



March Newsletter 2015



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



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

The office is closed on Wednesday, March 18th, 2015

Dates to Remember:

Invoice due date: Monday, March 23rd, 2015

Scholastic Book Fair and Open House: Sunday March 29th and Monday, March 30th, 2015.

We are having a Scholastics Book Fair this month! Come to the office from 10:00am - 3:00pm on Sunday and 7:00pm - 9:00pm on Monday to see the vendors and check out the book fair!

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



St. Patrick's Day: Tuesday, March 17th, 2015

Homemade Green Mac n Cheese



Ingredients:

- One 14.5 oz box of whole wheat pasta shapes; cooked and drained.
- 8 cheese slices
- 1/3 cup + 2 tbsp organic milk
- One bag prewashed baby spinach.
- Salt and Pepper to taste
- 2 cans (5oz) cans of tuna

Directions:

Over medium heat, drizzle a bit of oil in a sauté pan. Add spinach and wilt until it reduces in size, turns bright green and is soft. Add wilted spinach to a food processor and puree. Add a bit of milk if you need some liquid to get a smooth consistency. Cook and drain pasta according to package directions. Add 8 Cheese Singles to the empty hot pasta pan along with the 1/3 cup milk. Stir until combined. Use up to 2 more TBS milk if needed to get the right consistency for sauce. Add spinach puree and mix until combined. Add salt and fresh cracked pepper to taste. Return drained pasta, and drained tuna to pan and coat with spinach cheese mixture.

From the desk of Gail: Executive Director

Providers; we have received a letter from the Ministry stating they are conducting a survey that is intended to provide the Ministry with a greater understanding of what motivates child care providers to become approved family day homes. You will have the option to perform the survey either online or over the phone. The questions will be centred on your motivations for becoming approved family day home providers, the types of resources and services you would benefit most from, and basic demographic information. They hope that data generated from this survey will help inform the future work of the Ministry in this area.

To ensure the success of this province-wide initiative, they have asked for an up-to-date list of all approved family day home providers with phone numbers and email addresses. We would encourage everyone that is contacted to please participate in this survey.

From the desk of Susan: Director

Our Re-Accreditation site visit will be held some time between March 2 and March 13. Approx 9 day-homes will be visited along with a review of files at the office. The Accreditation team will have ID if they come to your day home. Please use this opportunity to show all the great things you are doing!

There is no workshop in March because the Annual Provider Conference is March 7. The Agency has decided to host a networking/social event in place of a formal workshop this month. March 29 (10am-3pm) and March 30 (7pm-9pm) we will host a Scholastic Book Fair at the office. We also welcome vendors at this event so if you, a parent in your home, or a friend does something like Scentsy, Lia Sophia, etc....please let me know and we can set you up a table, at no cost. This should be a great casual time to come visit the office and connect with other Providers and families. Children, Families, Neighbours, Friends, everyone is welcome!

From the desk of Louise: Parent Accounts Manager

Spring must be here...the clocks turn back March 7th!

Providers:

- If any parent tax letters have not been picked up please give them to your consultant to bring back to the office.
- Just a reminder with children being absent, please let the office know if a child is absent for 3 days or more.
- Are you taking any well- deserved holidays? If so please notify the office in writing and let the office know if parents are using back up care or not.

From the desk of Laura: Invoicing

March is here, and with it hopefully an early spring :)

A reminder for providers: if you email your invoice and attendance in, please send that to day-homes@calgaryfamilydayhomes.com If you email your consultant I may not receive it in enough time for it to be processed. Also please ensure that you are adding up the hours at the end of the month on the children's attendance records and on your Provider Support Funding form.

Get Outside! Spring Outdoor Activities

Make a Birds Nest

What You Need:

- Sticks
- Grass
- Leaves
- Pine needles
- Newspaper
- Paper
- Pen or Pencil



What You Do:

Ask your kid what she thinks goes into making a bird's nest. Write the items down on a piece of paper. Encourage her to think outside the box. If she suggests gum wrappers, for example, go with it.

Take her outside, either in the backyard or a neighborhood park, and start scavenging for the items that she mentioned. Encourage her to think about what in nature is pliable, what it is sturdy, and what a bird has access to out in the wild.

Bring the items inside and place them on a newspaper (or, weather permitting, set up outdoors). Have your child try to manipulate the grass and twigs and other items into a bird's nest shape. Tell her not to worry if doesn't look like a nest. The idea is to get her thinking about what kinds of things would make a nest hold its shape.

