



September Newsletter 2015



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



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

Dates to Remember:

Invoice due date: Wednesday, September 23rd, 2015

Please join us for an evening of
relaxation at our annual
Provider Appreciation

at the Glamorgan Community Centre
4207 41 Avenue SW
on September 28th 2015
from 6:30 pm - 9:00 pm

Please RSVP to Laura@calgaryfamilydayhomes.com
by September 18th 2015



SCHOLASTIC
BOOK FAIRS

Join us this September for our
Scholastic Book Fair!

Saturday, September 26th, 2015 from 10am-4pm

Sunday, September 27th, 2015 from 10am-3pm

Door prizes to be won each day!

****Day Home Provider Exclusive evening***

Monday, September 28th, 2015 from 7pm-9pm

Calgary & Region Family Day Home Agency



From the desk of Susan: Director

Happy September! I hope everyone had a great summer, getting a little sun and relaxation. Back to school means back to routines. If you have any struggles with your day home routines, children starting school or need help with ideas for your circle time, please ask your Consultant.

We are excited to have another Scholastic Book Fair Sept26 and Sept27; and what better way to help bedtime reading routines than to build your library! There will be lots of door prizes and great Scholastic prices :)

Our Annual Child Update Forms will be going out next month. Please fill these out in the day home and make sure all lines are complete before your consultant visit in November - Thanks!

We have had a few changes this summer at the office. I would like to welcome Hayley Miller as our Registration Expert (dayhomes@calgaryfamilydayhomes.com), Sarah Brophy is now working part-time (Tuesdays and Thursdays) as a Project Manager, Christine Boucher is our newest Consultant and CONGRATULATIONS to Candace Bekkering who welcomed baby Annalise Olga in August!

Make sure to check our Facebook page for more updates and ideas throughout the month
<https://www.facebook.com/CalgaryFamilyDayhomes>



From the desk of Louise: Parent Accounts Manager

Back to school!!

Any children going into Grade One? Have we received a change of fee?

Please make sure if you change a child's fee to use a change of fee form, ask the office for one or your consultant, or write something out with an effective date, days of care and agreed drop off and pick up times and **TOTAL (incl. agency fee)** fee. I need the parents signature and yours. All changes need to be received in the office **a minimum of 5 business days** before the change actually happens.

Hoping our fall is as beautiful as our summer. Hope to see everyone at the provider appreciation!

From the desk of Laura: Invoicing

Fall is in the air...that must mean Provider Appreciation is right around the corner. We are looking forward to our yearly celebration of YOU! Please send me your RSVP by September 18th at laura@calgaryfamilydayhomes.com

Louise and I will be offering another in-service on completing the monthly paperwork, look for that in the month of October. Your consultant will let you know the date once it has been confirmed.



Nutrition Tips for Caregivers and Parents

Pack a Healthy Lunch

Healthy lunches give kids energy and the nutrition they need to grow, learn and play.

Try these tips to pack a healthy lunch:

Involve your kids. Let them help plan and prepare their lunches. Your kids learn how to make a healthy lunch and they will be more likely to eat the foods packed.

- Pack lunches the night before to avoid the morning rush. Keep in fridge overnight.
- Add a freezer pack in the morning to keep everything cold.

Mix it up. Tired of the same lunch?

- Try using different types of bread like whole grain wraps, pitas, small bagels, flatbread, naan bread or buns.
- Use leftovers like chili, stew or stir-fry (in an insulated container).
- Make a salad with meat, beans or fish.
- Pack whole grain crackers, cheese, and snap peas with hummus.

Make vegetables and fruit easy to eat. Kids are more likely to eat already cut up vegetables and fruit. Cut enough vegetables and fruit for the week. Try:

- Carrots, cucumbers, peppers, grape tomatoes or celery with hummus dip.
- Bananas, pineapple or apples with a yogurt dip.

Choose healthy foods and drinks. Help kids learn to eat well now and for life.

- Include at least 3 of the 4 food groups from Canada's Food Guide (Vegetables and Fruit, Grain Products, Milk and Alternatives, Meat and Alternatives).
- Send milk or water instead of juice, fruit drinks or other sugary drinks.



