



North Edmonton Family Day Home Agency

Parent E-News December 2020



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

2020 Statutory Holidays and Closures

Friday December 25, Christmas Day, Friday January 1, New Years Day
The Office will close December 24 at 1PM, December 28th all day and December 31 at 2 PM

Seasons Greetings ~ Wishing you all the Best of the Season



Melissa M

Annie

Melissa A

Tammy

Debi

Lisa

Jessica

Janine

Ala

Mitzi

NEW COVID-19 Alberta Health Daily Checklists for Child and Adults



Thank you to all parents and guardians who continue to take the time to complete the Alberta Health Daily Checklist for children and adults. This procedure is mandatory for all who enter the day home, even after care hours. Visitor Tracking forms are filled out tracking all visitors to the home.

We ask that you complete the Alberta Health Daily Checklist for your child and yourself prior to leaving your home by reviewing the questions on the under 18 Alberta Health Daily Checklist, which includes taking your child's temperature. Adults, Over 18 have their own Alberta Health Daily Checklist which asks different questions than the under 18 YEARS of age screen. If you answer yes to any question on either screen then please do not attend the day home.

Arrival Time: When you arrive at the door of the day home your Educator will ask if you have completed the daily screen prior to coming in to her home and if you are able to confidently answer NO to all questions.

The extra minute it may take to complete the assessments assists in the health and safety of all persons who enter the home. You can print off your own Alberta Health Daily Checklists so you can complete the screen prior to coming into care by going to the website <https://open.alberta.ca/dataset/56c020ed-1782-4c6c-bfdd-5af36754471f/resource/6607784e-b42e-46c2-ba76-031c3b0217c5/download/covid-19-relaunch-daily-checklist.pdf>

The new Alberta Health Daily Checklist for adults and children came into affect on November 2, 2020. Your educator should have it posted on the outside of her door. Masks should be worn by adults and hand sanitizer should be available to all visitors. Children are encouraged to wash their hands with soap and water over using hand sanitizer. Educators will follow the directions for use as printed on the bottle.

It is also important to maintain two meters or 6 feet from others, so if another family is dropping off or picking up please wait outside the door or in your car until you can safely go to the door. Some educators have scheduled staggered drop off times to maintain appropriate safe distancing. Thank you for your cooperation.

Respectful Communication

COVID-19 has added stress to many individuals and families, but it is always important to maintain Respectful Communications.

You are being respectful when:

- **You are polite, courteous and kind.** No matter who you are talking to, or what kind of day you have had, it is important to be kind, be courteous, and be polite when communicating. Being respectful of others goes a long way and will reflect on you in a positive way.
- **You listen attentively.** Take the time to listen attentively and actively hear others. You may have to set up a private meeting time in order to be able to have an environment with few distractions.
- **You avoid being negative.** Be positive – Be mindful of your tone of voice and body language. It is never acceptable to be rude or insult people.
- **You talk directly to the person.** If you have an issue with a person or situation, the best way to address the problem is head-on. If you do not address the issue things often get worse. Talk directly with the person privately, in a constructive and respectful manner. **Maintain confidentiality.** Texting is not a good way to communicate concerns. Everyone may read a different tone into the message and may even understand the message differently than it was intended.
- **You treat people equally.** Treat everyone you interact with in an equal and fair manner, in order to maintain a positive relationship.
- **You show empathy.** You can never know exactly what's going on in someone else's life or how their day has gone — so don't be judgmental, impersonal. Be open to their ideas.
- **You value the opinions of others.** Value the opinions, ideas, and perspectives, of others and collaborate to come to a solution.

Children's Current Information

To ensure we have current information on file please update your Educator and the Agency office immediately when there are changes to a your child's home life, address, your contact numbers, your work information, or your child's health status.

Your Educator will ask you to review your child's emergency card every 6 months to ensure all the information they have is current.

Back Up Care

Back up care during COVID is not always available and depends on why a child requires back up. The Agency will decline back up in all circumstances if at anytime back up is required as a result of a positive test for COVID-19 in the day home, your home, a child has had direct exposure, or if test results have not been confirmed by AHS. In some situations this exceeds AHS recommendations, but the Agency feels this further decreases the risk of transmission. Please contact your consultant or the Agency to discuss if back up care is available for your specific situation.



Webinar for Parents & Educators

Effective Child Guidance Strategies for Positive Behaviour

Facilitators Aparna Mahay & Parminder Delhon of Quality Coaching and Consulting

Date: Saturday February 20th, 2021

Time: 10:00 PM – 12:00 PM

Maximum 40 Participants

To register call the Agency at 780 478 3376 to reserve your spot.

Behind every behaviour there is a need to be met. Children act out in order to get their needs met. From this webinar take away practical ideas to set the stage for positive behaviours by assessing your response to children's behaviours, physical environment, routines, programming etc. Learn ways to transform routines and rituals for positive outcomes. Practice communication strategies to acknowledge children's feelings and learn how to be a role model in expressing the feelings in a positive way.

Zoom instructions will be sent to you on how to access the workshop.

If you have registered for this workshop and cannot virtually attend let the Agency know immediately so others can attend.

Colleen Wettlaufer

NEFDHA's Day Home Specialist

Family Day Home Specialist/Supported Child Care

Child Care Services Licensing

Children's Services – Edmonton Region

Government of Alberta

J.G.O'Donoghue Building

2nd Floor, 7000 – 113 Street

Edmonton AB T6H 5T6

Tel 780-422-4065

Fax 780-427-1622

Colleen.Wettlaufer@gov.ab.ca



Should I go Outside in the COVID-19 Era

Louise de Lannoy, PhD. Mariana Brussoni, PhD. Mark Tremblay, PhD.