Encourage her to weave items together, like the pine needles and grass. See if she can just use her two fingers, mimicking a bird's beak, to get items to stick together.

To take this activity a step further, check out some books at your local library about birds native to your area. See what kinds of things they use to build a nest and how they put them together. Talk about why they build them high up in a tree and whether that is a key element to keeping the nest together.

Have your child display her nest outside in a tree. You never know, you might make a family of birds very happy to visit!
http://www.education.com/activity/article/like_birds_and_make_nest/

Keep Me Home If...

I'm Vomiting
 I have a rash, lice or nits
 I have diarrhea
 I have an eye infection
 I have a sore throat
 I'm just not feeling very good.
 I have a fever

Two or more times in 24 hours.
 Body rash, especially with a fever or itching. Lice or nits.
 3 or more watery stools in 24 hours.
 Thick mucus or pus draining from the eye.
 With fever or swollen glands.
 Unusually tired, pale, lack of appetite, confused or cranky.
 Temperature of 100°F (°) or more, (taken under the arm) AND sore throat, rash, vomiting, diarrhea, earache or just not feeling good.

When Your Child is Sick:

1. Have plans for back up child care.
2. Tell your caregiver what is wrong with your child, even if your child stays home.

© 2010 South West County Department of Public Health

We always gets lots of questions at the agency around illness and child sickness. This cute cartoon is a great thing to keep in mid when your dealing with little ones who are sick!

Accreditation Reminder of the Month

Find the Accreditation Standards here:

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

Standard 3.3: Child care programs support families through parental involvement, sharing of resources, and providing information regarding additional supports for their children.

Indicators

- Invite parents to participate in field trips and/or off-site excursions with their children
- Invite parents to spend time in the program
- Provider opportunities for families about programs and services offered by other community and social organizations
- Provide information to families about programs and services offered by other community and social organizations
- Act as facilitators for families in locating , contacting, and accessing specific supports for their children
- Share information about a child only with parental consent



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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parentLINKcentre

YWCA Parent Link Corridor

Drop in play time. Fridays February 27th – March 27th 1:30 pm – 3:30 pm

Talk and Tea. Fridays, February 6th - March 26th. 10:00 am - 11:30 am

Raising Emotionally Intelligent Children. Mondays, March 2nd – 16th. 2:00 pm - 3:00 pm

Baby shower. Tuesday, March 10th. 10:30 am -11:30 am

Book Giveaway. Tuesday, March 17th. 10:30 am – 12:00 pm

Birthday Party. Monday, March 23rd. 10:00 am-11:30 am

Multicultural Party. Tuesday, March 24th. 10:30 am – 12:00 pm

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



Do you have any Suggestions for the agency?

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

What Parents are Saying

About: Claudia H.

We are very happy with Claudia. I couldn't of asked for a better day home. Claudia is very good with the children and it shows in my child's behaviour.

What Parents are Saying

About: Margot M.

Margot is a wonderful caregiver for my child. I appreciate her kind nature and she is always so friendly and polite. She is wonderful with A, patient and nurturing, but still holds firm to values and expectations from her. Margot has been very flexible and helpful with schedule changes for us and we appreciate her patience very much. A enjoys her days with Margot, she naps well, eats well and plays hard, she has learned lots of great behaviors (such as clean up, helping with dishes etc) and Margot has worked on learning songs and reads with her regularly. I'm glad they get outside as much as the weather permits and feel A is in great hands with Margot. We love Margot and trust her completely.

