

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



National Nutrition Month



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2018 Statutory Holidays

Friday	March 30	Good Friday
Monday	May 21	Victoria Day

If you plan to take additional days off to extend a long weekend, please let your provider know.

Congratulations to Robin Wheatly on her 25th Anniversary.



Robin has been a dedicated provider who has made family day home her career. She has served many families through the years and has been a helpful support with our Respite Program. Some of Robin's strengths include working with children who have behaviour challenges and program planning. Robin researches, and puts into practice many developmentally appropriate experiences that are both fun and challenging for the children in her care. Robin is committed to professional development. She attends agency trainings as well as trainings outside of the agency.

Thank you Robin for making a difference in the lives of each child.

Your dedication, commitment and care is truly appreciated.

Caring Relationships

Social, Emotional, Wellbeing and Inclusion

Date: Tuesday March 20 (Evening)

Time: 7pm – 9pm

Location: Pakistan Canada Association of Edmonton
Community Center 9226-30 Ave

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 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

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



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.

Location: North Edmonton Family Day Home
Agency office 12704 - 101 street

Register early as space is limited and fills quickly. **Tuesday 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.

National Poison Prevention Week

March 18th – 24th

Improperly-stored medications is a leading cause of childhood poisoning in Alberta.

Check out the website for more information on preventing poisonings.

<https://injurypreventioncentre.ca/campaigns/poison-prevention.php>

- In 2016, 1,723 children under 10 years old visited emergency departments for unintentional poisoning.
- Medication was involved in 7 out of 10 of these visits.
- The Poison and Drug Information Service (PADIS) received over 16,200 calls in 2017 concerning unintentional poisoning incidents involving young children.

The safest way to store prescription and non-prescription medications, vitamins and herbal preparations is to keep them in a container that has a lock on it. Having a second locking container for medications that need to be kept in the fridge is a great idea.

Carbon Monoxide Safety - Prevention and Detection

As temperatures drop, the danger of carbon monoxide poisoning begins to rise. Nearly half of all accidental carbon monoxide deaths occur in January, February and March.

CO, *Carbon Monoxide*, is referred to as a *silent killer*.

CO is an odourless, invisible gas, produced when gasoline, natural gas, propane, and other fuels are not completely burned. **Automobile exhaust is the most common source of CO**, but small gas engines, camp lanterns and stoves, charcoal grills, gas ranges and furnaces also produce it. When appliances and furnaces are improperly adjusted and used in poorly ventilated areas, dangerous amounts of CO can build up in the blood, replacing oxygen, and may cause **serious illness or death by asphyxiation** even in small amounts.

Although everyone is susceptible to CO poisoning, unborn babies, infants, the elderly and people with respiratory problems are particularly at risk. Because CO is invisible and odourless, it is important to know the symptoms of CO poisoning and to immediately seek medical help if those symptoms occur.

The most common symptoms are, a persistent, severe headache and dizziness (usually affecting more than one person in an enclosed area). Nausea, vomiting, and fatigue can occur.

If the presence of CO is suspected based on these symptoms, evacuate all persons from the structure and call 911. Seek prompt medical attention if you suspect CO poisoning and feel dizzy, light-headed, or nauseated.

Tips for preventing CO poisoning:

Install a CO monitor on each level of your home. Have your heating system, water heater, and other gas appliances serviced by a qualified technician every year. Inspect your home after a heavy snowfall to make sure snow is removed from around exhaust stacks, vents and fresh-air intakes. Do not use a generator, charcoal grill, camp stove or other gasoline or charcoal-burning device inside your home, basement or garage. ***Do not run a car or truck inside a garage attached to your house, even if you leave the garage door open. Back your vehicle out of the garage if you leave it running.*** Do not burn anything in a stove or fireplace that is not vented. Do not heat your house with a gas oven.

If your CO monitor alarms continuously, evacuate your home and call 911 or the gas company.

Knowledge and installing a monitor is key to preventing Carbon Monoxide poisoning.