Outdoor Play Canada November 18, 2020 - <https://www.outdoorplaycanada.ca/should-i-go-outside-in-the-covid-19-era/>

Can I go outside? Is it even safe for me to go outside? As “social distancing”, “physical distancing”, and



“self-isolation” become a permanent fixture of the global public lexicon and we are transfixed to the news trying to understand how to protect ourselves and our loved ones, there has been a great deal of confusion as to whether we can go outside and take our children out to play.

Canadians are being asked to practice physical distancing to decrease the spread of COVID-19 in the community.

Physical distancing involves ‘[taking steps to limit the number of people you come into close contact with](#)’. **Unless you are told to self-isolate**, practicing physical distancing

includes going outdoors. In fact, the Ottawa Public Health Unit lists ‘[spending time outside and in settings where people can maintain a 2 metre distance from each other](#)’ as one of the ways to practice physical distancing.

Many people may assume they should stay indoors, when in fact, they should [stay apart](#). This can be readily, and responsibly done in the outdoors, while benefiting from its many health-promoting features.

Transmission is less likely outdoors

Why is it safe and recommended to go outdoors as part of physical distancing practices? Being indoors is actually worse for virus transmission, such as being in [closer contact with those who might be sick, and being in dry, indoor environments](#). In fact, [recent evidence](#) suggests that the transmission of COVID-19 is low outdoors compared to indoors.

Outdoor physical activity makes our immune system more robust

When we go outdoors, we are more physically active, reduce our screen time, and sleep better– and all of these things makes our [immune system more robust and increases our defence](#) against COVID-19 and any other challenge to our health. Getting outdoors increases our exposure to sunlight, which boosts vitamin D levels, which can in turn [boost the immune system and reduce risk of infection](#).

While it may be tempting to indulge in movie marathons, stay up late, and become lax with screen time restrictions for ourselves and our children during this pandemic, now more than ever is the time to adhere to [healthy movement guidelines](#) to maintain a healthy immune system and build a strong defence. Getting outside is an essential part of this, especially for children. As we’ve stated in the [Position Statement on Active Outdoor Play](#), when children are outside they [move more, sit less, and play longer](#), all of which is important to maintain physical and mental health.

Connecting to community and making isolation less isolating

Being outdoors, walking around your neighbourhood, sitting outside to watch the birds migrate, playing with your kids– all of these types of activities are good for your mental health and may help you feel more connected to the environment and less isolated while maintaining physical distancing. Do not engage in such activities in large groups!

Important for Children’s Ability to Process What is Happening Right Now

Getting kids outdoors for active play may also help them process the new normal. Outdoor play provides children with a [sense of control and agency](#) over their own actions and is important for social-emotional skill building. Play is therefore especially important [to help children process their own emotional responses to adversity and stress](#), such as with the current pandemic. It provides an important and much healthier entertainment option than screen time, and it will help them sleep better.

How to get active outdoors

- Several cities have limited access to playgrounds – obey these decisions. Go to parks that remain accessible, ideally at off-peak times to avoid crowds. Be prepared to return home if it is too crowded

to practice physical distancing. Use other outdoor spaces, such as driveways, backyards, sidewalks, cul-de-sacs, and forests while respecting distances and infection etiquette (e.g., staying 2m apart, coughing into elbows, washing hands when back inside).

- For guidance on physical distancing while using parks and trails see the [statement from the National Recreation & Parks Association](#).
 - Ottawa public health put together this [guide](#) on how to get active outdoors during COVID-19.
 - There are a number of resources available to help families stay active. We have compiled a list of COVID-19 related resources on our [resources page](#) such as links to *Saskatchewan in Motion's Adventure Calendar* and the Childhood by Nature [free nature-based educational resources](#).
 - Consider taking micro breaks outdoors. For parents trying to get a full day's worth of work done while at home, taking small physical activity breaks outdoors with kids may just be the way to do this, while helping their, and your, physical and mental health. Daily physical activity recommendations (for [adults](#) or [children](#)) do not have to be met in a single bout.
- Above all: stay safe, stay healthy. Getting active and outdoors, while adhering carefully to
- public health guidance can help cope with, contain, and combat COVID-19.

National and International COVID-19 Resources

The Government of Canada webpage is an excellent resource for the [latest updates on COVID-19 in Canada](#) and has created a number of easy-to-understand [resources on how to stay safe during the outbreak](#).

For international updates the [World Health Organization](#) is a key resource.

For resources on physical distancing and when and how to self-isolate, the [Ottawa Public Health Unit](#) has a number of excellent guidelines.

International Play Association – Canada has also published [a statement](#) on play during the COVID-19 pandemic.

Sugar Cookies to make with your children.

½ cup butter (melted)
½ cup sugar
1 egg
½ teaspoon of vanilla extract
1 teaspoon of baking powder
2 cups of flour
Sugar sprinkles for decorating.

Instructions

Preheat the oven to 375 degrees

Add butter and sugar in a bowl. Use an electric mixer to cream them together. Add the egg and vanilla and continue to mix.

Add in baking powder and flour. Mix until the cookie dough forms.

Spray the cookie sheets with non stick spray. Rip off a large tablespoon sized piece of dough and roll then into balls, Place on cookie sheets. With a fork gently press down on the cookie. Sprinkle with sugar sprinkles.

Bake for 12-12 minutes or until browned on the bottom.

Remove to a cooling rack or place on a piece of newspaper.

