

North Edmonton Family Day Home Agency Parent E-News February 2018



Happy Family Day



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

2018 Statutory Holidays

Monday	February 19	Family Day
Friday	March 30	Good Friday
Monday	May 21	Victoria Day

If you plan to take additional days off to extend a long weekend, you need to let parents using care know in writing at least 2 weeks prior to your planned absence so they can arrange backup care.

**Consultants will be hand delivering the
2017 tax statements to providers.**

Your provider will pass the envelope on to you.

\$5.00 will be charged to replace a lost statement.



Child Guidance Policy Review

Discipline is designed to teach co-operation and mutual respect. It requires attention to be given to the whole relationship between the provider and child. Discipline comes from the word “disciple.” Meaning follower or learner and includes modelling or setting an example of the behaviour the adult wants the child to learn. Discipline requires an attitude of calmness, consistency and commitment. Good discipline practices promote a sense of self-worth in the child. A child needs to feel valued and competent. Many behaviour difficulties will be reduced or disappear when children feel heard and understood. A positive climate for discipline develops when the provider is sensitive and responsive to a child’s feelings, gives a child individual attention each day and comments on positive behaviour and efforts made. The child’s dignity is respected when a distinction is made between the child as a person and his behaviour. Example: behaviour may be inappropriate but the child is not a “bad” child.

Providers must be consistent in the discipline techniques used with their own children and the day home children, e.g. She should not spank her own children. It is the provider’s responsibility to ensure her husband and any other person in the home follows agency standards in disciplining children.

Positive Guidance Techniques ~ Keep limits and rules to a minimum and state them kindly and firmly. Discuss with parents so you are using the same methods, **CONSISTENCY IS THE KEY.**

- Be specific, state what you want the child to do. – Limits and rules should take in consideration the age and capability of the child, make allowances for individual differences in children. - Give reasonable explanations when possible - Use a pleasant but firm voice and speak to a child at eye level. - Give the child real choices and be prepared to follow through with his/her choices e.g. “you may sit quietly while I read the story or you may do a puzzle” – Ensure the child is listening before giving directions. – Limit the number of directions to 1 or 2 so the child does not become confused. – Give children warning when you want them to do something different. This is called a transition. E.g. “We will put the toys away in five minutes so we can get ready for lunch.” – If at all possible redirect the child to another activity. – A child should know that it is all right to feel angry, but must understand the provider will not allow him/her to hurt themselves, other people or property. – If it becomes necessary to move a child from a certain activity or take away a privilege, explain what he has done wrong and what her/she may do to continue with the activity or regain the privilege e.g. “you may come back when you are ready to play without hitting Mary.” This is called time away. A child is never isolated, that is called time out and NOT allowed. – **PLAN AHEAD!** Ensure the child gets nutritious food, adequate rest and is in good health. Provide activities suited to the age ability and interests of the child. Be flexible and adapt activities as circumstances change.

PROMOTING INDEPENDENCE

Kidscount.com.au

A key task of parenting is raising independent, self-motivated children. You can help your child develop a healthy sense of independence. Independence is an important aspect of your child's development. From the age of two, children strive for more independence. From this age, you should encourage your child to make simple choices about their lives.

The degree of independence you can expect from your child must be appropriate to their age and abilities and varies with each different situation. Children may be more independent in some situations than others.

It can be a common pitfall for busy parents to do things for children that children are capable of doing themselves. Though it may actually take more time initially for parents to support children to do age-appropriate tasks for themselves, your child's self confidence and independence will grow as a result.

Ways to encourage appropriate independence

- Allow your child to make simple choices from a range of options you are prepared to accept. For example, allow your children to have a say in which clothes they will be wearing each day, even if this is limited to basic color selection. Let children make mistakes and support them to learn from them.
- Let children participate in household chores, such as vacuuming, dusting and making beds.
- Develop a responsibility chart so your children can keep track of the household chores they have completed.
- Let children know you are interested in their thoughts and ideas. Ask their opinions on things that are to do with them.
- Respect your child's decisions wherever possible.
- Help children to understand the impact of their choices.
- Teach children problem solving skills – encourage them to think about what they could do to fix the problem rather than telling them what to do.
- Provide positive support for your child in situations that may be challenging.
- Encourage and praise children's attempts to do things for themselves no matter what the outcome.
- Provide age-appropriate toys so that children can learn to play by themselves for short periods of time.
- Help children take responsibility for packing up their toys.
- Teach older children to use a watch and incorporate time in some directions you give. For example "You can go next door to play, but I want you to be home by 4:30."
- Help children to set achievable goals and work toward achieving those goals.



DO NOT DO FOR CHILDREN WHAT THEY CAN DO FOR THEMSELVES.



RECIPE - Valentines Day Heart Shaped Calzones

Kids can help by mixing and adding the filling and then crimping the edges with a fork.

For the dough: 1 pkg yeast ---- 1 Tbsp. sugar ---- 1 cup warm water ---- 1 tsp. salt --- 3 Tbsp. olive oil ---- 1 ¾ cup white flour ---- 1 ¼ cup whole wheat flour

For the filling: Shredded Mozzarella ----- Marinara (tomato sauce) ---- a variety of veggies or meat of your choice or a combination of vegetables and meat.

Combine yeast, sugar and warm water and let set for 5 minutes. Mix remaining ingredients and then add yeast mixture. Let dough rise, in a warm place, for about 1-2 hours, until double in size. Roll out a small portion of the dough at a time, cutting two equal sized hearts. Fill middle with a thin layer of marinara sauce, turkey pepperoni, and cheese and then layer the top with another heart and crimp the edges together with a fork. Set on baking tray. Bake at 400 for 10-15 minutes until lightly browned. Test to make sure dough is done baking. Serve with marinara dipping sauce.