Detectors can be purchased almost anywhere that a smoke detector can be purchased, hardware stores and Walmart.

If you have a poisoning emergency, call
PADIS at 1-800-332-1414

Nutrition Guide for Preschool Children

Preschool-aged children grow at an astounding rate. This age is also a time when food preferences and habits are developed.

Active, healthy children manage their food intake based on their bodies' **hunger and fullness signals**. Growth spurts, mood, physical activity levels and tiredness can all contribute to an **appetite that varies from day to day or even meal to meal**. It is important to respect each child's needs.

Meals should include foods from each of the four food groups. Snacks should be made up of foods from at least two different food groups. To ensure children have a good appetite come mealtime, snacks should be offered about **two hours** before a meal.

Children are capable of adjusting their food intake according to their needs; they innately recognize their bodies' signals. As a result, they should not be forced to eat everything on their plates.



Water is an ideal drink to quench thirst, and milk is a nutritious beverage to have with meals and snacks. Choose whole fruit over fruit juices whenever possible, as

it has more to offer nutritionally than even 100% pure juice.

Children under four can easily choke, given the small diameter of their esophagus. Foods that are difficult to chew or that could easily obstruct the airway should be avoided. These include foods that are hard, small, round, smooth or sticky, such as popcorn, hard candy, chewing gum, fresh bread, sliced sausages, whole grapes, raisins, unpeeled apples, raw carrots, whole nuts or peanuts, a spoonful of peanut butter, fish with bones, ice cubes, foods served on toothpicks or skewers, etc.

educationnutrition.ca/documents/Programmes/ressources/DFC_F

Great Idea!

Involving children in meal and snack preparation is a fun way to teach them about cooking basics and the importance of healthy eating. At the same time, it allows you to spend quality time with them. Not only will children get to feel, smell and taste the food they prepare, they will also take pride in their creations.



Cheese and Veggie Muffin Recipe

Ingredients:

- 250g grated cheese (approx. 2 loose cups)
- 2 cups of self rising flour (if you don't have S/R flour, you can substitute with plain flour and baking powder. Add 2 tsp of baking powder to each cup of plain flour)
- 2 eggs
- 1½ cups of milk
- Small can of corn kernels (125g)
- Half red bell pepper
- Large handful of baby spinach
- Salt and pepper to taste
- Fresh basil leaves to add to the mix and on top (optional)



Method: Preheat oven to 180°C (356°F)

Sift flour into a large bowl.

Whisk eggs, chop pepper, spinach (and optional basil).

Make a well in the flour, add in the rest of the ingredients and mix until combined.

Spoon into a greased muffin tray (pop a basil leaf on top of each, optional) and bake for 25 minutes or until the tops are golden brown.

Makes about 14 regular muffins or 12 large ones.

Notes:

- Mix and match the veggies used in the muffin to create your own favourites. Other veggies that work well are mushrooms, tomato (fresh or sundried), zucchini, broccoli, spring onions, etc.
- They will keep for up to a week in an airtight container in the fridge however, any that I'm not going to use on the day of making or the day after, I freeze to keep fresh.





Community Events

March Movies

3rd: *Trolls*

10th: *Fantastic Mr. Fox*

17th: *Shrek*

24th: *Space Jam*

31st: *HOP!*

Cineplex Family Favourites Contact Details:



When: Saturday mornings

Time: 11 a.m.

Where: participating [Cineplex theatres](#)

Website: www.cineplex.com



Hop to It! Easter Monday at the Edmonton Valley Zoo

Date: Monday April 2, 2018

Time: Noon-4pm

Cost: **Regular Admission Applies**

It's an EGG-stravagant Easter event! Hands-on science experiments, crafts, airbrushed tattoos and a touch-table that are all EGG-related! "Get Closer" with various animal encounters and watch as the resident animals of the zoo go on their very own Easter egg hunt! Which animals will eat the eggs, play with them or smash them?



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!