variety of self-selected, open-ended play.
- d. Provide open-ended experiences and opportunities to encourage creative expression.
- e. Be actively involved in children’s play experiences.
- f. Provide cognitive activities and experiences at the developmental level of the children.

**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: Perlimpinpin inc. recalls baby sleep bags**

**Product description:** This recall involves two styles of zip-up sleep bags by Perlimpinpin Inc. These sleep bags are made of viscose from bamboo.

**Hazard identified:** The product zipper may be defective. Some units may be missing the bottom stop at the end of the zipper. This could allow the slider to become detached, which would pose a choking and laceration hazard to children.

**What you should do:** Consumers should check that the zipper on the sleep bag has the bottom stop (see pictures of product). If that part of the zipper is missing, stop using the product and contact the retailer for a refund or exchange.



## What are our Providers doing?

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



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.

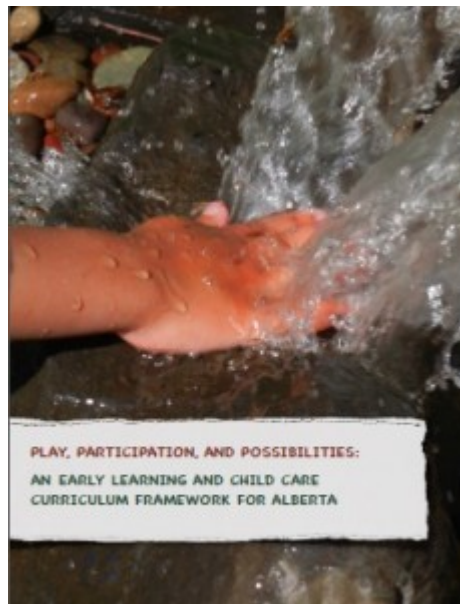
Visit [storypark.com](http://storypark.com) or ask your consultant for more information as well as a free 30 day trial.

## Early Learning and Child Care Curriculum Framework for Alberta

### A Practice of Relationships

Developing relationships with families, children and other community members is part of your role as a family day home provider. The “Early Learning and Child Care Curriculum Framework for Alberta” talks about the importance of fostering such relationships in order to provide the best learning environment possible for the children in your care.

“By appreciating the significance of the family in the life of the child, you enter into a relationship with families along with the relationships that you nurture with children. In a similar way to the image of the child, our image of the family is also constructed within our experiences of social, cultural, historical, economic and political contexts. When you value family connections and contributions, you are more likely to engage families in open, respectful, and reciprocal dialogue to share and generate ideas, solve problems and learn more deeply about children. In turn, the children and their families can add value to their family life from their relationship with you.”



#### **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](http://www.childcareframework.com)



**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

Camping Yoga

Activities Involving Provider Participation

Fire Safety  
Bear Safety

Books

Camper, Camper What Do You See?  
Scaredy Squirrel Goes Camping  
Toasting Marshmallows

Problem Solving/Math Skills

Make Your Own Compass  
Leaf Rubbings

Nature Exploration

Animal Tracks Books  
Nature Scavenger Hunt  
Camping Bingo

Fine Motor Activities

Indoor  
Leaf Rubbings

Outdoor  
Nature Weaving

Current Interests & Goals

**Camping**

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

Dramatic Play

Camping Pretend Play (tent, picnic table, fishing, lanterns, chairs, sleeping bags, back pack, fire logs)  
Make a pretend fire and s.mores (cotton balls, cardboard, brown felt)

Language Activities

If You Give A Moose A Marshmallow  
A Camping We Will Go  
20 Favourite Campfire Songs for Kids

Gross Motor Activities

Indoor

Camping Yoga

Outdoor

Camping Charades

Creative Arts

Marshmallow Painting  
DIY Binoculars

Sensory Play

Mud Play dough  
Painting Rocks

Cooperative Play  
Camping Pretend Play

Dramatic Play  
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Nature Exploration  
Animal Tracks Books  
Nature Scavenger Hunt  
Camping Bingo

Indoor  
Leaf Rubbings

Outdoor  
Nature Weaving

### 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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