

# North Edmonton Family Day Home Agency

## Educator News February 2019



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### 2019 Statutory Holidays

Monday	February 18	Family Day
Friday	April 19	Good Friday
Monday	May 20	Victoria Day
Monday	July 1	Canada 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 delivering your 2018 tax letters and parents statements this month.

NOTE: If there are CHANGES to your mid-month timesheet there is no need to call the office with the changes. You can put a note on your final time sheet or email the office. Corrections are made the following month.



### Winter Walk Challenge

During the winter months it is easy to hibernate inside, but it's time to open the door and go for it! On Wednesday February 6<sup>th</sup>, we are encouraging all educators to participate in the province wide initiative to get Albertans outside and active during the winter months. You can register for the event or just get out of the house and go for a walk!  
To register - <https://www.facebook.com/WinterWalkDay/>  
Take pictures and document your experience and then share them with your consultant and on the Sharing Page!



### Hatching Chicks An Educational Experience

Hatching chicks is a wonderful way to introduce children to the wonders of nature. Through this experience children learn about the life cycle, growth and development of a chicken. The experience also encourages social interactions and promotes caring and nurturing skills.



The cost for the use of the materials needed to hatch and support the chicks after they hatch, (heat lamp, container for the chicks, thermometer, basket for 6 eggs, the feed and feeder, water feeder, pads for bedding) is **\$25.00, payroll deduction.**

Educators will be emailed a package of educational material for use during this experience.

There will be two opportunities for educators to be able to participate in this experience, with only **10 spots** for each date.

The City of Edmonton does not allow a chicken to be kept as a pet or for any other reason without a special permit, so all chicks will need to be returned to the agency and then we will donate them or you may know someone on a farm who you could take them to.

The materials and eggs will be brought to you and arrangements to return the chicks will be discussed.

**Dates: April 15 through April 24  
May 6 through May 15**

***You must keep the chicks for the entire 9 days; they cannot be returned earlier or kept longer.***

***To take part in this wonderful opportunity, call the agency to book your spot. 780-476-3376***

# workshops



## Risky Play and Program Planning For the Outdoors

Presented by Adrian Merrick  
From the Norwood Child Care and Family Centre



Saturday February 9, 2019  
From 10:00 AM – 12:30 PM  
ACT Rundle Park 2909 – 113 street

**COME DRESSED WARM  
TO GO OUTSIDE.**

To register for a workshop  
please call the office at  
780-478-3376

### Cancelling a Workshop After Registering

**24 Hours written or verbal notice** is required by the Educator in order to cancel your participation in a workshop.

This allows us to call Educators on the wait list. It also allows us to accurately set up, and prepare needed materials, and purchase snacks.



## Numbers Are Everywhere Come out and explore numeracy in everyday life.

Presenter: Kristin Dmytriw  
from the Centre for Family Literacy.

Date March 2, 2019  
Time: 10 am – 12 pm

Location to be Announced – TBA

To register for this workshop call the agency at 780-478-3376

**123**

Educators are reminded that they need to attend a **minimum** of three workshops per year.

Workshops that support a child's development, program planning, and topics directly related to your day home, will meet the requirement on "workshop content".

All workshops need to be attended in person (in community with other educators).

Trainings may be presented by organizations outside of NEFDHA.

A certificate of attendance does need to be presented to the agency, or some form of information that verifies the topic, length of workshop, and your attendance.

**Registration of a workshop is not proof of attendance and will not be accepted.**

Please talk to your consultant if you are unsure if a workshop qualifies.

### Re-certification First Aid

Cost: \$110.00

DATE: Saturday March 9, 2019

TIME: 8:30 – 4:30

LOCATION: Agency Office 12704 - 101 street  
North Edmonton Family Day Home Agency Office.

*Morning Snacks, and a Pizza Lunch with salad will be provided.*

**Call the office to register 780-478-3376**  
**Maximum 12 participants**

### **Caring That Counts Conference**

May 4 – Mark your calendar.

You can expect the day to be filled with connecting with other educators, sharing experiences, and expanding your knowledge in the early childhood field.

**Registration forms and descriptions of workshops will come out in February.**

The conference will be held at the Radisson Hotel, 4440 Gateway Blvd



## Environmental Health Practices

Food safety, infection control, hand washing, playground safety, toy cleaning and sanitation are some of the health practices that will be discussed in this workshop.

Presenter Chelsey Velthuisen, B Sc., BEH(AD), CPHI(C)  
Child Care Specialist, Public Health Inspector, Executive Officer,  
Alberta Health Services

Date - April 13, 2019

Time - 9:30 – 12:30 (3hr)

Location – Pakistan Canada Association of Edmonton.  
9226 39 Ave NW

## Family Day Home Standards - Standard 12: Meals and Snacks

Educators serve meals and snacks at appropriate times, in sufficient quantities & in accordance with each child's needs including allergies & special diets, ensuring that:

- Meals and snacks are in accordance with food guide recognized by Health Canada;
- Menus are made available daily to parent(s) or home visitors/consultants;
- Providers ensure the manner in which children are fed is appropriate to age and level of development;
- Children should be seated while eating and drinking;
- No beverages should be given to children while napping; and
- Parent of infants must supply infant food (including special dietary requirements).

## Changes to Canada's Food Guide



The federal government has dramatically overhauled Canada's Food Guide. The guide now encourages plant-based eating and reduces the emphasis on meat and dairy.

