



March Newsletter 2016



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



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

Dates to Remember:

Invoice due date: Wednesday, March 23rd, 2016.

You Make a Difference Conference: Saturday, March 5th, 2016. Registration begins at 8:00am for the Providers who are attending.

In-Service Date: Monday, March 21st, 2016. Reading Infant and Toddler Cues. Presented by Collaborative Mental Health

Parents and Providers are welcome at all of our in-services!



Spring Activity: Invitation To Create: Build A Bug

What you will need:

Construction paper for your bug pieces;

Eyes / Spots / Antenna's / Circles (different sizes)

Semi-Circles (for bodies and heads) / Skinny strips (Legs, antennae, stripes and mouths)

Glue sticks

Half-sheets of construction paper (to use as backgrounds)

Divided Tray (Optional)



Let the children create their bugs. What type of bugs are they making? Are they naming them? If so, what are the names of their bugs? You can show them some ideas, or some bugs that you have made, but let them create and make their own!

<http://www.cuttingtinybites.com/2015/08/invitation-to-create-build-bug.html>

From the desk of Susan: Director

Happy March! It looks like our Annual Conference will start the month with some great weather! I hope to see all the Providers that registered at the Conference March 5. If you see me running around make sure to stop me and say "Hi".

I am excited to share that ACCA is advocating for access to PD funding for Day Home Providers. This could mean that Providers would be able to access up to \$350 in bursary money for workshops each year. ACCA is collecting data and asking Providers to fill out this survey: [Professional Development Funding for Family Day-home Providers. Survey](https://www.surveymonkey.com/r/HGJQ5PF) (or <https://www.surveymonkey.com/r/HGJQ5PF>) by March 4th, 2016. This is a great opportunity and your help is critical in the push forward to have funding opened up to Approved Day Home Providers. Please click the link and fill out the survey. If you have any troubles let me know ASAP (susan@calgaryfamilydayhomes.com).

March is also our in-depth Safety Screening month. Please make sure to go through your home and ensure that everything is current and complete (i.e check your First Aid Kits for any expired items).

A great way to start to your Spring Cleaning and maybe you find you have accumulated an overabundance of toys and its time to send some out to consignment. Spring cleaning your space to ensure you have ample room for children to play!

Feb 20 and 21 we had a Provider Only First Aid course at the office, and it went great! We hope to plan another one for the Fall... If yours expires later this year and your interested please let me know.



From the desk of Louise: Parent Accounts Manager

February went by in a flash! And we have been very lucky with this winter's weather...spring is around the corner!

Parents - All 2015 tax letters were emailed out in January so if you haven't received it yet please check your junk email. If not there you can call and we will forward the letter again.

Providers - A reminder to quote your **TOTAL** fees to parents at the interview. When a parent calls and requests a registration package and we confirm fees, parents do not like to hear a different amount. When you give the fees let them know the total amount and let them know that includes the monthly agency fee.

Also any child absents over 3 days please let me know as it may affect your invoice payment!

Every March we have a draw for a month's free childcare fees for parent's that accounts are paid on time with no NSF's etc.

Congratulations goes to **Jordan Schmit**, the winner of this year's draw!!

From the desk of Laura: Invoicing

Spring is almost here!

I wanted to express a huge Thank You to everyone for submitting their invoices, attendance, and provider support funding forms by fax or scanned documents! Your efforts are greatly appreciated.

Did you know that you can open the provider invoice as a word document on your computer and complete it that way? No need to print it out or try to scan a legal sized paper. If you would like to fill out your monthly invoice as a word document, please send me an email and I will forward you a copy.



SAVE THE DATE

Child Care Connections Fair

* **April 9th, 2016**

Mount Royal University

8:30am-12:00pm

Contact MValenti@mtroyal.ca



Connect .Engage.Inspire



to help prevent **mealtimes struggles...**

Caregiver's Job is to decide **Child's Job is to decide**

What foods to offer...

- Offer healthy choices
- Offer a variety of food
- Keep trying

When to offer food...

- Set regular times
- Offer 3 meals and 2–3 snacks
- Allow 20–30 minutes to eat

Where to eat...

- Eat at the table

If he will eat...

- Healthy appetites change every day
- Pressure does not work—be supportive and encouraging

How much she will eat...

- Your child knows when she is hungry

Steady growth is the best way to tell that your child is eating enough.

Adapted from Elyn Satter. *Child of Mine: Feeding with Love and Good Sense*. Palo Alto, CA: Bull Publishing Co., 2000.



The Feeding Relationship

Children learn through exploring—keep them safe and have patience!

What foods should be offered?

- Think about what your family likes to eat, but do not limit to foods your family easily accepts.
- Offer food choices as outlined by Eating Well with Canada's Food Guide.

Children's appetites change from day to day. Some days they will not eat much, other days they seem to eat too much. This is normal.

