



May Newsletter 2015



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



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

Dates to Remember:

Invoice due date: Friday, May 22nd, 2015

In-Service Date: Monday, May 25th, 2015. 7:00pm. We have Gill and Tessa from “Meals & Heels” coming in to talk about Nutrition & Meal Planning

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



Mothers Day: Sunday, May 10th, 2015 Salt Dough Foot (or Hand) Prints



Ingredients: 1 cup Salt & 1 cup Flour & 1/2 cup water

Dump them all in a bowl and mix well. (Little hands are great helpers with this!) We used a fork to mix it until it came together in a ball. You can judge if you think you need a little more water. It should be a similar consistency to play dough.

Then shape it into whatever you want, like a heart. We did one large shape so it would be more like a plaque or stepping stone, but you can make multiple smaller ones as well.

I put the dough directly on the pan and parchment paper that I was going to bake it on.

Next, we put the heart on the floor and each of my daughters stepped on the one side of the heart as I gently pressed down on their foot to make an impression.

Then I used the thin handle of a fork to carve their names above their footprints and the year in the center.

Once you're finished, it's time to bake! Bake at about 200F (or 100C) for 3 hours.

Check to see if it's dry. If you did multiple little ones, they'll probably be done, but if you did one big one like us, then it may need a little longer. The bottom of ours was still a little moist in the center, so I turned it upside down and baked it for another hour.

Once it's fully cooled, you can paint it. You could paint the bottom as well, if you wanted. Let it dry completely.

<http://roamingrosie.hubpages.com/hub/salt-dough-footprint-heart>

From the desk of Susan: Director

Summer is close and so is our Teddy Bear Picnic! We have a team of Consultants working hard to make sure that this is a success. Your Consultant will bring invitations in May or June for all Providers and Families. We will also be collecting new teddy bears at the picnic to bring to the children at the Children's Hospital! More details coming next month.

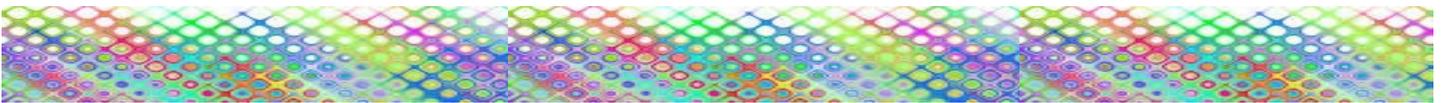
As the professionalism in the Childcare Field increases we want to do our best to support all Providers in obtaining their Child Development Assistant Certificate. We will be opening up the office for 1 hour prior to the in-service to help Providers with their quizzes and assignments (6:00-7:00pm Monday, May 25th)

September is sneaking up on us and although we have just started planning Provider Appreciation we are excited to share that we will be hosting a Scholastic Book Fair exclusively for Providers on this night; and open to the public the weekend prior.

New Parent Handbooks will be sent out May/June. There are some changes in regards to Social Media. Please make sure to read through it and post it for parents as well.

Monthly Contests, prizes and winners are listed on our Facebook page :)

Any Provider wishing to advertise on Facebook please email pictures to; susan@calgaryfamilydayhomes.com



From the desk of Louise: Parent Accounts Manager

Summer is getting closer!!

Providers & Parents-what are your plans for the summer? Are the school age children coming full time? If so do the fees increase? Any summer fee changes need to be received no later than June 19th for guarantee of payment for July and August.

Has there been an agreement that children are not coming for the summer and there will be no charge? Need a signed letter from both the parent and provider with the agreement.

Provider holidays-we need a letter of holidays and if your children are using back up care and where. Enjoy the beautiful weather...fingers crossed it continues!

From the desk of Laura: Invoicing

Spring has sprung! It is so nice to see the grass turning green and trees in bloom :)

A friendly reminder for providers to ensure you have the updated version of the Provider Support Funding Form, it should be dated **November 2014**.

And for parents, please remember that it is your responsibility to initial your child's attendance record every day at drop-off time as well as at pick-up time.

Your cooperation is greatly appreciated!

Reading and Healthy Eating?

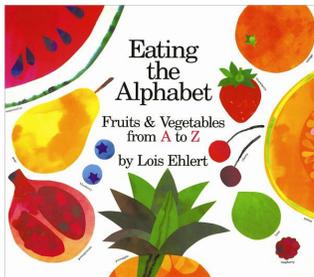
We know reading with kids helps them to be successful readers. But did you know that reading books with positive messages about vegetables and fruit helps them to be successful eaters? It leads to better acceptance of vegetables and fruit.



