

North Edmonton Family Day Home Agency

Educator News July 2019



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2019 Statutory Holidays

Monday	July 1	Canada Day
Monday	August 5	Heritage Day
Monday	September 2	Labour Day
Monday	October 14	Thanksgiving Day

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

Planning a field trip or outing?

Educators must ensure they have written permission from a parent/guardian before taking children on an outing. The permission form must include departure and arrival times, transportation and supervision plans, and if children are required to bring anything with them.

When Planning An Outing Consider:

- What is the purpose of the trip?
- Will it benefit all of the children in care?

Fieldtrips should be educational, age appropriate and for all the children in care. Fieldtrips benefit children as they have an opportunity to try new experiences that can increase motivation for learning. Children may have the ability to acquire new knowledge and skills.

Field trips can be planned for anytime, but knowledge gained from the trip will be more ingrained if the trip coincides with plans or the children's area of interest. Always document and display the experience through photos and learning activities.

An Educators summer backpack should contain items that will keep everyone safe and comfortable.



- Cell Phone
- Emergency cards
- First Aid Kit
- Water bottles – individual – or cups
- Hats, Sunglasses (if not worn initially)
- Sunscreen (re-apply before you go and re-apply frequently)
- Bug Spray
- Snacks
- Wet Wipes

Do not leave the bag unattended as the emergency cards contain confidential information.

If emergency cards are lost please notify the agency immediately.

A Well Stocked

First Aid Kit is Essential?

- Make it a habit to check and restock your first aid kit on a regular basis. Replace items as they are used.
 - ❖ Scissors
 - ❖ Blunt nose tweezers
 - ❖ (10) 10cmx10cm sterile gauze dressings
 - ❖ (2) 10cmx10cm sterile compress dressings with ties, individually packaged.
 - ❖ (2) 15cmx15cm compress dressings with ties, individually packaged.
 - ❖ 2 conform gauze bandages 75mm wide.
 - ❖ (3) slings or triangular bandages
 - ❖ (12) regular band-aids
 - ❖ (12) children's band-aids
 - ❖ ½" roll of adhesive tape
 - ❖ (5) safety pins
 - ❖ mask/barrier with a one way valve
 - ❖ 1 crepe tension bandage 75mm wide
 - ❖ (10) antiseptic wipes – individual packets
 - ❖ pocket first aid book
 - ❖ (4) latex gloves
 - ❖ 1 waterproof waste bag

*** Your first aid kit should be taken with you whenever you leave your home along with each child's emergency cards.

If you are in search of a good first aid kit, look for one that states it is a Level One first aid kit.

Consultants are in the process of returning the ASQ-3 scoring sheets to Educators.

The next step is for Educators to review the information from the ASQ with parents/guardians if you have not done so already.

Educators are reminded to incorporate activities into your weekly plans that will support each child's growth and development. Your consultant can offer you support.



When can a Stroller Become Dangerous?

On hot summer days, caregivers need to be aware that covering a stroller with a sheet or blanket to provide shade from the sun, can quickly become a danger.

While we think we are protecting them, we in fact may be putting them at great risk for heatstroke and SIDS (Sudden Infant Death Syndrome). The temperature inside a stroller that is covered by a thin blanket, if left out in the sun, can rise as much as twenty degrees over 30 minutes and will continue to rise another 10 to 12 degrees if left for another 30 minutes. Very young children are unable to regulate their temperature like adults as they sweat less. Their body temperature can rise three to five times faster than an adult. Thermal stress, which means overheating, has been blamed in Sudden Infant Death Syndrome (SIDS) for many years and avoiding overheating is one way to reduce the risk of SIDS.”

What can you do to protect a little one from the sun?

Don't go outside during the peak heat of the day. Look for strollers with large sun canopies, no excess cushioning, and a ventilated or removable back panel. Air circulation is important to keep cool. Wide-brimmed hats are a good way to offer more sun protection. Dress children lightly, use plenty of high SPF sunscreen if applicable for the child's age, and keep them well hydrated (offer frequent sips of cool liquids). Check children who are in a stroller often and watch for sign that they are too hot. A child may feel very warm/hot to the touch, and/or cry and/or are sleeping a lot, are all major signs of overheating. Children should never be left to nap in a stroller.



