

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



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

2018 Statutory Holidays

Monday	May 21	Victoria Day
Monday	July 02	Canada Day (observed as July 1 st is a Sunday)
Monday	August 06	Heritage Day
Monday	September 03	Labour Day
Monday	October 08	Thanksgiving

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.

Children's Profiles

We are up dating children's profile information. To assist us in keeping your child's file current, provider's will be asking parents and guardians to up date their child's profile.

Please complete the profile in your provider's home.

Your provider will return the document to the agency.

Thank you for your assistance.

SPRING HAS SPRUNG!

Spring is that time of year where you never know what kind of weather to expect. It could be snowing one minute, pouring rain the next or be very warm.



Temperatures can range from below zero to the high teens. It is hard to know what children should wear for outside play. Extra changes of clothes are important, as children often get wet during outside play.

Waterproof pants and boots can make outside play more comfortable and don't put away the hats and mittens just yet.



On March 20th, over 50 providers attended the "**Caring Relationships**"_workshop, presented by Gina Bland from GRIT

~ Getting Ready for Inclusion ~

GRIT, is an exemplary, non-profit, inclusive early childhood education program.

In the Spirit of Giving . . .

A big Thank You to everyone who so generously donated to our global social awareness project. Together we are making a change in the lives of children.

27 providers with the help of many families participated in the project and collected \$530.00 in donations. North Edmonton Family Day Home Agency matched the donations for a total of **\$1060.00**

Children in each day home will have an opportunity to help select items from the World Vision Catalogue.

Some of the many choices are:



2 Hens/1Rooster
\$50.00



One Goat
\$100.00



Chicks
\$20.00



Goats, Hens, & Roosters
\$150.00



Crop Seeds
\$10.00

Earth Day ~ APRIL 22, 2018

What is Earth Day?



Earth Day is celebrated annually on April 22 gaining worldwide support to raise awareness for the environmental protection and care of our planet.

The first Earth Day on April 22, 1970 is considered to be the birthday of the modern environmental protection movement. Over a billion people worldwide now take part in activities on Earth Day.

Earth Day Canada encourages that everyday be Earth Day.

Earth Day's 2018 focus is on ending Plastic Pollution. Plastic harms include poisoning and injuring marine life to disrupting human hormones, from littering our beaches and landscapes to clogging our waste streams and landfills, the exponential growth of plastics is now threatening the survival of our planet.

How you can make a difference! It is never too early to start teaching children the importance of caring for our all things in our world. With a little guidance and supervision, children can help make a difference.

Teach the "Four L's of learning about any living creature," Look at them; Learn about them; Let them go; Leave them alone.

- Make Less Garbage
Reduce, Reuse, Recycle and Repurpose. Compost both yard and kitchen waste whenever possible. Use both sides of writing paper. Set up a recycling center.
- Use less Power
Turn off the TV. Turn off lights during the day. In winter open up curtains to allow the sunshine in and close at night to keep heat in. In summer close blinds and curtains to keep it cooler. Use low wattage bulbs. Use a bike for transportation or walk if at all possible
- Use less Water.
Don't leave the water running. Use a cup with water in it when brushing teeth. - Fill up a watering can when watering plants. Use a bucket to wash your toys and bikes.
- Pick up litter in your community.

One of the Accreditation Standards your provider needs to meet is Standard - 1.4(c) Encourage environmentally responsible practice to promote children's connections with the natural world. *Teaching children to have respect, and appreciation for our natural environment is an important part of early childhood education.*

You can assist your provider to meet the standard by gathering recycled material she may be looking to add to the centers in her home. Centers like a building center, an art center, a science center and a dramatic play center all can be enhanced with the addition of recycled material

National Screen Free Week

On the heels of Earth Day (everyday), with our focus on appreciating nature and keeping our world clean and healthy we need to look at the health and well being of our children and ourselves.

We are seeing children under 5 years of age exposed to screen time like never before. When we think of screen time we need to include TV, computers, tablets, smartphones and game systems. We know children learn best from face to face interactions with parents, caregivers and other caring adults and limiting screen time is important for a child's development.

The Canadian Pediatric Society recommendations for screen time.

For children under 2 years, screen time is not recommended.

For children 2 to 5 years, limit routine or regular screen time to *less than* 1 hour per day.

For children 6-17 years, limiting recreational screen time to less than two hours per day.

When a child's opportunity for interactions with a caring adult and peers is replaced with a screen they are missing an opportunity to learn and interact with others, to play outdoors, and opportunities to create.

The Canadian Pediatric Society states that screen time can put a child at risk for becoming over weight, being sleep-deprived, not being ready for school, and noted there is an increase in aggressiveness, and children being inattentive.

Let's make a change for the life long health of our children!

The Screen Free Challenge



*(Screen time needed for work and school does not count)

April 30th - May 6th is National Screen Free Week, but you can go screen free at anytime for any length of time. Plan family activities and provide opportunities to replace screen time in your home.

