

# PARENTS' E-NEWS

## May 2016



12704 - 101 Street Edmonton, AB. T5E 4E5 - Office - 780-478-3376 - Fax 780-478-3423 - nefdha@hotmail.com

### Christine McKinnon is Retiring

After a 39+ year career in the Early Child Care field our amazing Christine McKinnon will be retiring in June. Christine started out in daycare and was previously with Michener Park and Hospital Worker's Family Day Home Agencies before coming to NEFDHA in 1999.

Christine's role as a Coordinator involved the approval of new providers for our agency. It was an aspect of her work that she enjoyed the most, getting to meet and helping to set up prospective new homes.

Christine is very much respected and admired in the child care community, having served on various committees over the years including the Caring That Count Conference, Treasurer of the Alberta Family Child Care Association and the Regional Promotions Committee

All of us here at NEFDHA appreciated the opportunity we had to work with Christine and we are truly excited for the many new experiences that lay ahead for our Christine.

### 2016 Statutory Holidays

Monday	May 23	Victoria Day
Friday	July 1	Canada Day
Monday	August 1	Civic Holiday

Providers are entitled to statutory holidays off with pay. If you will be taking additional days off before or after these holidays, as a courtesy, please inform your provider well in advance of your planned holidays.



### *It's Time to Celebrate Our Providers*

We will be holding our Annual Provider Appreciation Luncheon on Saturday June 4<sup>th</sup>.

It is a special time set aside to celebrate our providers, recognize their successes and honor their dedication to the field of child care.

### Provider Appreciation

May is Provider Appreciation Month with the Friday before Mother's Day, May 6<sup>th</sup>, being Provider Appreciation Day.

We encourage you to celebrate the hard work, dedication, commitment, compassion and support your provider provides you and your child.

Here are a few ideas on how you can show your appreciation.

Say Thank You - bake a special treat - bring her a tea or coffee - make her a handmade card with your child - make her a special gift with your child - bring her flowers - give her a hug!

Showing her a little love and appreciation will always make her day!

### Reminder

*In order to keep our records at the office and in your child's day home up to date we ask that if there are any changes made to your information to please inform both the office and your provider; contact numbers, address, emergency contacts, work information (phone, address, company name), a change in families situation, separation, or child access.*

*Outside Play Several Times a Day contributes to the healthy development and happiness in children.*



### Summer Consent Forms

Your provider will be asking you to fill out a summer consent form this month that requests your permission to use and provide equipment like helmets as well as sunscreen and bug spray to help protect your child.

Please fill out the form in the provider's home if at all possible and leave it for her records.

Please provide the requested materials as soon as possible.

### *Is Your Child Ready For The Day?*

*When you arrive at your day home it is important that your child be ready for their day.*

Children should be in a clean diaper, dressed, and have eaten before they arrive at the day home, unless you have made arrangements in advance with your provider to serve breakfast for a fee.

Having your child already sun screened can also be very helpful. You may not be the first to arrive at the day home. Your provider and other children are often ready to start activities if not already actively involved.

Stopping to change a diaper, dress, feed a child makes this transition challenging for everyone.

With more time spent outside in the warmer weather, ensure you have everything packed in your child's bag before you head out the door. Your provider will inform you of the items she needs you to supply daily; extra clothing, bathing suite, towel, hats, sunscreen, bug spray, sunglasses, and proper footwear for the days activity.



Playing in mud helps children learn and develop.

### **??? Myth, Fact or Fiction ???**



People with darker skin tones do not need to use sunscreen?

**NO** matter how dark or light skinned you are, sunscreen is important. Everyone's skin has the potential to burn.

**WARNING:** Please read the label on any containers of bubbles you may have in your home or before you purchase new bubble solution. Some labels contain a warning that the bubbles *may be harmful to children.*

**"Keep out of reach of children."**

Children blowing bubbles or catching the bubbles on their hand may place their hand into their mouth that has the bubble solution on it may pose a health risk from ingesting the bubble solution.

A great alternative is to make your own bubble solution.

## **Are you Head Smart?**

Information taken from the Caring for Kids Canada Website  
(It is the *responsibility of parents to provide* their child with a properly fitting BIKE helmet)

When a child starts riding a bike, or taking part in any wheeled sports such as in-line skating, skateboarding, or riding a scooter, the most important safety measure you can take is to make sure everyone wears a helmet. The best way to encourage your child to wear a helmet is to wear one yourself.



It is the law in Alberta that all cyclists under the age of 18 wear a helmet. The law is in affect for all two wheeled bikes but we strongly suggest that ***as soon as children start riding*** on anything with wheels that they wear a helmet. Early education helps to develop habits that will be life long. There is nothing more important than keeping the BRAIN from any injury.

