



CALGARY & REGION FAMILY DAY HOME AGENCY Inc.

January Newsletter 2015

We're on Facebook! 'Like' our page and see upcoming events and get fun new ideas to try with your children !



January 2015 CONTEST!!!

Email susan@calgaryfamilydayhomes.com with your best photo of a day home set up (could be a whole room, or could be a specific center like the art area). Please no photos with children in them so we can share all photos on our facebook page. Deadline is Jan.15 and a winner will be chosen Jan. 20

Dates to Remember:

Invoice due date: Friday, January 23rd, 2015

In-Service date: Monday, January 26th, 2015 at 7:00pm. "It takes a Village" repeated January 27 at 6:30 in Chestermere at the Parent Link Center



National Hat Day

When: January 15th each year

National Hat Day is set aside to wear and enjoy a hat of your choice and style. Isn't it great that hats come in all shapes, sizes, colors, and styles? There's one to fit every size head and personality. Often, hats are used to make a statement, or to promote a cause or a product.

Oh yeah... hats have logical uses, too. Some hats (Aka helmets), offer safety protection. Some hats keep your head warm, or the sun out of your eyes

National Hat Day is not intended to just keep your noggin warm. Its a chance to make a statement and to display you favorite headgear. We suggest you wear a number of different hats over the course of the day.

Did you know? *More body heat is lost from your head than other parts of the body. So, wearing a hat goes a long way towards staying warm on a cold winter's day (or night).*

<http://www.holidayinsights.com/other/hatday.htm>



National Hat Day

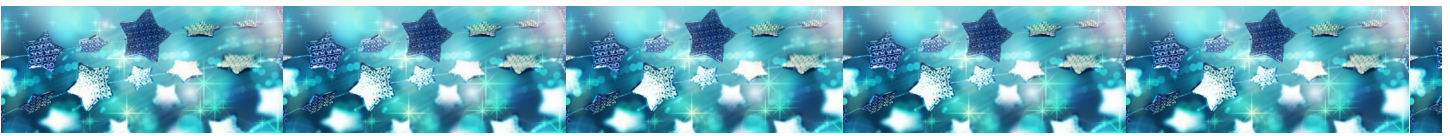
From the desk of Susan: Director

Happy 2015!!!! Our first Inservice will be January 26 and will be centered on the topic of 'It really does take a village to raise a child'. This workshop was presented at last year's ACCA conference as well as the Directors' conference with great reviews. I will be co-presenting with Diane McKean. This would be a great one to encourage parents to attend. January 27 at 6:30 I will present a second time in Chestermere, so please choose one to attend as they will be the same presentation :)

The March conference is soon approaching so hopefully we have a registration out soon. Daniel Hodgins will be keynote this year, as well as 2 sessions.

Our Facebook page is up and running so please check us out and 'like' the page to get updates on workshops, due dates, and just some fun ideas.

Police Clearances are available online or in person as of Jan 2015 we are no longer able to bring paperwork out. Instructions can be found at www.calgary.ca/cps/Pages/home



From the desk of Louise: Parent Accounts Manager

Happy New Year!!

The new year already, 2014 flew by so quickly.

Providers-do you have copies of all your invoices for 2014 taxes? Check now because if it is later and you need more than one copy, you will be charged \$25!

Providers-do you have signed letters of lieu days for 2015? We need signed copies in the office for parent files. All letters need to be individual.

Parents-all 2014 tax letters will be sent to your provider's home by February 28th. Please look for them then.

All the best in 2015!

From the desk of Laura: Invoicing

Happy New Year! I hope everyone had a safe a happy holiday season.

Just a reminder to review the "Guidelines for Completing this Invoice" listed on the lower left portion of your provider invoice. I want to ensure that providers are paid correctly and that parents are charged appropriately, so if you have any questions or are unsure about what to fill in, please give me a call or send me an email, I am more than happy to go over it with you.

