



March Newsletter 2012

What Parents are Saying...

About Anu Regmi...

“ A. is enjoying his day home a lot. He is happy and likes to go to his day home. He looks fresh, eats everything that is given and likes Anu a lot. He hugs her and expresses that she takes good care of him and likes to be with her”. S.G.

Provider of the Month

Louise Cameron

This provider is a great one. She always has her activity planners and menus posted on her parent board. She takes all the suggestions given to her by past or present consultants really well. She is well liked by the children and the parents. When the accreditation validator visited her home she was also impressed that this provider’s home met the standards and went above and beyond the requirements. Congratulations Louise!

DATES TO REMEMBER:

- **March 9** - Scholastic Orders Due. Check their website at www.scholastics.ca and email your orders to: laura@calgaryfamilydayhomes.com
- **March 10** - Provider Conference - Glenmore Inn: 2720 Glenmore Trail. The deadline for registration has passed. The conference is full!! Looking forward to seeing those of you who registered at the conference.
- **March 11** - Charlotte Diamond concert. 1-2 pm at the Glenmore Inn. Tickets available at the door.
- **March 21** - Invoice Due. If your invoice is past the due date you will be charged a \$25.00 late fee.
- **March 31** - After the last child in care leaves and before the 1st of April, send in the government support funding form and the pink sheets.
- Please note, due to the Provider conference, there is no In-service planned for the month of March.

February 27 - In-service: Protocols for Handling Child Abuse

Some key points from the workshop:

- “Every citizen of Alberta has a responsibility to make a report to the closest Children’s Services office (403)-297-29950 or to the Child Abuse Hotline (1-800-387-5437) if they believe a child is in need of intervention”.

Congratulations to the following In-service door prize winners!

Louise Cameron
Basirat Adeyemi
Sylvie Duguay
Shelley Flavin

What to do if a Child Discloses

Do:

Find a Private place. Listen Calmly. Acknowledge child’s feelings. Reassure child was right to tell. Write down what child said.

Don’t:

Interrupt the child’s story. Promise to keep disclosure a secret. Show horror or anger. Provide opinions. Conduct your own investigation.

Dealing With The Angry Child

Peggy O. Harrelson, Extension Specialist, Child Development, Virginia State University
www.cyfernet.org

Helping children learn to handle their angry feelings can be a frustrating problem for most parents and child care providers. Young children have not yet learned how to express anger in acceptable ways. When they get angry, they are likely to take it out on another person, to blame someone else, scream, hit others, or display some other inappropriate behavior.

Some children grow up ashamed of their feelings because they have been taught that it is "bad" to feel or show anger. It is much more emotionally healthy for children to learn that everyone has angry feelings at times and that there are appropriate ways to express anger. Parents and providers can help children learn to cope with their feelings of anger and to express them appropriately by remembering the following tips when dealing with the angry child.

Focus on the behavior. Remember, it is not "bad" to be angry, but it is "bad" to express angry feelings in ways that hurt others.

Teach the child to consider angry feelings as a problem to be solved. Help children use their minds to solve problems and to think about solutions or alternatives to their angry feelings. Help them see that "getting mad" does not solve the problem.

Help the child express angry feelings in words. Be a role model for children by using words that tell how the child *feels*, not what the child *thinks* about another person. For example, "I am sad when you won't let me play with you;" not "You're mean and I hate you!" Words that hurt others are not acceptable ways of coping with anger.

Use "You-messages" to encourage children to express their feelings in words. "You-messages" describe the child's feelings and help you and the child focus on the inappropriate behavior. They encourage children to express their troublesome feelings. Many times, when children are allowed to express angry feelings, the feelings tend to disappear. An example of a "you-message" is, "You must be really mad that Sue wouldn't share her new books with you."

Teach by example. Good role models for children are always the best teachers! If children hear you using words to express your anger, they are likely to do the same.

Help a child learn to get rid of angry feelings through vigorous physical activity such as: running, digging, pounding nails in a board, punching a punching bag, tearing newspaper.

Help children forget about angry feelings by interesting them in activities which will take their minds off the feelings. Young children forget about angry feelings quickly, especially if something else seems more exciting.

Help the child get rid of tense feelings through soothing activities such as: playing in the sand and making mud pies, playing in a sink full of warm, sudsy water, playing with play dough, or finger painting.



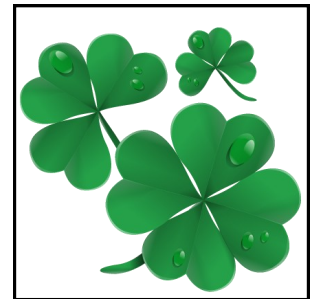
From the Desk of...Gail: Agency Director

Whew!! We have finished our Government Review and Accreditation has been and gone. This month your consultant will pass out a copy of the Review to be posted on your Parent Board. Please draw your parents attention to this. Note the items on the review will be recorded on that provider profile and assessment. These were all avoidable non compliances. Take a look at your home to see if you need to make any changes.

I think we did really well so thanks to all of you and keep up the good work! Next time let's try for perfect!