Bike helmets require an approved standards label in Canada. This label certifies that the helmet design has been tested by the manufacturer to protect your head. You can find the label inside or on the helmet. Helmets sold in Canada are certified by CSA (Canadian Standards Association), CPSC (Consumer Product Safety Commission), Snell or ASTM (American Society for Testing and Materials).

A ***bike helmet*** is a single-impact helmet, which means that once it has been in a hard fall, it must be replaced.

For the best protection take your child to the store with you to be properly fitted. The helmet should be lightweight so your child's head and neck can support it.

Never use a second-hand helmet unless you know its history. It may have been in a crash, or you may not be able to tell how old it is.

**Recommendation is to replace your child's helmet when it's older than five years, as the plastic becomes brittle with age.**



**Make it a rule in your home, no helmet no wheels!**



## **COMMUNITY EVENTS**

### **Get Ready in the Park**

Emergency Preparedness  
FREE, fun, family- oriented event.

Hawrelak Park - 9930 Groat Road  
**May 7**

Find out how you and your family can prepare for an emergency

[www.edmonton.ca/getreadyinthepark](http://www.edmonton.ca/getreadyinthepark)

### **Vaisakhi Nagar Kirtan**

FREE Sikh Parade

**May 22** - starts at 12:30 pm  
Millwoods Road East

[nagarkirtanedmonton@gmail.com](mailto:nagarkirtanedmonton@gmail.com)

### **Powwows**

Throughout Spring/Summer - FREE to attend  
Explore the cultural riches of the Powwow in communities across Edmonton and in surrounding areas.  
[www.ammsa.com/community-access/community-events](http://www.ammsa.com/community-access/community-events)

### **Tales Storytelling Festival**

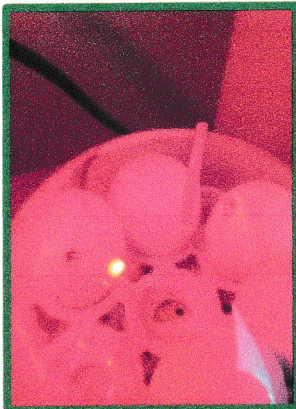
May 26-29  
Free events as part of festival, throughout Old Strathcona  
[www.storyfestalberta.ca](http://www.storyfestalberta.ca)

Storytellers gather to share their stories at various events.

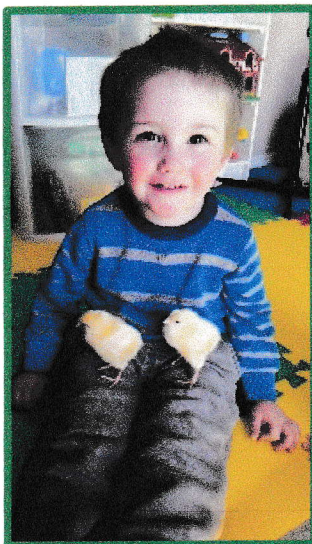
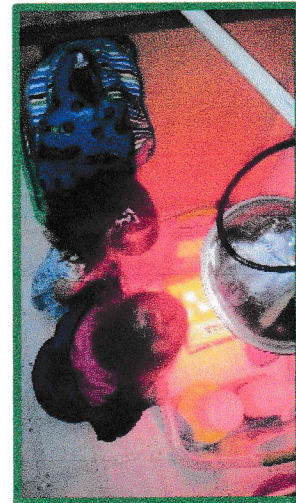
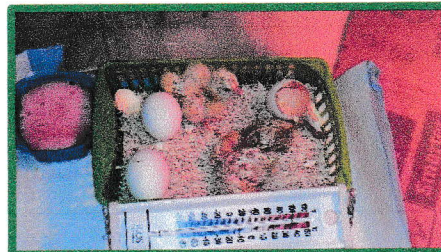
## Agency News

- In early April many of our providers and consultants attended the 24<sup>th</sup> annual “Caring that Counts Conference”. The day was filled with a lot of inspiration and learning. It was great to connect with other child care professionals and spend a little time shopping for developmentally appropriate materials.
- Two of our providers hosted Norquest Early Learning and Child Care Program field placement students. The providers had the opportunity to share their knowledge and demonstrate best practices to the future child care workers.
- Our consultants have had two opportunities this month to attend workshops on brain development. The information taken from the workshops will be shared with providers.
- Several providers participated in hatching chicks this month and sixteen more have signed up for May, for a total of 38 participants. What a great learning experience for everyone.

### Chick Hatching



The most important part of incubation is making sure that the heat and humidity are correct. This is crucial, as the baby chickens won't develop as they should if the incubator is too hot, or too cold!



Nothing quite compares to watching and waiting for the baby chickens to hatch.



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