



What Parents are saying

About: Zida

We are so grateful that Zida was able to take our girls on such short notice. We know that they are safe and loved and it has been a huge blessing to have her back in our lives on a regular basis. "

About: Salma

“I want you (Salma) to know that I am so happy my kids have been in your care. You have been absolutely fantastic with them. I have enjoyed watching them grow and develop into bright, smart and caring little people. I hope I am as lucky to find someone that cares and loves them as much as you (Salma)”

DATES TO REMEMBER:

Invoices are due September 20 no later than 4.00PM

Provider Support Funding Forms are due on the last working day of the month after the last child leaves.

Reminder to have your forms in on time to avoid a late fee.

Provider Appreciation Inservice September 23 @7pm
Inservice will be held at Christian Life Assembly Church (3214 28th St SW)

Around the World Crafts and Activities

Travel the world with your dayhome and cardboard suitcases! Children can decorate their own suitcase and passport or you can make one big suitcase to share. Then explore new countries through stories and add new pictures, postcards and artifacts to your suitcase.



Help Your Preschooler Start Smart

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Here are three things you can do now to help your preschooler become a capable learner:

1. Let your child take the lead. When playing with your child, it's tempting to take over, as in: "Now it's time to dress the baby doll. Now it's time to give the baby a bath." "Many adults think play should be a certain way," says Sungar. But that's limiting. To enhance a child's creativity and confidence, guide them instead. "While you're playing with your child, narrate what your child is doing, ask questions about why she's doing what she's doing and what comes next, as in: 'Now, you're giving baby a bath. What's baby going to do after her bath?'" says Sungar. Letting your child run the show gives them a sense of control, which helps develop their thinking skills and solve problems on their own. If they have a tough time getting the baby undressed, for example, don't do it for them. "It's critical to let kids explore, learn from their experiences and fix problems as they happen," says Sungar.

2. Give explicit feedback. Throughout your child's day, give specific praise and negative feedback. Instead of saying, "good job," for example, when your child shows you a picture they painted, you might say, "I like how you used the blue and the red paint. Those colors mix well together." Similarly, if your child decides to stand up on a chair, instead of saying, "sit down," say, "Please sit on your bottom. When you stand, you can fall off the chair and get hurt." Get the idea? Giving your child pointed criticism and advice is more valuable than vague remarks because it gives your child direction and helps build their vocabulary. The more words, the better. "The actual number of words kids hear each day is crucial to their long-term development," says Sungar. Save one-word negative feedback, such as "No!" or "Don't!" for safety issues, such as when your child runs out into the street or tries to touch a hot pan. It's more effective if they hear "No!" or "Don't" less often.

3. Allow free play. Each day, give your child the space to do their own thing. "Preschoolers need at least four hours per week - up to roughly half-an-hour each day - of unstructured play-time other than preschool," says Sungar. Downtime allows children to think creatively and gives them a mental breather. "It's exhausting to have very little unstructured, self-directed time and kids need more than adults do," says David J. Schonfeld, M.D., director of the division of developmental and behavioral pediatrics at the Cincinnati Children's Hospital Medical Center. Without downtime, kids can feel overwhelmed by the increased pressure to succeed at school, which can start as early as preschool.

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Excerpt taken from Calgary's Child Magazine online (www.calgaryschild.com/education)

From the Desk of Gail: Agency Director

I hope everyone is recovering from a truly memorable summer! I am happy to say that we have heard good news from Provider's in High River that they are moving forward with remaking their day-homes. Donations and support continue for those in need; including a penny donation jar at this month's inservice. The agency is proud to donate 20 backpacks to the High River Backpack Drive to show our support for the community.

The inservice is September 23 and we look forward to the opportunity to show all our appreciation for all of our hardworking Providers. Davindar Bhatia and Karen Theissen will be speaking on this night followed by an evening of pampering; henna, nails, massage and the irresistible candy buffet!

Many Providers may have noticed a new face on their monthly visit in August; the agency is pleased to welcome Danielle Lancaster to our consulting team and Susan Bencini is back again.

Tracy McWilliam is no longer with the agency. She is not a representative of Calgary & Region and should not be visiting agency homes. If she is ringing your doorbell please contact Gail at the office.

From the Desk of Louise: Parent Accounts Manager

I hope everyone had a fantastic summer but now it's....back to school time!!

Parents & Providers: Do you have children going to Grade One? Do you need to do a change of fee?