And since most kids don't eat enough vegetables and fruit, this is a fun way to increase exposure and encourage acceptance.

What books can I use?

Any books with a positive message about healthy eating and food!



Books available from the Calgary Public Library include:

- 'Eating the Alphabet' by Lois Ehlert
- 'Growing Vegetable Soup' by Lois Ehlert
- 'Lunch' by Denise Fleming
- 'Food Play' by Joost Elffers & Saxton Freymann

Think about how you can add on to the ideas of the book. Here are some tips:

- Vegetables and fruit come in many colors. Name a fruit or vegetable with the following colors: orange, blue, green, red, purple and white.
- Where do vegetables and fruit come from? What vegetables grow in the ground? What vegetables grow on plants? Which ones can you grow in Calgary?
- Let's make a tasty and healthy snack! Choose a fruit or vegetable from the book. What other foods would you add to make a healthy snack? **Hint:** Include at least 2 of the 4 food groups. Example: zucchini sticks with bean dip, apple slice with cheese, pear with yogurt dip.
- Let's have a tasting party! Choose some vegetables or fruit from the book. What is their name? What is the colour? Is it crunchy, smooth, creamy, or chewy? What does it smell like? Is it a mild or strong flavor?

Avoid talking about food likes or dislikes. Create a relaxed and positive environment for exploring and tasting new vegetables and fruit.

Reading books about healthy food with kids is a win-win...

It helps build reading skills and healthy eaters

Accreditation Reminder of the Month

Find the Accreditation Standards here: <http://humanservices.alberta.ca/documents/accreditation-standards.pdf>

Standard 1.2: Child care programs demonstrate respectful, positive interactions and communications with children.

Develop supportive and respectful interactions to foster feelings of trust and security;

- Talk to the children at a developmental level they understand
- Engage in active listening to empathetically engage with children
- Value each child's right to have their feelings and belongings respected.
- Model respectful interactions with other adults

Implement positive guidance approaches;

- Use a continuum of developmentally and age appropriate strategies when guiding children within a caring, respectful, and nurturing environment.
- Discuss behaviour expectations with children at a developmental level they understand
- Use observation techniques to identify causes of challenging behaviours and modify the environment and supervision to promote positive behaviours
- Support children in engaging in positive behaviours and expressing their feelings in socially acceptable ways
- Guide children as they begin to develop problem-solving skills

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

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

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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What Parents are Saying

About: Teresa D.

I find Teresa always to be in a good mood singing, playing with the kids and very patient. T is really enjoying his time at the day home. Always in good spirits when I come pick him up. I've shown up unannounced and every time I go there the kids always seem to be happy. She is great at letting me know what types of foods he prefers and letting me know how his naps and how his day went which is important to me as a parent.

What Parents are Saying

About: Courtney M.

I just wanted to send you a note to tell you how much we appreciate our Provider. My boys have just recently started attending Courtney's dayhome full time and we love her. My youngest comes home singing and talking about the stories they read at circle time. He gives me less cuddles now, saying that he has to 'save some for Courtney'! My oldest is lucky to get some one on one time with Courtney in the afternoons and he talks about how they make muffins together and then share them with everyone at snack. Courtney has been super great about taking the boys outside tons....

What Parents are Saying

About: Santhoshya T.

We are very happy that Santhoshya is taking care for both our son's. We are very fortunate that we met her and trusted her to take care of our children. She is the best what we could look for, she is always smiling and happy person. B and J really like Santhoshya, she is very good to them. She is highly educated, very smart lady and a communicative person. We are lucky to have her in our life.

What Parents are Saying

About: Heather C.

We are very happy with the care that Heather has been providing to S, he loves interacting with her and her children, he has learned the word "friend" recently, so he calls them his friends. One of the things I appreciate most about Heather is that I can trust that she is paying attention to where S is at in his development and wants to tailor to that. She informs me of what types of activities he gravitates to so I am able to duplicate those things at home as well.



Do you have any Suggestions for the agency?