We will hear from the Accreditation agency in about 6 weeks...when we receive the letter we will pass on to you to post on your board as well.

I am sorry to say that 50 providers were charged a \$25.00 late invoice fee this month. Be sure to have your invoice in, on, or before the due date. We have such a short time frame to submit to the bank that if the invoices are late that means late hours at the office and we can not guarantee that the bank will accept late uploads. If in doubt about due dates please call into the office.



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

All parents-you should have received your 2011 tax letters from your provider. Any questions please call.

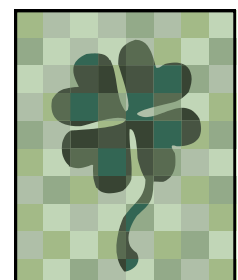
Providers-you have copies of all your 2011 invoices? Make sure.

Spring is getting closer!



From the Desk of... Jennifer: Senior Consultant

What a great turn-out at the February In-service! It was nice to see so many new faces! And a big thank you to the veteran providers who car pooled and brought some of the new providers with them to the In-service. Running a day home has many perks but comes with the disadvantage of working alone. Feelings of isolation can overwhelm and one of the best remedies is to make a friend within the day home industry. It was really great to see so many of you networking and exchanging ideas at the In-service! If you would like to come to an In-service but are struggling with finding transportation, contact me at the office and I will do my best to find you a ride. Don't be shy! There are lots of willing ladies who would not mind making sure you have a chance to feel part of the provider team!! **Also, please note, that we are now offering Child Care at all agency In-services. A donation of \$2 is expected.**



Programs for Providers and Parents

The agency uses the space on these two pages to showcase programs offered through Parent Link. Parent Link facilities are run through the government of Alberta and are offered both in the rural and city wide. The programs focus on families/day homes with children ages 0-6 and all programs are free of charge.

What Parent Link can offer you...

Parent/Provider Resource Library (books, handouts, and web-sites in 23 languages)

Toy Lending Library (borrow toys for infants to school aged kids)

Referrals (community referrals, activities, and support)

Counselling (one on one support related to child development and parent/child relationships)

Contact your local Parent Link for more information.

Rural Stay and Play at the Parent Link

High River: 9 am—12 pm on Mondays

Nanton: 9:30—11:30 on Mondays

Okotoks: 9:00—11:30 on Wednesdays

Airdrie: 9:00—11:00 Monday—Thursday

Cochrane: 9:30—12:00 Most week days Indoor Playground

Strathmore: 10-12 Mondays

Chestermere: 10-12 Mondays

Programs for Providers and Parents

Finger Fitness

A small muscle and art program

Tuesday February 28th – Tuesday, March 20th
1:30p.m-2:30 p.m
Room #226-320 5 Avenue S.E.



Families/Day Homes with children 2 years and older are invited to join the YWCA Parent Link Corridor for an afternoon of art and fine motor activities! Children will learn to problem solve, investigate cause and effect, and improve small muscle movements which prepares children for handwriting skills and self care activities.

To register for this program please contact May at 403.262.0497

211 - Canada Wide

211 is an easy-to-remember three-digit phone number providing free, confidential, multilingual access to information about the full range of community, social, health and government services. Just as 911 now means access to emergency services, 211 is the pathway to these non-emergency human services.

Who uses 211?

Finding the right information or services in our increasingly complex, ever-changing service delivery environment is a frustrating experience for many people. 211 offers a single point of access for anyone seeking non-emergency human services: individuals, families, people facing barriers because of language, poverty or personal difficulty, as well as professionals in government, business or community agencies.

Websites to Visit

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.ces.purdue.edu/providerparent/ This site is dedicated to helping providers and parents work together to give better support to children as they grow.

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

www.familyfuncalgary.com This Calgary website links you to current family events offered in the city.



Health Canada - Recent Recalls and Safety Advisories

www.hc-sc.gc.ca

Calgary & Region Family Day Home Agency Inc.

Portable Cribs/ Play yards

Portable cribs and mesh play yards pose a serious threat for numerous reasons. These products can present choking or entanglement hazards; head entrapment or suffocation; and risk of injury from tipping when legs on the product become loose and separate.

CPSC estimates there are still 20,000,000 unsafe cribs/play yards in use or lurking in storage. Before you put your baby in a play yard or portable crib, check to be sure it's safe.

- **Mesh weave is no larger than 1/4 inch.** Babies may get buttons, fingers and toes caught in large weave holes causing injury.
- **There are no tears, holes or loose threads.** Babies may get head, buttons, fingers and toes caught in holes or torn fabric causing strangulation or injury.
- **Mattress Pad: In a mesh /fabric crib must not exceed one inch.** Child will suffocate when caught between mattress and the side of the crib.
- **Folding Cribs: Top rail latches must work automatically to prevent the unintentional collapse of crib.** If the baby tries to stand in or climb out of the crib it can collapse, babies die when entrapped in the "V" formed by the collapsed top rail. Check latches on top rail before each use. To find out if a portable crib or play yard you are using has been recalled please visit www.recalls.gov

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