Parents: The government subsidy has had some changes. All applications are sent to Edmonton where they are distributed to assessors throughout the province. All documentation is also sent to Edmonton. With this change subsidy approvals have been delayed. Some up to 10 weeks. Unfortunately due to this delay the agency will be charging FULL FEES until approval is received. The subsidy reports we receive have been one a month so I am asking all parents to email me their approval letters; louise@calgaryfamilydayhomes.com or fax (403) 240-2668.

Any questions concerning subsidy please let me know. Have a wonderful fall.

Menu Planning Idea

Here are some Bento Box meal ideas for your dayhome.

Bento (弁当, *bento*) is a single-portion takeout or home-packed meal common in Japanese cuisine. A traditional bento holds rice, fish or meat, with pickled or cooked vegetables, usually in a box-shaped container.



Alberta Flood Recovery Triple P

Following the recent floods in Calgary and area, the Government of Alberta has recognized the importance of supporting parents' coping strategies in dealing with distress in the aftermath of disaster. Parenting and how a family functions post-disaster impacts the development of children's resiliency.

The Triple P (Positive Parenting Program) is currently being offered to families in Alberta through Parent Link Centres (PLCs), the Family Support for Children with Disabilities (FSCD) program, and a number of other service providers to support positive parenting, including some education jurisdictions. *Flood Recovery Triple P* is a specialized version of Triple P that could respond to the unique needs of parents in disaster affected communities. It is a prevention-focused support strategy that complements the mental health resources currently available through Alberta Health Services.

Disaster Recovery Triple P is a two hour seminar that aims to build parents' confidence in managing children's reactions and reducing children's post-disaster emotional/behavioural difficulties. The seminar helps parents understand their children's reactions after the traumatic event, including why some children are more affected than others and how to avoid common parent traps. It also discusses how to answer children's questions about the disaster and how to deal with future distress that can be triggered by events like storms or rising water levels.

Professionals working with children may also benefit from *Flood Recovery Triple P* seminars, both within your work with children as well as referring families to future seminars. The first opportunity is being made available on Thursday, August 29th, 2013 at the following location;

2nd Floor, Dover MST Building, 3551 – 52 street, Southeast Calgary at 10 a.m.

This seminar will be delivered by Dr. Vanessa Cobham of the University of Queensland, Australia and is specifically for professionals in your role of supporting families. Please feel free to forward this information to your colleagues.

Space may be limited so we advise registration by emailing Debbie Easton at Debbie@triplep.net or through contacting Lana Cummins by telephone at 780 638 3666.

Registration is also available at the door.

We appreciate that this event has been planned at short notice but we anticipate that the information will be helpful as children and families return to school.

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.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

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

www.calgaryfamilydayhomes.com We are on the web!!

Health Canada - Recent Recalls and Safety Advisories

www.hc-sc.gc.ca

Reminding Parents of School Lunch Allergen Safety

As children head back to the classroom, Health Canada is reminding parents of the importance of allergy awareness when packing school lunches. Severe allergic reactions can happen quickly and without warning, and can be life-threatening to allergic children. It is estimated that as many as 1.2 million Canadians may be affected by allergies. Some studies indicate that these numbers are increasing, especially among children. Although many foods can cause allergic reactions, most allergic reactions in Canada are caused by peanuts, tree nuts, sesame seeds, soy, seafood (such as fish, crustaceans and shellfish), wheat, eggs, milk, sulphites and mustard. The symptoms of allergic reactions vary in type and severity, from mild skin irritations and hives to breathing difficulties and loss of consciousness. Symptoms can also develop at different rates, sometimes getting worse very quickly. The most dangerous symptoms include breathing difficulties or a drop in blood pressure with shock, which may result in loss of consciousness, anaphylaxis, or even death. Because of this, many elementary schools are now restricting certain foods from students' lunches. Parents are encouraged to follow school policies, even if their child isn't allergic. To find out which foods, if any, are restricted in their children's schools, you should contact the school directly. To date, there is no cure for food allergies. Avoiding an allergen is the only effective way to prevent allergic reactions. This is why it is important that allergic children not be exposed to allergens that regularly cause extreme and sometimes fatal reactions. To help parents and Canadians with food allergies identify foods that they should avoid, Health Canada has recently updated the rules governing the labelling of priority allergens. Details are available on Health Canada's website. Allergy associations, such as Anaphylaxis Canada, the Allergy Asthma Information Association, or the Association Quebecoise des Allergies Alimentaires, also provide further information, including tips and strategies for educators, schools and other organizations for creating allergy safe communities.