National Play Dough Day: September 16th, 2015

There is no shortage of ways on how to make homemade play dough! Homemade play dough is cheaper than buying play dough and a great way to get the children involved in helping you make it! Here is a fun new recipe to try for fall!

How to make Fall Scented Play Dough

Ingredients for the base recipe:

1 cup flour / 1/4 cup salt / 1 teaspoon Cream of Tartar / 1 tablespoon vegetable oil / 3/4 cup boiling water

Fall scents and colors you can use are:

Cinnamon, Nutmeg, Pumpkin Pie Spice, Cloves, Apple Flavor

Liquid Watercolors in orange, green, red, yellow and brown



Directions:

Heat the water to a boil. While the water is heating up, mix the dry ingredients in a bowl, add the oil, add the color and spice, then add the hot water. Mix with a wooden spoon until the dough is cool enough to knead by hand. Knead for a few minutes until dough is formed. Store the play dough in an airtight container.

Accreditation Reminder of the Month

Find the Accreditation Standards here:

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

Standard 2.2 Child Care Programs promote physical wellness in all children and incorporate physical literacy in everyday programming.

Indicators:

- a. Promote physical activity and minimize the time that children are sedentary
- b. Provide a variety of recreational resources to support physical activities appropriate for the season.
- c. Intentionally plan experience and activities to develop small motor skills
- d. Participate in physical activities with children
- e. Plan physical experiences that encourage cooperation between children.
- f. Provide diverse physical experiences that are based on the skills and interests of each child.
- g. Adapt activities and experiences to ensure children with diverse capabilities can participate at levels where they can feel confident

Active movement indoors and out

- h. Intentionally plan for a variety of indoor and outdoor physical experiences each day
- i. Ensure use of technology that promotes sedentary behaviours (computers, television) is limited and focused on intended developmental outcomes

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: Carol V.

We absolutely love Carol, have been so blessed to have her in our lives :)

What Parents are Saying

About: Wendy C.

I was and always have been on the defense of putting C into a day home... But I'll tell you that it was the best choice I could have ever made... C is always happy and can not wait to go back the next day. There are times when she is picked up she doesn't want to leave... I really like that C gets way more attention of her well being... C likes Wendy a lot.

What Parents are Saying

About: Carol G.

I am very pleased with carol. carol does amazing with her job. She is very understanding with the children and caring. I would recommend Carol to many people.



