



April Newsletter 2015



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



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

The office is closed Wednesday, April 22nd, 2015.

Dates to Remember:

Invoice due date: Thursday, April 23rd, 2015

In-Service Date: Monday, April 27th, 2015 at 7:00pm. The topic this month will be Visual Schedules and their importance

Chestermere in-service: Tuesday, April 21st, 2015 and 6:30pm. Located at the Chestermere Parent Link Centre (105 Marina Road). There is a presenter coming in to speak, the topic is behavioural strategies. Check the Facebook Page for more updates.

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



Earth Day: Wednesday, April 22nd, 2015

How did Earth Day begin?

“The very first Earth Day was celebrated on April 22, 1970. This day was created by American Senator, Gaylord Nelson, to make people aware of the importance of keeping our planet healthy and clean. On that day, people made promises to help the environment and make positive changes in their community. Since then, more than 500 million people in over 180 countries have participated in Earth Day activities!”



What can you do to celebrate earth day?

Litterless Lunches: How can you have the least amount of garbage with your lunch and meals?

Composting: Introduce an outdoor compost receptacle or a small indoor worm composting bin at the day home
Community Clean-Up: Organize a community clean-up. Remove garbage from nature sites or parks to protect your community's wildlife and to make the place visually appealing.

Make Bird Houses And Feeders Or Other Wildlife Feeding Stations: These can be put up around the backyard

Coordinate A “Lights Off!” Campaign: Turn off the lights for an hour or more each day. What else can you use to get light in the home?

http://www.ecokids.ca/pub/eco_info/topics/environmental/earthday/

From the desk of Susan: Director

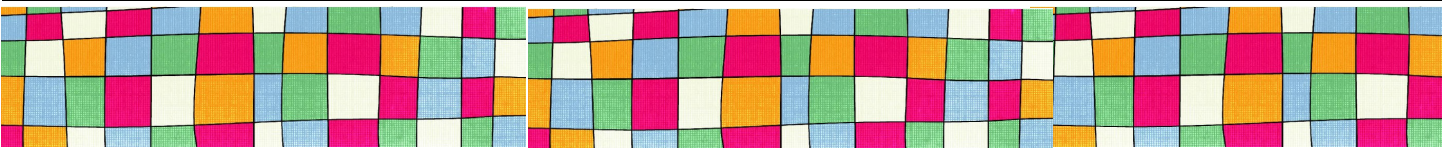
We got the official call from Accreditation March 30 to say we were successful in our ReCertification - **CONGRATULATIONS** to everyone for their hard work. It was great to be able to show off all our great dayhomes!

We have changed our registration and Parent Handbook. If you do not have a 2015 Parent Handbook please ask your Consultant (the most noticeable change is the amended Social Media Policy). We are no longer taking a deposit at registration (we reviewed to see that we were using it less than 1% of the time and it has made the amount of money due at registration more manageable for parents).

Thanks to everyone who came out to our First Ever Scholastic Book Fair. This was so much fun! We hope to plan another one for Fall 2015 and add the addition of donating a portion of the proceeds to some place local. Please let us know if you have an idea for a great local children's charity that we could donate some great books too!

Keep watching the Facebook page for more fun contests and prizes, and remember parents can play too!

The contest for this month is Sensory Play. Send in your messiest craziest sensory play pictures! Bonus prize for the first person to send in an Sensory Play Outside photo!!!



From the desk of Louise: Parent Accounts Manager

Happy Spring! I hope the weather in April is as wonderful as March's!

Providers/Parents: when adding the hours for the child attendance and provider support funding, please double check your addition! Providers you may lose out on hours and subsidy parents may lose out on subsidy.

Providers: Please give your parents a minimum of 30 days if you are raising your fees.

And guess what? Summer is coming! Will you be doing full time care in the summer for your school age children? Are you charging your full time rate for the summer? Are children taking the summer off and you are not charging? We **MUST** receive any changes for the summer months in writing no later than June 19th.

Any questions let me know. Enjoy the sunshine!



From the desk of Laura: Invoicing

Spring is here!

As we welcome this warmer weather and fresh air, it is also time for us to offer a "re-fresh in service" on some of our monthly forms and paperwork. Your consultant will let you know once we have confirmed the date. Hope to see you there :)

How to Start a Backyard Compost

What is Composting?