Also, this is the time to let your families know of any days your day home will be closed for the 2015 year; if there is no reduction in your fees, we need a letter signed by each family, individually, agreeing to pay for the days you are closed.

Outdoor Play in the Winter & the Benefits of Outdoor Play



It is important that outdoor play happens in all weather - even in the chillier winter months!

There are so many activities that you can do when you are outside in the winter months, not just going to the neighborhood play ground!

Until the weather reaches the **-20 degree** mark, you should be taking the children outside each day.

Parents: Please ensure that your children have the appropriate clothing to be going outside each day (jackets, boots, gloves & mittens, hats, snow pants, etc)

Providers: Bundle up too! It is much more enjoyable being outside with the children when you aren't cold as well!

There are many benefits to outdoor play. Some of those are;

- Builds Up and Strengthens their Immune System: When children come into contact with these things in a natural way (outside) and on a regular basis, they are less likely to develop autoimmune disorders and allergies.
- Breathe Fresh Air: It's no secret that most people blame winter air as the cause for colds and the flu. Nothing is more refreshing than that first deep breath of cold, winter air before starting hours of fun outdoor play.
- Engage in Physical Exercise: Just because it's cold outside doesn't mean your children have lost their energy or desire to play!
- Stimulate the Imagination: The winter also offers a variety of ways to stimulate your imagination through play. You cannot get the same experiences as you would outdoors as you would as being in the day home all day.
- It Provides Vitamin D: It's important that your children get Vitamin D, which is provided by the sun. Vitamin D helps promote better moods, energy levels, memory, overall health and more. Just 10-15 minutes out in the sun will give your children their daily dose of Vitamin D.
- Have Fun! There is an endless amount of things you can do while outside! Don't forget to bring the camera!



Are you having trouble coming up with new ideas? Contact your consultant and they can help you out with some new ideas!

<http://www.kidsinthehouse.com/toddler/play-and-downtime/5-benefits-of-outdoor-winter-play>
<http://www.niu.edu/ccr/resources/Why%20Children%20Need%20to%20Play%20Outside.pdf>

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

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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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.



YWCA Parent Link Corridor

Baby Sensory Program. Tuesday January 13th, 20th, 27th 2015 (3 week program). 10:30 a.m. – 11:30 a.m.

Learning Through Play. Tuesday’s January 13th – January 27th, 2015. 1:30p.m. – 2:30p.m

Preschool Math and Literacy. Wednesday January 14th, 21st, 28th. 1:30-2:30

Animal Learning. Friday, January 16th 2015. 1:00p.m.-2:30p.m.

Learning the ABC’s. Friday’s January 16th – January 30th. 11:00a.m. – 12:00pm

For more information and to register for these 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: Bunmi L. & Mehrun N.

I so much appreciate your child care provider, and my children too are happy to always be with Bunmi and Mehrun both day home are doing a good job

What Parents are Saying

About: Ambereen R.

She is really a gift for us when we planned about sending out our kids for the first time. Both C and C is doing very well in terms of their daily activities and manners. They are very enthusiastic about going to the day care. Amberren is good at taking care of both of them according to their individual needs

What Parents are Saying

About: Angie N.

