



# May Newsletter 2019



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



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

## Dates to Remember:

**Invoice due date: Thursday, May 23th, 2019 by 9:00am**

**Provider Professional Network: Saturday, May 11th, 2019 from 1:00pm - 3:00pm.** RSVP to Kim at: [kimberleamateri@gmail.com](mailto:kimberleamateri@gmail.com) for more information. This network meeting will be held at a local library

**Storypark Workshop: Tuesday May 21, 2019 from 7:00pm-8:30pm.** RSVP to Meagan or Susan ([Meagan@calgaryfamilydayhomes.com](mailto:Meagan@calgaryfamilydayhomes.com) or [susan@calgaryfamilydayhomes.com](mailto:susan@calgaryfamilydayhomes.com)) This is a great workshop for anyone new to Storypark or those that have been using it and want to find out a bit more about how the Agency is using this tool to help connect with Providers, families, and highlight our accomplishments for Accreditation

## Celebrating 35 Years!

Calgary & Region Family Day Home Agency is proud to be celebrating its 35<sup>th</sup> 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 wont want to miss it.

In May we are recognizing the ongoing training of our Educators. We are proud to support the Provider Network Group that one of our Providers created as a place for Providers to meet once a month to build community and share strategies for their dayhomes. If you want to get involved and attend a meeting you can connect with Kim at [kimberleamateri@gmail.com](mailto:kimberleamateri@gmail.com)

## Training Opportunities

Online—[www.ronniespreschool.com](http://www.ronniespreschool.com)—This is a great site for ideas and resources and also has a few online workshops

Online—[trauma.respectgroupinc.com](http://trauma.respectgroupinc.com)—A great, quick, online certificate to help you with Being Trauma Aware

Online—[www.albertafamilywellness.org/training](http://www.albertafamilywellness.org/training)—The Brain Story Certification from Alberta Family Wellness. This certificate is packed full of information and resources, making it a great course for Early Childhood Educators

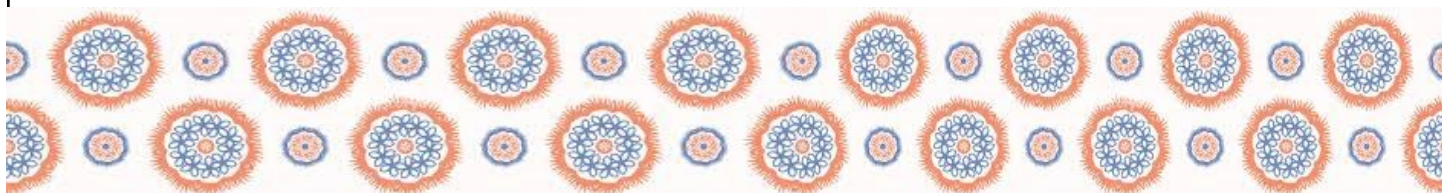


### From the desk of Susan: Director

Looks like spring might finally be here (fingers-crossed). We are excited to share that we have received review of our annual accreditation report and have been successful in maintaining our accredited status. Ensuring the safety of children is our utmost priority and that includes strong communication between agency, families and educators. Incidents—any bump, bruise, scratch— should be shared with parents AND written down on an incident form. If accident / incident forms are not being completed this a non-compliance which prevents us from supporting the incident, may result in termination of dayhome contracts, and ultimately does not allow for the best support and safety for children. If you do not remember this form please ask your consultant on their visit this month.

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

Ben has been supporting Accounts since October and has done a great job taking over while Louise was away for April. Louise is back this month and both Ben and Louise will be working hard to help you out with your account and any needs you may have. There has been a large request for tax letters this month. All tax letters were emailed out in January. Before calling for your tax letter please check your email, and junk folder and then if you need to call in please ensure that the email we have on file is current as this is how tax letters will be sent out for next year as well.



### From the desk of Laura: Invoicing

The 2019 version of the Provider Invoice is the only invoice that will be accepted for processing, 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.

Invoice due dates and other important reminders are also listed on the monthly calendar. You can check for it on facebook or ask your Consultant for a copy.

### 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](mailto: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)

Or **Order Online**—<http://www.scholastic.ca/> Follow these links once you are on the website

Parent Pay— “Shop Now” - Parents Connect to A Teacher— Look Up by Postal Code T3E 2J6—Select Calgary Family Dayhomes—you’re all set to start shopping!

## **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, May 11, 2019.

Please RSVP to [kimberleamateri@gmail.com](mailto: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!

### What Parents are Saying

**About: Sue**

Our gal has been having an awesome time under Mrs. Sue supervision, between painting, puzzles, writing activities just to mention a few, E always shared her day with us and can not wait for the next day to go even on the weekends she asked us if she will be going to Sue's house. [Based] on the above Sue's home is a good place to our gal to be!

### What Parents are Saying

**About: Lalia C**

Thank you, I appreciate the emails. O really enjoys Lalia's dayhome. She is always going the extra mile for O, giving her a snack for the road, putting snowpants in her for outside play when we forgot to bring hers, and helping O with the big girl potty. Lalia is excellent. We have no issues at all. She is so good with the all the kids and we are happy to have found her :)

**We would love to highlight our wonderful providers!**

**Parents: Please email your consultant with feedback to be added**

### What Parents are Saying

**About: Farhana (and Consultant Meagan)**

Thank you for the updates, I always appreciate the emails you send. J has been enjoying her time at Farhana's day home. She is very happy when dropped off and when I pick her up. Farhana is doing a good job. I find that Farhana is very committed when it comes to following rules and she applies that in her day home. It's more assuring to know that every thing is compliant. Thanks again for your time and help.

*Congratulations*

To our provider Sarah L who had a beautiful baby girl in May!



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.

Ask your Consultant how to get started with an Agency Account



### **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>



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

Mercy B	Rita M	Rasheda B	Ahlam A
	Jessica H	Baljit D	Jemellee O
Courtney T	Noshaba W		Binish M
	Sumera S	Janelle C	Zarqa K
Hana C	Megan P		Naila S



## 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](mailto: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

**Health Canada Recalls and Safety Alerts:** <https://healthycanadians.gc.ca/recall>

**Homeopathic remedies are not a substitute for vaccines** OTTAWA – Health Canada is concerned about false claims being made in some marketing of homeopathic remedies, known as nosodes, stating that the product can prevent infectious diseases. Nosodes are not, and never have been, approved by Health Canada to be vaccine alternatives. There is no evidence supporting their effectiveness in preventing or treating infectious diseases. No homeopathic products should be promoted as an alternative to vaccines because there are no substitutes for vaccines.

Health Canada is aware of reports that some homeopathic and naturopathic practitioners are promoting nosodes for “homeoprophylaxis,” suggesting they can protect children from illness. The Department has not approved any nosodes with homeoprophylaxis claims. We are following up on these reports, and if we identify any non-compliance with the [Food and Drugs Act](#) or its regulations, we will take action.

Health Canada requires that the labels on all homeopathic nosode products include the following statements to make it clear that they are neither vaccines nor vaccine alternatives:

- “This product is neither a vaccine nor an alternative to vaccination.”
- “This product has not been proven to prevent infection.”

“Health Canada does not recommend its use in children and advises that your child receive all routine vaccinations.”

### Activity Planner

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

•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**

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**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:**