March Workshop for Providers and Parents

Caring Relationships

Includes Social, Emotional, Wellbeing and Inclusion

Date: Tuesday March 20

Time: 7pm – 9pm

Location: TBA

Call the office to Register: 780-478-3376

Presenter: Gina Blank (from GRIT)



Gina has a B.Sc. in Psychology, and a M.Ed. in General Special Education. Gina assists educators have to have strong, caring relationships and high quality playrooms that include all children and families.

She has worked with young children and their families for over fifteen years.

(The GRIT Program) Getting Ready for Inclusion Today, GRIT, is an exemplary, non-profit, inclusive early childhood education program.

Always believe something wonderful is about to happen!



Family Day Festivities February 19, 2018



February 19: Family Day at the Legislature is Alberta's **FREE** capital Family Day event at the Alberta Legislature Indoor and outdoor activities to keep the whole family entertained assembly.ab.ca/visitor/annualevents.html



Edmonton Valley Zoo Bundle up your family and «Get Closer» this Family Day! Indoors or outdoors, enjoy «arctic» activities and games throughout the zoo. Cozy up next to a campfire, learn why the zoo is an Arctic Ambassador for Polar Bears International and visit our free photo booth to take home a family memory! General Admission applies. For more information about the Edmonton Valley Zoo, please visit valleyzoo.ca.

February 9 – 19: Silver Skate Festival Hawrelak Park is home to a **FREE** outdoor winter festival with snow sculptures, jam-can curling, magical folk trails, live entertainment, and skating with **FREE** skates Call 780-488-1960 or silverskatefestival.org

Looking for Family Day More Events in your community”

<http://edmonton.carpediem.cd/events/?dt=19.02.2018>



Debi shared information on Accreditation Standards with over 100 providers at the January 20th workshop.



Tammy and Melissa shared information on sensory materials. The agency has sensory bins for providers to borrow.



Krista shared more information about our World Vision Project.



Diversity resources can be borrowed from the agency.

Providers shared ways they show the diversity they see in their homes, from posters about the children and families, to books, and props.



An information centre or bulletin board in your entry is a great way to share current information with parents.

The area should be professional looking, visually appealing and only contain information that changes regularly.



Lisa and Ala shared information on a variety of light sources and the many materials that could be used for light provocations (interest).

The right kind of lighting welcomes children into the environment.



The agency sends out information via email to parents on a regular basis. If you have not received an email from the agency in the last few months it may be because we do not have your correct email address.

To be added to our email lists please send an email to, nfdhparent@hotmail.com



ALBERTA HEALTH SERVICES

Will be holding a FREE DENTAL CHECK UP, and FLORIDE TREATMENT clinic for children 18 months to 4 years of age. Parents must accompany their child(ren).

Three hygienists will be offering sessions that are 15 minutes in length. The sessions are casual and relaxed. Children who are uncomfortable can sit on their parent's lap.

If you're looking for a child friendly dentist the hygienist may be able to offer you referrals.

Your child/rens Alberta Health Care number is required as part of the intake information, which we can access at the office.

The Clinic will be held at the North Edmonton Family Day Home *Agency office*
12704 - 101 street

Register early as space is limited and fills quickly. **Thursday March 27, 2018**

Appointments can be booked between **4:00pm – 6:45pm**

Call the office to Register at 780-478-3376 to book.

If you are unable to attend as planned please notify the agency immediately so parents on the wait list can be notified of availability.

This service is available to parents and providers.



How to brush your child's teeth

Kneel down behind your child and have him or her stand between your knees, facing away from you. With one hand, gently press your child's head against your chest. With the other hand, brush his or her teeth. You may also push away the upper and lower lips to make it easier to get to the teeth. Pay special attention to where the teeth meet the gums. Although some children quickly learn to brush their teeth, others do not. If you are having trouble getting your child to brush, try some of the following suggestions.

My, what big teeth you have! Many children have a favourite stuffed animal or action figure. Use the toy to explain why it is important to brush. Then, have your child brush the toy's teeth after brushing his or her own teeth.

Monkey see, monkey do. Brush your teeth together with your child and do it in stages. You can also switch roles and let your child lead the brushing.

Time is on my side. Use a timer or hourglass. Choose a time that lasts for as long as you feel is necessary. Humming a favourite song while brushing can also keep your child brushing longer.

Sticks to a card, not your teeth. To reward your child for doing well, make a form that he or she can put a sticker on after brushing. Use a variety of stickers.

You can also involve your child in dental health by letting him or her pick out a toothbrush and toothpaste. Talk to your dentist about the type of toothbrush your child needs, and steer your child in that direction. When choosing a toothpaste, stay clear of tartar-cleaning toothpastes, as they may taste bad or "sting" a young child's mouth. Ask your child if he or she likes the toothpaste, and change it if this is not the case.

Your child can learn how to brush his or her own teeth at about 3 years of age and should be brushing his or her own teeth morning and night by age 4. Parents should supervise and check for proper cleaning.

By 8 years of age, your child will probably no longer need your help. It is important that your child make brushing a habit, as this limits [tooth decay](#) and helps prevent [cavities](#).

Set a good example. Children imitate their parents. If your child sees that you don't brush, don't seem to enjoy brushing, or do it too quickly, he or she might well do the same.

myhealth.alberta.ca/Health/pages/conditions.aspx?hwid=tj8018spec