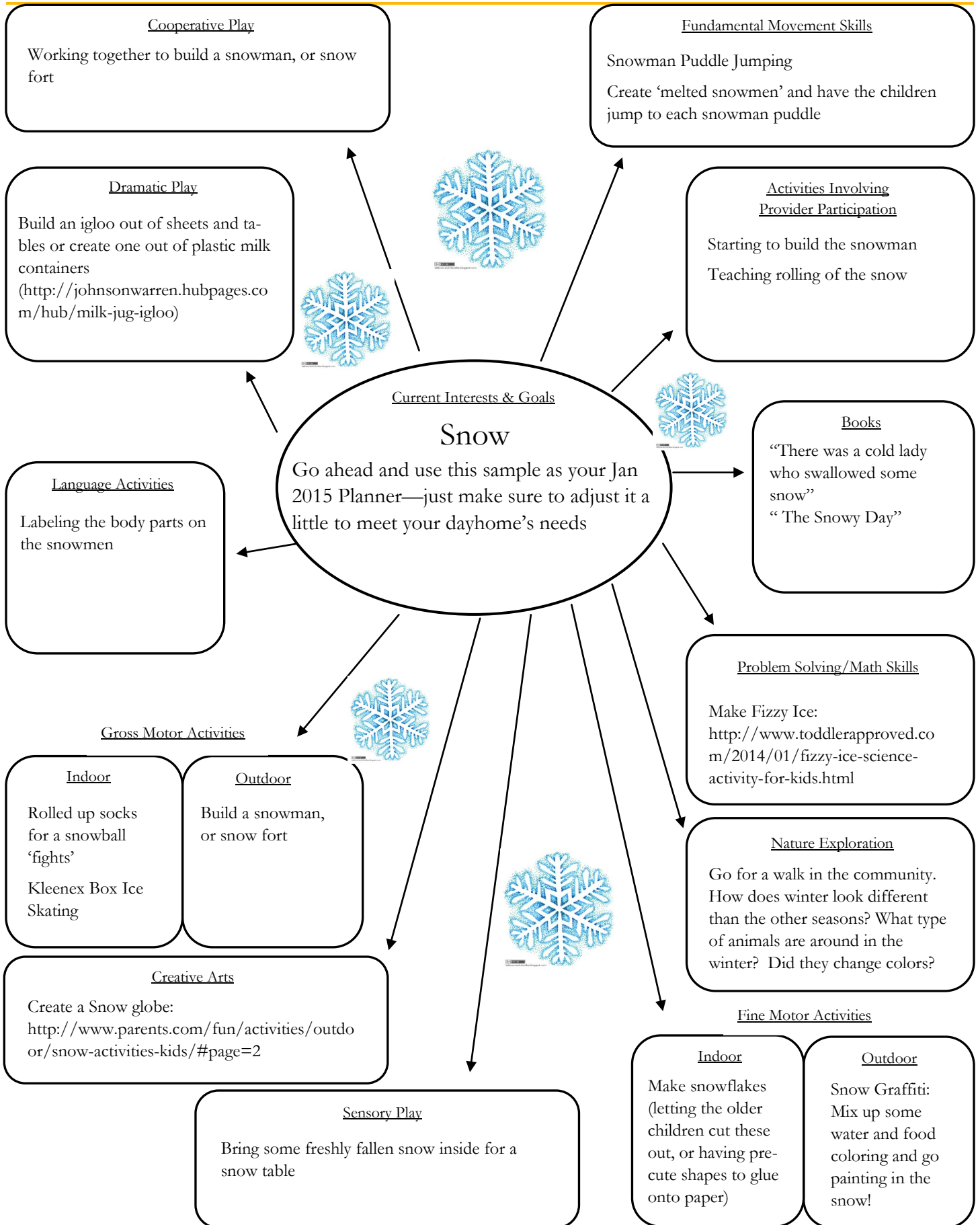
I have no concerns with Angie's Day home and could not ask for a better provider. Every time I pick up the kids the are engaged in various activities and feeling comfortable. I feel Angie's background in teaching gives her an advantage as she is able to make education fun and interesting.

What Parents are Saying

About: Jacqueline W

We are happy with Jacqueline the children enjoy her day home!





Health Canada Recalls

Product description

Children's sweatshirts from ages 2 to 12 identified by the brand Ski-Doo or Can-Am, in different models and colours. Style number is written on the care label inside of the sweatshirt.



Hazard identified

Health Canada has determined that hoodies with drawstrings around the neck area pose a strangulation hazard to children. Drawstrings can become entangled or caught on playground slides, hand rails, school bus doors or other moving objects, posing a significant strangulation and/or entanglement hazard to children. Neither BRP nor Health Canada has not received any reports of consumer incidents or injuries related to the use of these products.

Time period sold

The recalled products were sold from August 2007 to December 2014 in Canada.

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.

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