What Parents are Saying

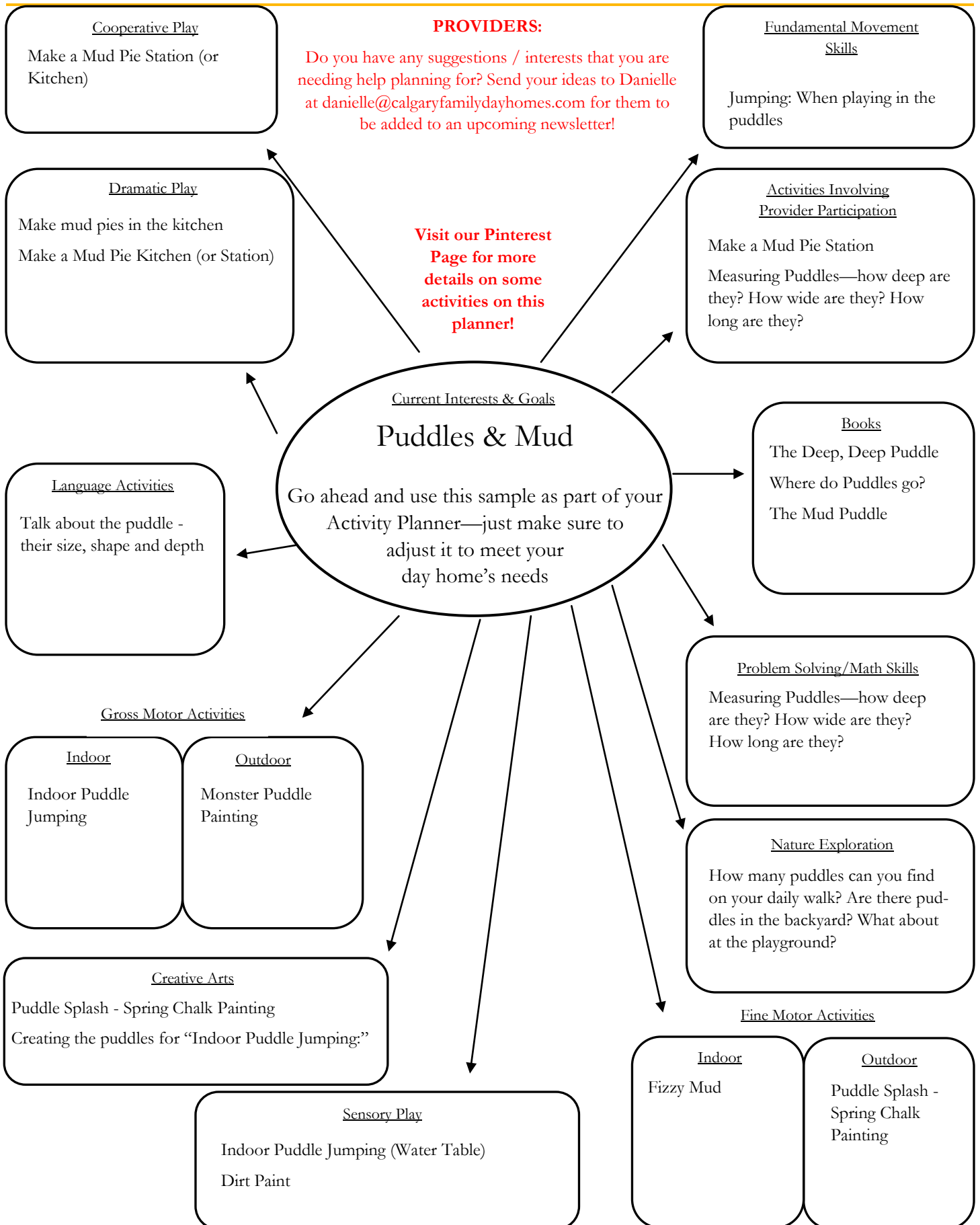
About: Kathy D.

I'd like to take this opportunity to comment on how pleased I am with the childcare Kathy has been providing for my daughter S. S has been going to Kathy's since the summer of 2011...I really appreciate that Kathy brings them to the playground on a regular basis. This allows the children some physical activity as well as some "freedom"...Kathy is very dependable and communicates well regarding when her day home is closed. This is appreciated.

What Parents are Saying

About: Roxana V.

I absolutely adore Roxana, she is amazing with my boys and is always a very pleasurable person to talk to



Health Canada Recalls



CLS Imports Inc. Recalls Pon Pon Ball

Product description: This recall involves a soft stretchy plastic yo-yo ball toy in various colors with a short stretchable plastic finger loop. The toy is covered in stretchable two-tone spikes and has white plastic bulging eyes. The ball has a flashing light-up centre that is activated with impact. The product is labeled as a "Pon Pon Ball" with UPC #097138729187. The recalled yo-yo ball toy weighs approximately 120 g.

Hazard identified: Yo-yo type balls and similar products are banned in Canada because they present a hidden risk of strangulation to children. Neither Health Canada nor CLS Imports Inc. has received any reports of consumer incidents or injuries to Canadians related to the use of these toys. For some tips to help consumers choose safe toys and to help them keep children safe when they play with toys, see General Toy Safety Tips.

Number sold: Approximately 540 of the recalled toy were distributed 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.

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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