



### What Parents are Saying...

#### About Dammi Wickeramasinghe...

“My children have been with Dammi since September 2007 and they have really become a part of her family. I have never met someone so passionate about children as Dammi. She is an amazing caregiver and an amazing person. I think the hardest thing about leaving your children with someone is wondering if they will care about your children as much as you do. I have no doubt in my mind that Dammi loves my children as much as I do and will do anything to see them succeed. Since I have to work to provide for my children I couldn't think of a better person to leave my children with than Dammi.” C.B.

### DATES TO REMEMBER:

- **December 6th** - Scholastic Orders Due. Check their website at [www.scholastic.ca](http://www.scholastic.ca) and email your orders to: [laura@calgaryfamilydayhomes.com](mailto:laura@calgaryfamilydayhomes.com)
- **December 15th** - Invoice Due
- **No In-service in December**
- **December 31st** — After the last child in care leaves and before the 1st of January, send in the government support funding form and the pink sheets.
- **January 20th** - Invoice due

### Birth Announcements

Congratulations to the following providers on the birth of the babies!

**Rudra** born on Nov 24th to Meeta Patel, **Travis** born to Adrienne Lockton on Nov 6th and little **Sophia** born to Bonnie Medina-Galindo. Welcome to the world little ones!

### November In-service Turkey Dinner

Thank you to all the providers and parents who came out with their families for our annual turkey dinner. The event was catered by the culinary students at Lord Beaverbrook High School and they prepared us a wonderful meal! Thanks to Sara Piepgrass with Artsy Fartsy for providing great crafts for the children and to provider Jessica Hayhoe for her amazing face painting creations! We hope to see such a great turn-out next year!

*All agency in-services are held at  
The Christian Life Assembly  
church 2 doors down from our  
office.*

*Address is: 3214 - 28 St. SW*

## No TV Under 2 - The American Academy of Pediatrics

[www.cbc.ca](http://www.cbc.ca)



Parents and caregivers should limit children under the age of two from watching TV, say pediatricians who also advise against having it on in the background.

The American Academy of Pediatrics reaffirmed its policy of discouraging screen time for babies and toddlers. More is now known about the potential negative effects of media exposure on early brain development, and the best ways to help children learn, according to the new policy statement.

"Young children learn best from — and need — interaction with humans, not screens," the statement said. The group also added a section on "background" TV, saying that if a TV is on, studies show a child moves their eyes up to the screen every 20 seconds. That can cause them to lose focus or switch to another task more easily without completing the first, said Dr. Ari Brown, a pediatrician and lead author of the paper. Even if young children watch high-quality programs, a developmental divide means that children between the ages of 1½ and 2½ don't connect with the characters.

When the TV is on, real-life talking goes down and children under two who watch TV a lot often have delayed language abilities, researchers found.

Agency policy requires that the TV is not on for more than 1 hour a day. If you have young children in care, then perhaps it is best to not use it at all, or use it for older children while the babies and toddlers are napping.

Keep in mind that pick-up and drop-off times are not an appropriate time to have the TV on as this is giving a poor representation of your daily routine to parents.

## Bedbugs - The Facts



- Bed bugs usually do not transmit any known diseases.
- They can be treated with a surface insecticide, but if they are very bad you may need to get help from a pest control operator. A day home must close while having treatment for bedbugs.
- Cleanliness is most important to control and prevent bed bugs. Remove all dirt, vacuum the area, wash bedding in hot water, and wash furniture. Mattresses and bedding that cannot be washed should be vacuumed, then sealed in black plastic and left in the hot sun for several hours.
- Second hand bedding and furniture should be thoroughly inspected to make sure it is clean and free from bed bugs before you buy it.

Further information about getting rid of bed bugs can be obtained from [www.calgaryhealthregion.ca](http://www.calgaryhealthregion.ca)

### **From the Desk of...Gail: Agency Director**

Gail is on holidays and will be back in the office in December. She sends seasonal greetings to all!