Happy Birthday to our providers celebrating a birthday in September

Jennifer B

Sara A

Alma

Rowena

Hanifah

Kim

Meeta

Bitu

What Parents are Saying

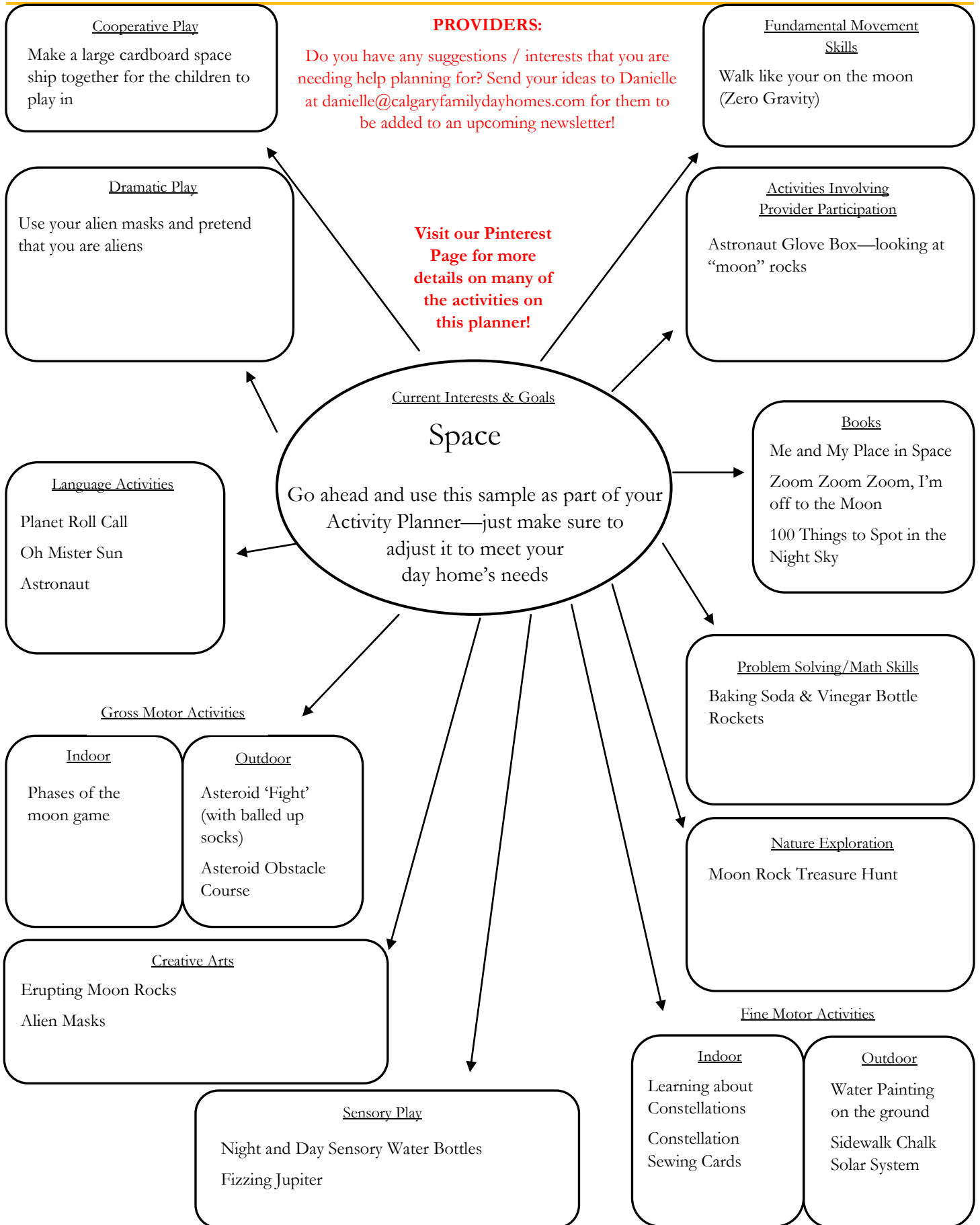
About: Christine M.

My kids have been at Christine's Day Home since April of last year, when I went back to work full time. I know my kids are always safe in her care. She sends me regular updates by text message if anything is ever wrong. During the "tornado scare" a few weeks ago, she sent me updates about what the kids were doing and told me not to worry. It was a huge weight off my shoulders. I love that she does crafts and other fun activities with the kids. Her daughters are always helpful and my kids love playing with them. It's a wonderful family atmosphere and I can feel comfortable and secure leaving my kids in her care.



Do you have any Suggestions for the agency?

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



Health Canada Recalls: IKEA Canada recalls PATRULL nightlight with sensor

Product description

This recall involves the PATRULL nightlights with sensor. The nightlights come in orange, white and pink. The nightlights automatically turn on in the dark and off in the light. Each PATRULL nightlight has an IKEA logo on the back top near the sensor. The nightlight has a dome-shaped plastic cover that gives the light its colour and is attached to a white rectangular plastic base. The nightlights measure 40 millimetres in diameter and 56 millimetres in length. The article number is printed on the nightlight's packaging. The nightlights with sensor are ETL certified.



Hazard Identified

The nightlight's plastic covering can detach and expose electrical components, posing an electrical shock hazard. Health Canada has not received any reports of consumer incidents or injuries in Canada related to the use of PATRULL nightlight with sensor.

Time period sold

The recalled nightlights were sold in Canada and the United States from August 2013 to July 2015.

What you should do

Consumers should immediately stop using and unplug the nightlight and return it to an IKEA store for a full refund.

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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