Tips for parents:

- Get children involved in making meals. Everyone wants to sample what they've helped make.
- Have a pleasant environment—it's easier to eat well when there is good food and good feelings.
- Plan regular meal and snack times so your child is hungry at mealtimes. This helps children feel safe about eating and not to think about food all the time.
- Try new foods in small amounts first. Serve in a form your child can handle—eating with the hands is okay!
- Offer water anytime; offer milk with meals and snacks.

Remember that children...

- Have changing appetites.
- Don't always like new things.
- May be too busy to eat.
- Want to do things by themselves.

Did you know?

- You may need to try 10–15 times before a new food is accepted.
- Children have small stomachs and need to eat small amounts more often during the day.
- Being a role model is the best way to teach children healthy eating habits.

This material is for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.



For 24 hour nurse advice and health information, call Health Link Alberta at 403-943-LINK (5465) in the Calgary area, 780-408-LINK (5465) in the Edmonton area, or 1-866-408-LINK (5465) toll free. Visit us on the web at www.albertahealthservices.ca

What Parents are Saying

About: Aisha N.

We are so thrilled with the care Aisha provides for I. I've had three children in day homes from the agency so far and Aisha is by far the best. I is always happy to be dropped off, and Aisha is vigilant in keeping I safe and happy throughout the day. I couldn't be in better hands as far as we're concerned .

What Parents are Saying

About: Ashley C.

A is a happy kid and seems to love it at Ashley's. We feel Ashley provides excellent care for A and does well to keep up with her very busy antics. We've very happy to have Ashley as our day home provider!

What Parents are Saying

About: Joesphine I.

I really like Josephine. She seems to be very passionate about teaching and educating. I very [much] appreciate her effort.



Happy Birthday to our providers celebrating a birthday this month!

What Parents are Saying

About: Bushra M.

She's been doing a really good job from what I've seen. She's nice and very respectful. I've also noticed she's been teaching the girls good behaviour as well as constructive learning ie. colours, animals and sounds as well as shapes. I'm very pleased with the care she's given to P.

- | | |
|--------------|--------|
| Esther | Ruth |
| Deanna | Lorna |
| Christine M. | Marie |
| Iram | Bushra |
| Sura | Winnie |
| Manmeet | |



Do you have any Suggestions for the agency?

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

Accreditation Reminder of the Month

Find the Accreditation Standards here:

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

Standard 1.1: Child care programs promote and nurture children's positive sense of self and belonging through supportive relationships.

Develops self-awareness and feelings of belonging:

- Responds positively to children's individual interests and strengths through supportive small group interactions and one-on-one communications.
- Help children develop a sense of self by recognizing their unique qualities and backgrounds.
- Support children in exploration of their individual interests, strengths, and emerging skills.
- Provide opportunities for children to demonstrate their independence.

Develops positive relationships to form secure attachments:

- Acknowledge children who recognize the skills, accomplishments, and contributions of peers.
- Foster strong emotional attachments with children sharing feelings, communicating warmth and acceptance through verbal and non-verbal reassuring behaviours.
- Respond to children's needs and cues in an appropriate, timely, caring and consistent manner.

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?>

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Training Sessions / Workshops in the Community

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

http://frcr.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.