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



Happy Birthday to our providers celebrating a birthday in May:

Grace Jessica

Kathleen Baljit

Sherry Naila

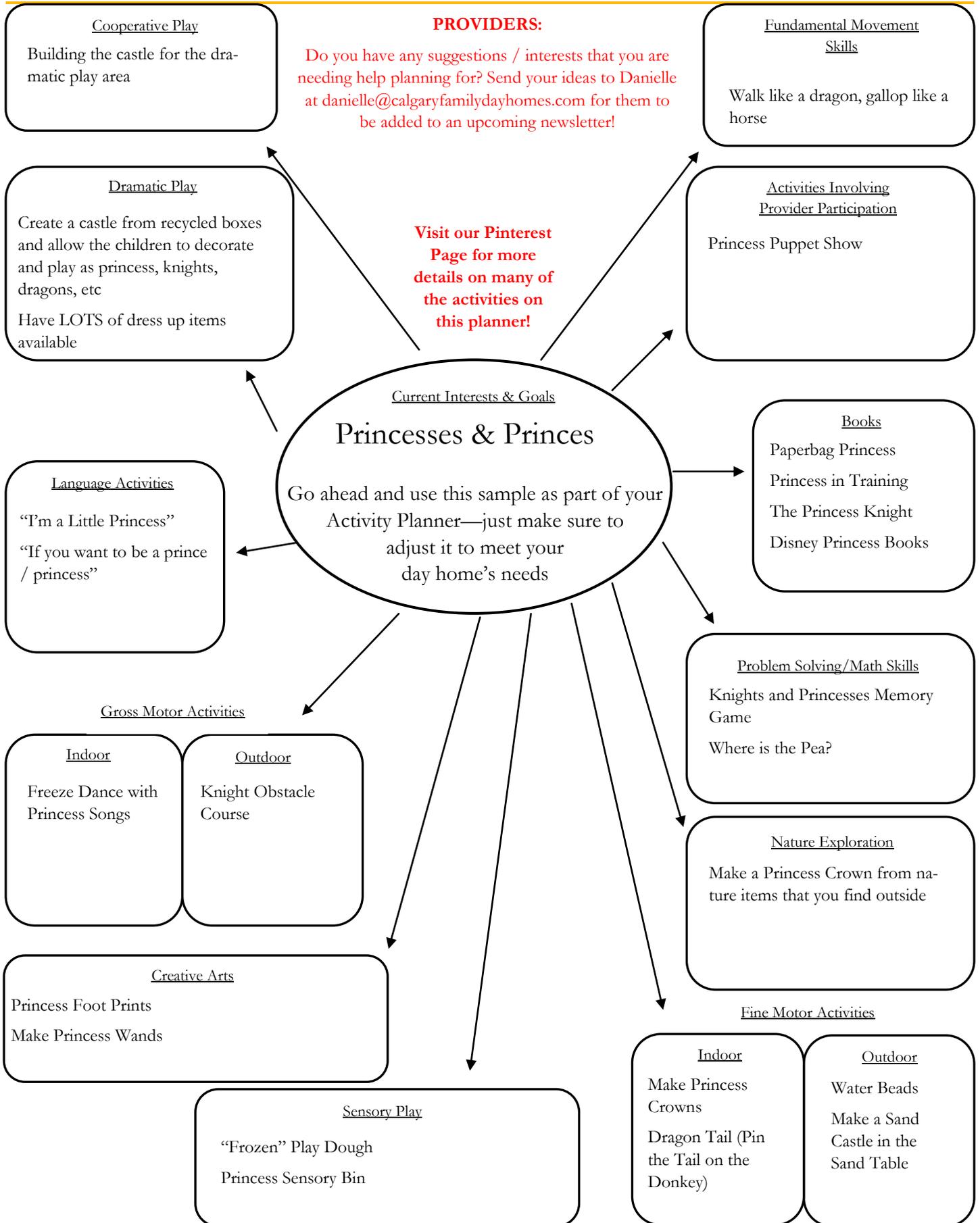
Rasheda Roxana

Jemmellee Risikat S

Binish Courtney

Jennifer Paige

Adrienne



Health Canada Recalls: Trek Bicycles Equipped with Front Disc Brakes and a Quick Release



Product description

This recall involves all models of Trek bicycles from years 2000 through 2015 equipped with front disc brakes and a black or silver quick release lever on the front wheel hub that opens far enough to contact the disc brake. Bicycles with front quick release levers that do not open a full 180 degrees from the closed position are not included in this recall.

Hazard identified

When a quick release lever on the bicycle's front wheel hub is capable of opening more than 180 degrees, improperly adjusted or left open, it can come into contact with the front disc brake assembly causing the front wheel to come to a sudden stop or separate from the bicycle. This poses a crash and injury hazard. Neither Health Canada nor Trek has received any reports of consumer incidents or injuries related to the use of these bicycles in Canada. Trek Bicycle Corporation has received 3 reports of consumer incidents in the United States.

Number sold

Approximately 98,000 recalled bicycles were sold 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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Phone: 403.217.5394 / Fax: 403.240.2668

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