For the past several decades, Health Canada has recommended a healthy diet that consists of specific servings from "four food groups," set against a rainbow background. The new guide no longer has the four groups and it eliminates serving numbers and sizes altogether. The "rainbow" has been replaced with a new icon: A plate.

Here are some of the biggest changes from the new food guide. Previously there were four food groups, milk and milk products; meat and alternatives; grain products; and fruits and vegetables. The new guide reduces those groups to three, fruits and vegetables, whole grains, and proteins. The protein group now combines both dairy and meat, along with plant-based proteins such as tofu and chickpeas. Even within the "protein" category, meat and dairy is de-emphasized. Canadians are encouraged to consume plant-based proteins more often.

The new guide uses a simple image, a plate of food. The plate is filled with roughly half fruits and vegetables, and the remaining half divided into quarters. One quarter being whole grains and the other quarter proteins. Eat a diet made up of about half fruits and vegetables, and half of the remaining two categories, proteins and grains.

There are no recommendations made to eat a specific number of serving sizes from each of the group. There may be more specifics later geared toward health professionals or for institutions that need guidance in developing meal plans and diets.

The guide encourages Canadians to make water their "beverage of choice". Gone is the recommended 100-percent fruit juice as a healthy option equivalent to a serving of fruit, the new version does not recommend this.

What impact does this have for serving children? We really will have to wait and see if further recommendations are released in the near future specific to children. For now continue serving balanced meals that are full of variety. Foods should be low in sugar, and minimal use if any of processed foods and fats. Make homemade from scratch meals, limit foods served out of a can, or a package. Limit cookies, cakes, pies, sweets and ice cream.

Check out:

<https://food-guide.canada.ca/en/tips-for-healthy-eating/parents-and-children/#section-3>

<https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/>

Please review and have completed by the end of the month.  
You Must Have Visual Evidence.

**Standard 2.2: Child Care Programs promote physical wellness in all children and incorporate physical literacy in everyday programming.**

**Body and Movement**

**a. Promote physical activity and minimize the time that children are sedentary.**

*Physical activity is scheduled daily. Intentionally plan physical experiences and activities to keep children active.*

*Provide activities that develop strong and healthy hearts, strong and efficient muscles (run, climb, play active games) Plan activities to develop the ability to manipulate objects with large muscles, (push, pull, lift). Involve children in creative movement and flexibility exercises.*

**b. Provide a variety of recreational resources to support physical activities appropriate for the season.**

*Outside activities occur in ALL weather. Children are encouraged to dress appropriately for the weather. Rotate outdoor play equipment depending on the season.*

**c. Intentionally plan experiences and activities to develop small motor skills.**

*Focus on helping children to develop small motor capacities, dexterity, and eye-hand coordination by using scissors, threading activities, or putting together puzzles. Provide a variety of activities to develop small muscles, blocks, large boxes, and work together on a group mural.*

**d. Participate in physical activities with children.**

*Model physical activity. Participate with children as they use the playground equipment. Demonstrate enthusiasm for personal physical fitness.*

**e. Plan physical experiences that encourage cooperation between children.**

*Plan cooperative activities where children have the opportunity to turn take and share. Encourage children's ideas that extend play and cooperation development.*

**f. Provide diverse physical experiences that are based on the skills and interests of each child.**

*Have a variety of balls and equipment for children to choose from. Planning sheets have children's names beside the activities planned for them. Play and teach games that are developmentally appropriate.*

**g. Adapt activities and experiences to ensure children with diverse capabilities can participate at levels where they can feel confident.**

*Adapt activities or modify them so all children can participate. Teach step-by-step skills so children can learn a new skill and build confidence.*

**Active Movement Indoors and Out**

**h. Intentionally plan for a variety of indoor and outdoor physical experiences each day.**

**i. Ensure use of technology that promotes sedentary behaviour (computers, television) is limited and focused on intended developmental outcomes.**

*Infants and toddlers under the age of two do not have screen time, (cartoons, movies). Technology is used intentionally and has learning outcomes.*

**Meeting Personal Care and Physical Health Needs**

**j. Ensure personal care routines for children are individualized.**

*Support children's independence in developing self-care routines. Help children recognize that not all children have the same skills and some children have special needs that may require different solutions. Ensure that toileting routines and/or diaper routines for children are individualized based on their unique and/or situational needs.*

**k. Ensure that resting and/or napping schedules for children meet their individual developmental needs.**

*Provide alternate activities for children who do not require a nap. Have an area for children who need to rest or nap anytime during their day.*

**l. Respect children's dietary requirements for individual and cultural needs.**

*Ensure extra servings are available to satisfy children's appetites, Provides seasonal foods. Encourage families and children to bring cultural food to share their cultural traditions around food. Children's dietary restrictions are honoured and if necessary alternatives are offered.*

**Family Day Festivities**

There are many FREE events throughout Edmonton. [vist:https://www.edmonton.ca/attractions\\_events/schedule\\_festivals\\_events/family-day-events.aspx](https://www.edmonton.ca/attractions_events/schedule_festivals_events/family-day-events.aspx)

**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](http://assembly.ab.ca/visitor/annualevents.html)

**Congratulations!**

The following providers are celebrating their anniversaries with NEFDHA in February.

Thank you for your gift of CARE.

Robin Wheatley	26 Years
Alexis Harrogate	25 Years
Claudia Murga	16 Years
Sabahat Sajid	9 Years
Liliana Bravo	6 Years
Monica Kua	6 Years
Lucy Puente	6 Years
Jessika Kumar	5 Years
Khalida Naheed	2 Years
Soma Chowdhury	1 Year