Nature is a wonderful recycler! A composting pile helps turn old plants and things like vegetable peelings, dead leaves and grass clippings into food and soil for new plants to grow. Compost helps plants grow because it supplies nutrients to feed plants. These nutrients were originally part of living plant tissues, but they are released when the plants are broken down. In this way, composting is an important kind of recycling. Worms and insects are an important part of composting because they help to create air pockets for air and water. Air and water in the soil benefits plant roots and creates a healthy environment for soil animals and beneficial microbes, and all of these help plants grow. Much of what we throw away can either be recycled or composted, so composts also mean there is less garbage that ends up in landfills.



How to get started with composting:

You don't really need a bin to start composting, however most people prefer to keep their composting materials confined and in some cases covered as well. You can simply create a compost heap in your back yard, however if you choose a compost bin, you will need to think about how much waste you generate and how much space you have available for composting. There are lots of options ranging from commercially available molded plastic bins to large multi-bin systems that you can build yourself.

What are some household items you can compost?

Remember that you need to make sure that your ratio of wet and dry compost is about 50/50 to keep it from being too soggy or so dry that it doesn't break down. Also keep in mind that you should never try to compost animal waste, meat, dairy, or toxic materials.

IN THE KITCHEN

- Tea Bags or Tea Leaves
 - Coffee Ground and Filters
 - Egg Shells
 - Citrus Rinds (not limes though)
 - Banana Peels
 - Damp Paper Towels
 - Burnt Toast (and I mean REALLY burnt)
 - Veggie scraps
 - Nut Shells
 - Stale beer or wine (just not too much or the compost gets soggy)
 - Wine Corks
 - Any Dairy Substitutes
 - Old Tofu
 - Stale Cereal
 - Seaweed, Kelp, or Nori
- Meat, fish, eggs, bones etc. can be composted should never be placed in your backyard compost bin.

FROM THE OUTDOORS

- Dead Leaves
- Dried Weeds
- Grass Clippings
- Plants that you have accidentally killed
- Feathers
- Wood Ashes (not charcoal)
- Old Rope

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.

Training Sessions / Workshops in the Community

For information on workshops and training sessions help by Alberta Health Services please visit their website at: http://fcrc.albertahealthservices.ca/course_registration/public_course_list.php

Training Sessions / Workshops in Chestermere

www.chestermere.ca > Town Services > Community Services > Programs For 0 - 5 Years Old

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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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

What Parents are Saying

About: Bafi I.

She was great. We would definitely go back if she has space the next time we need back up. She sent me texts and pictures of my son during the day to show me that he was doing fine, and I really appreciated it as I am always nervous leaving my children

What Parents are Saying

About: Teresa D.

I can tell how happy she is being at Teresa's home. To me that says it all. Teresa treats her like she would her own kids and I am so happy for the care she provides G and I never worry about her... Now that G is talking more she tells us how much fun she has everyday and on the weekends asks to go to Teresa's house :) I get a review of G's day when I go to pick her up and know what she ate, how long she napped for and any fun activities they did so I don't feel that I have missed out on what she did that day. I have been completely happy with the care she has given G and I look forward to the years ahead with Teresa!

What Parents are Saying

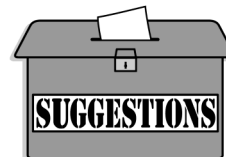
About: Ruth B.

So far I have no complaints about anything. Everything seems to be going well with N in Ruth's house. He seems to be happy when I am picking him up, that is very important to me. So all I can say Ruth is doing great job. Thanks to her from N and his Mommy.