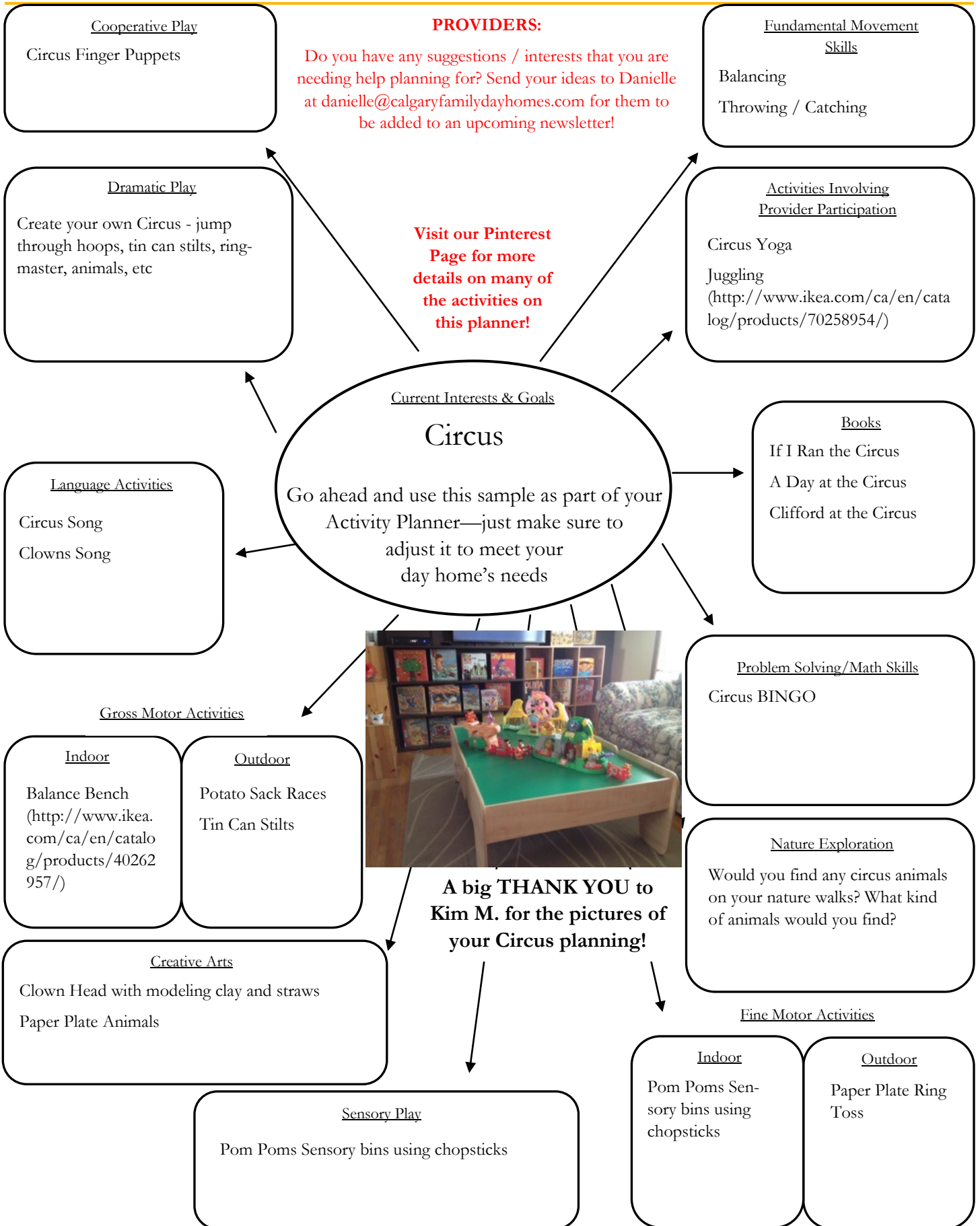
For more information on upcoming programs call: (403) 262-0497

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



More Info About Reggio! (cont'd)

- The adult is a mentor and guide: Our role as adults is to observe (our) children, listen to their questions and their stories, find what interests them and then provide them with opportunities to explore these interests further. The Reggio Emilia Approach takes a child-led project approach. The projects aren't planned in advanced, they emerge based on the child's interests, and thus the importance to observe the children to learn about what is interesting to them.
- An emphasis on documenting children's thoughts: You'll notice in Reggio-inspired settings that there is an emphasis on carefully displaying and documenting children's thoughts and progression of thinking; making their thoughts visible in many different ways: photographs, transcripts of children's thoughts and explanations, visual representations (drawings, sculptures etc.), all designed to show the child's learning process.
- The Hundred Languages of Children: This is the belief that children use many different ways to show their understanding and express their thoughts and creativity. A hundred different ways of thinking, of discovering, of learning. Through drawing and sculpting, through dance and movement, through painting and pretend play, through modeling and music, and that each one of these Hundred Languages must be valued and nurtured. These languages, or ways of learning, are all a part of the child. Learning and play are not separated. The Reggio Emilia Approach emphasizes hands-on discovery learning that allows the child to use all their senses and all their languages to learn.



References:

- (n.d.). Retrieved from <http://www.aneverydaystory.com/beginners-guide-to-reggio-emilia/main-principles/>
 (n.d.). Retrieved from https://en.wikipedia.org/wiki/Reggio_Emilia_approach

Health Canada Recalls: Pfizer Consumer Healthcare recalling 126 lots of Advil liquid products for infants and children

Health Canada is informing Canadians that Pfizer Consumer Healthcare has initiated a voluntary recall of 126 lots of Advil liquid products for infants and children because of a potential risk of inconsistencies in dosing of the product. "Clumps" of Ibuprofen may form in the bottle and lead to higher or lower doses that are given to infants and children if it is not shaken well before each use. Lower doses may not be adequate in reducing the fever, leading to other health issues which could include, in rare instances, convulsions. Although unlikely, higher doses may lead to vomiting, drowsiness, dizziness, 'ringing in the ears' and decreased breathing rates. The likelihood of these potentially severe adverse consequences is remote as long as the product has always been shaken well before each use as per label instructions. As a precaution, Health Canada is recommending that consumers stop using these products and return them to a pharmacy. Health Canada is advising parents who have given these products to their children and have concerns to consult with their health care practitioner. Health Canada is monitoring Pfizer's recall and will inform Canadians if new safety information arises.

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

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