BE SUN SMART



Put on a Shirt



Put on Sunscreen



Wear a Hat



Wear Sunglasses



Stay in the Shade



**SHARE THE SUN SAFE STORY
WITH YOUR CHILD**



Water Play

Outside water play is the perfect summer sensory activity for exploration and learning. Water play provides many opportunities to

develop fine and gross motor skills across all age ranges. Water play can improve a child's balance and strength. Children may increase their coordination. For example hand-eye coordination as they pour, squirt, scrub, stir and squeeze. Communication and social skills opportunities occur as they interact with each other in the shared space where they can practice sharing and working together. Children who are playing in and around water require direct constant supervision at all times no matter a child's age!

Before Children Play

Do a quick safety check of the area and ensure equipment is in good repair prior to children playing.

If you are at a park and after your check you notice that it needs attention, you can call 311 to notify the city of Edmonton the park need attention. The city will then dispatch someone out to fix the problem(s).

Congratulations!

*The following Educators are celebrating their anniversaries with NEFDHA in July.
Thank you for your gift of CARE.*

Goreti Iturriaga	26 Years	Angela Boucher	8 Years
Devlet Kaya	7 Years	Samira Haymour	6 Years
Kwaljit Multani	6 Years	Mayflor Intoy	4 Years
Alycia Lamb	1 Year	Anita Khadka	1 Year
Maria Buenavente	1 Year		



Popsicles In the Park

In order to encourage and support physical literacy we will be holding two PARK play dates at two different locations, one on the Northside and one the Southside of the city. If you are able to attend **please register** the number of children that will attend with you and let us know which park date you will be attending.



Tuesday July 16 – Oxford Community Park - 9:30am – 11:30am
Approximately 155 ave and 130 street

Tuesday July 23 – 1834 Rutherford Rd. - the park behind Monsignor Fee Otterson School 9:30am – 11:30am

If it is raining Popsicles In the Park will be cancelled and alternate dates will be set.

workshops



Re-certification First Aid

Cost: \$110.00

DATE: Saturday July 6, 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

Watch This Space for
Up Coming Workshops!



***Cancelled a Workshop After Registering.
Please notify the agency by phone or email at
least 24 hours prior to the 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.

Did You Know Canada

- is an Iroquoian language word meaning "Village"
- is the second largest country in the world, right after Russia.
- has more lakes than the rest of the world combined.
- consumes more macaroni and cheese than any other nation in the world.
- has the largest coastline in the world.
- the North American beaver is the national animal of Canada.
- the province of Alberta has been rat free for over 50 years.
- The US/Canada border is the longest international border in the world with no real military defense.
- consumes the most doughnuts and has the most doughnut shops per capita.
- is the first country in the world to adopt a policy of multiculturalism, embracing diversity & pluralism.



Review Your Practice

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 needs to be scheduled daily. Intentionally plan physical experiences and activities to keep children active and join them in the activity.

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. (Yoga and dance)

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, 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.

Ensure infants and toddlers under the age of two do not have screen time, (NO cartoons for any age). 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.

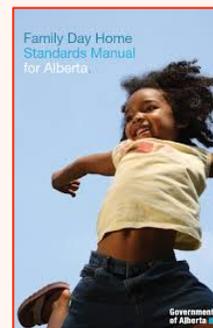
Family Day Home Standards

Standard 3: Portable Emergency Records

Provider maintains complete records for each child in care which are taken on all outings.

Records include:

- child's name and date of birth;
- parent's name, home address, home and work telephone numbers;
- emergency contact name/telephone number; and
- relevant health information including immunization status and medical conditions.



Join Us on Facebook

Our Educator's Facebook page is a place to share, connect, learn, explore, and have FUN!



- Copy the text below and then paste it in the Facebook search area. Then ask to join. The Sharing Place ~ North Edmonton Family Day Home Provider's
- You will be asked questions when you sign up to help identify you as an educator with NEFDHA.



Did you know that it is suggested that toddlers and pre-schoolers have at least 180 minutes or 3 hours of physical play each day. Play should be spaced throughout the day, both structured and unstructured play.