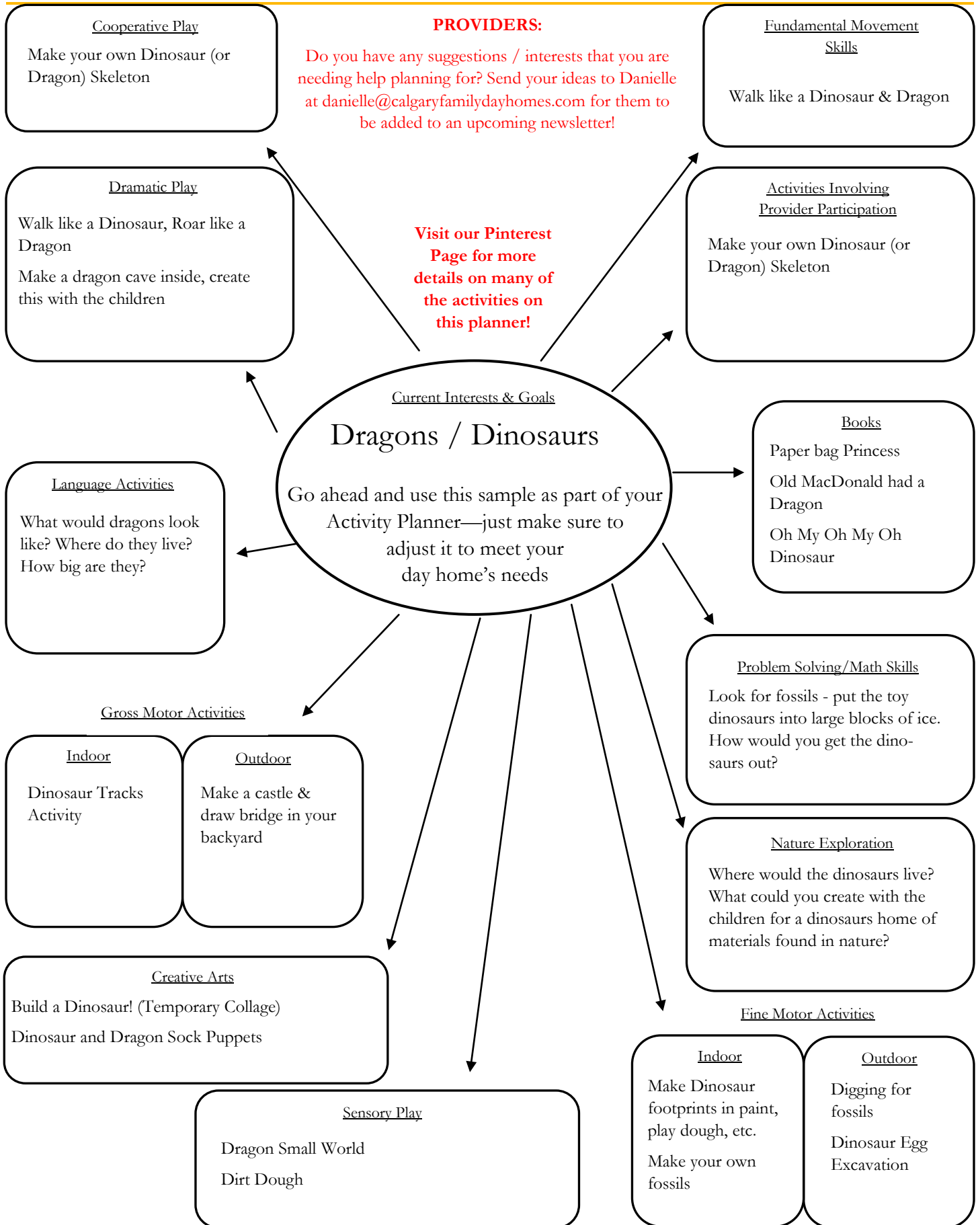
Happy Birthday to our providers celebrating a birthday in April:

- | | |
|------------|--------|
| Fatima | Zahida |
| Claudia | Lubna |
| Julie | Jackie |
| Alma | Elaine |
| Valerie | Jackie |
| Santhoshya | |



Do you have any Suggestions for the agency?

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



Health Canada Recalls: Podee® Hands Free Baby Bottle System

Product description:

This recall involves Podee® Hands Free Baby Bottle System. The complete, hands-free system includes an 8-ounce clear plastic baby bottle and all the necessary parts like the nipple and the tubes system. The product was sold in a single pack or a twin pack. The product is designed to allow the baby to self-feed.



Hazard identified:

Products that position infant feeding bottles and enable infants to feed themselves without supervision are prohibited by law in Canada. Such products can result in infants choking on or aspirating the feeding liquid. Unattended infant feeding practices are discouraged by Health Canada and Canadian professional medical associations. Neither Bed Bath & Beyond Canada L.P. nor Health Canada has received any reports of consumer incidents or injuries related to the use of this product.

Number sold:

In Canada, approximately 140 units of the recalled baby self-feeding systems were sold at Bed Bath and Beyond and buybuyBaby stores and online at www.bedbathandbeyond.ca.

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.

Calgary and Region Family Day Homes Agency Inc.

Address: 3224 - 28 Street S.W. Calgary, Alberta T3E 2J6

Phone: 403.217.5394 / Fax: 403.240.2668

24hr Emergency Line: 403.852.3894

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