### **From the Desk of...Louise: Provider Accounts Manager**

Wow, it is December already!!! Providers-remember your invoice is due early this month as December is a short month with the holidays. Also go through all your invoices and make sure you have copies, tax season is coming! On that note-parents, your tax letter will be coming to your providers by the end of February 2012.

Happy Holidays to all!



### **From the Desk of... Jennifer: Senior Consultant**

One of my favourite things to do with children is to read to them. Reading to children is so enjoyable and not only promotes literacy and vocabulary, it also fosters children's attention span, ability to focus and nurtures their curiosity. Some of my favourite books to read to children are listed below. Put them on hold at your local library to save time looking for them. Happy reading!

Lost and Found, by Oliver Jeffers, Pete's a Pizza, by William Steig, The Water Hole, by Graeme Base, Jumanji, by Chris Van Allsburg, Stone Soup, by Jon J. Muth, Mixed Beasts, by Kenyon Cox, The Monster at the End of This Book, by Jon Stone, The Kissing Hand, by Audrey Penn, My Many Colored Days, by Dr. Seuss



## In The Rural... Programs for Providers and Parents

Congratulations to Dana Glas and Sherry Sangster for receiving provider of the month. Their outstanding commitment to high quality care is demonstrated through their daily interactions and their open ended experiences that are offered to the children in their program.

A big thank you to Gale and Linda from Bow Valley College who facilitated the workshop in Strathmore on continuing your education. The session was very informative and the ladies that attended are extremely excited to get started. If you are interested in attaining your Child Development Worker (level II), please contact Sue or Marsha for the registration process.

Many parents have communicated the interest of being a part of our in-service/workshops. We would like to make this the focus for our January meeting. Please email or call Sue or Marsha with suggestions on topics you would like to address.

### Schedule of Events: Nanton office

December 2, 2011 – Play group

December 9, 2011 – Play group

December 16, 2011 – Play group



Parent Link Centres are in your community for you to utilize and network with other professionals. Programs are scheduled weekly, parent and provider workshops are held monthly and resources are available to you for art ideas, guidance techniques, play area set up and much, much more.

## In The City...

# Programs for Providers and Parents

YWCA Parent Link Corridor

## Winter Wonderland

Friday December 9th

1:30p.m.-3:00p.m.

Location: YWCA Parent Link Corridor

Studio C 320 5 Avenue S.E.



***Toot the Horn! Bang the drum! It's a celebration and we want you to come!***

Come join the YWCA Parent Link Corridor for our drop in Winter Wonderland party. We will be celebrating with our special guest Santa Clause! Join us for songs, stories, art activities and much more!

For more information please contact May at 403.262.0497

## Websites to Visit

**www.child.alberta.ca** This site accesses programs and services in Alberta's government monitored child care industry.

**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.cyh.com** A resource for parents and caregivers on everything related to the health and development of children.

**www.positivediscipline.com**



## Health Canada - Recent Recalls and Safety Advisories

[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

Look to this space for recent recalls and safety advisories.

Product Recall: Build-A-Bear Fruit Tutu Bikini Swimwear Set

This recall involves the inflatable inner tube sold with the Fruit Tutu Bikini Swimwear Set. The inner tube is pink with a white and yellow flower print on it. The inner tube has an inner diameter of 13 centimetres (5.25 inches) and an outer diameter of 23 centimetres (9 inches).

The inner tube accessory can be pulled over a small child's head, posing a strangulation hazard to children.

Build-A-Bear Workshop® has received one report of a 3-year old girl pulling the inner tube over her head and having difficulty removing it.

For some tips to help consumers choose safe toys and help them keep children safe when they play with these toys, see [Health Canada's Toy Safety Tips](#).

## Calgary & Region Family Day Home Agency Inc.

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We're on the web...

[www.calgaryfamilydayhomes.com](http://www.calgaryfamilydayhomes.com)