Draws.. 3 Family Fun Packs value \$100 each

On the "Activity Log", track of the activities you did to replace screen time. Submit the log to the agency at the end of the challenge, May 7th 2018.

The agency will make 3 random draws on June 8th from all submitted Activity Logs.

I _____ participated in the Screen Free Challenge the week of **April 30 - May 6.**

Please Print Child's Name

Activity Log

Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



Community Events

Building Up Children

Hosted by the North East ECD Coalition

April 21, 1pm – 5pm

Clareview Community Recreation Center
3804 -139 Avenue

The North East Edmonton Early Childhood Development Coalition is pleased to invite you an interactive conference. We are hosting this conference to learn together about how we can support children in building their self-esteem/confidence, understanding their unique gifts and strengths, as well as their growth in different areas of their development. Lunch will be served.

Register: [eventbrite/e/building-up-children-conference-tickets44157489239](https://www.eventbrite.com/e/building-up-children-conference-tickets44157489239)
edmonton2@fcssaa.org (587) 525-7276

CONFERENCE BUILDING CHILDREN UP

★ FREE ★

Are you a parent, caregiver or professional working with children between 0 - 5 years? If so, please join us to learn about how we can support children's healthy development.

★ FREE ★

Edmonton Public Library, Edmonton Catholic Schools, Fulton Childcare Association, Pinrose Place Family Resource Centre & The South East Edmonton Early Childhood Community Coalition present...

I AM A PARENT WORKSHOPS

SAT, APR 28 8:45am-12:15pm
Fulton Place Childcare (10310-56 Street - west doors)

FREE EARLY YEARS WORKSHOPS FOR PARENTS & CHILD CARE PROFESSIONALS
SNACKS PROVIDED AND LIMITED CHILDCARE (register early for childcare)



8:30 AM - 8:45 AM DOORS OPEN, REGISTRATION & RESOURCE FAIR		
9:00 AM - 10:30 AM WORKSHOPS (CHOOSE ONE WORKSHOP 1, 2, or 3 - please register ahead of time)		
#	Workshop Name:	Workshop Description:
1	WHEN A CHILD IS SICK... 9:00 - 10:30am	Dr. Lisa Marking and Dr. Shannon Scott (University of Alberta) Learn about common acute pediatric conditions (i.e., gastroenteritis, ear infections, cough, etc.) through evidence-based facts, the evidence-based animation videos and story books. The presenters will also talk about their work with a Pediatric Parent Advisory Group and how they involve parents in every stage of the research and design process.
2	TOODLERS AND TECHNOLOGY 9:00 - 10:30am	Kristin Dwyler, Training Manager, Centre for Family Literacy This workshop looks at what research has to say about young children and using technology. We also look at how much time children spend with technology every day while exploring what technology is out there for young children and how it is being used.
3	SENSORY PLAY AND BRAIN DEVELOPMENT 9:00 - 10:30am	Molly Hanson, Pinrose Place Family Resource Centre We will discuss how sensory play (any play that stimulates the use of touch, smell, sight, hearing, using the child's muscles, etc.) stimulates neural pathways and crucial early brain development while exploring this digital video (https://www.youtube.com/watch?v=3j8p8p8p8p8).
10:30 AM - 12:15 PM WORKSHOPS (CHOOSE ONE WORKSHOP 4, 5, or 6 - please register ahead of time)		
#	Workshop Name:	Workshop Description:
4	DAD CENTRAL 10:45am - 12:15pm	Kyle M. Campbell, Pinrose Community Day Centre Alberta Come check out this workshop geared both toward men and women that will discuss the importance of father involvement in a child's life and also how to engage dads.
5	COME PLAY WITH ME 10:45am - 12:15pm	Kristin Dwyler, Training Manager, Centre for Family Literacy Play is a child's job. Every day children get out to discover how the world works. This workshop uses simple household items mixed with a little imagination and a lot of laughter to create tools for learning that anyone can make.
6	THE BRAIN ARCHITECTURE GAME 10:45am - 12:15pm	South East Edmonton Early Childhood Community Coalition Every learning about a kid's brain development and what priorities and can potentially weave brain development by playing an interactive, fun game where you build a child's brain based on the scenarios provided.

TO REGISTER:

E-MAIL fcssdodie@shaw.ca or call 780-465-4383 ext. 26



Southeast Edmonton Early Childhood Community Coalition Presents THE 4th ANNUAL SE EDMONTON

I AM A PARENT WORKSHOPS

FREE

Saturday, April 28 from 8:45am - 12:15pm
Fulton Place Childcare (10310-56 Street- west door)

TO REGISTER:

Email fcssdodie@shaw.ca or call 780-465-4383 ext. 26 and indicate the 2 sessions you would like to register for and also if you require childcare.

Summer just became a little bit more affordable because the City of Edmonton has announced that admission to the Edmonton Outdoor Pools will be free again in 2018.

Pool Locations have not been announced yet!

