



North Edmonton Family Day Home Agency

Parent E-News August 2022



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2022 Statutory Holidays

Monday August 1 Heritage Day Monday Sept 5 Labour Day Friday Sept 30 National Day for Truth & Reconciliation
Monday Oct 10 Thanksgiving Friday Nov 11 Remembrance Day Monday Dec 26 in lieu of Christmas Day



If kids don't touch and experience nature, why would they want to save it?

Wonder in Nature

Children begin to wonder in nature. Natural materials such as pinecones, grass, rocks, leaves, rain, spider webs, sticks, frogs, fossils, dirt, seashells, pebbles, and sand provide endless possibilities for play and imagination. These materials don't come with directions: The children come up with ideas of how to use them.

<https://extension.psu.edu/programs/betterkidcare/early-care/tip-pages/all/children-and-nature-are-we-supporting-the-connection#:~:text=Children%20begin%20to%20wonder%20in%20nature.%20Natural%20materials,up%20with%20ideas%20of%20how%20to%20use%20them.>

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Sun Safety



Please ensure your educator has a bottle of sunscreen for your child. You may also want to send bug spray. Hats are a necessity and sunglasses are recommended!

Summer is a time when outside play is increased and protecting your child against sunburns is important. An SPF of 30 or higher is recommended by AHS, a SPF 30 of lip balm for all skin tones. Sunscreen will be applied by your educator.

Sunburns

A sunburn is skin damage from the sun's ultraviolet (UV) rays. Most sunburns cause mild pain and redness but affect only the outer layer of skin. These are called first-degree burns. The red skin might hurt when you touch it. These sunburns are mild and can usually be treated at home.



Skin that is red and painful and that swells up and blisters may mean that deep skin layers and nerve endings have been damaged. These are second-degree burns. This type of sunburn is usually more painful and takes longer to heal.

Call 911 if your child or someone with a sunburn is confused, very lethargic, or unresponsive.

When else should you call for help?

Call your doctor, 811 or seek immediate medical care if:

There are signs of needing more fluids. The person has sunken eyes, a dry mouth, and pass only a little urine.

There are signs of infection, such as:

Increased pain, swelling, warmth, or redness. Red streaks leading from the area. Pus draining from the area, or a fever.

This is not meant for medical information. Please call your caregiver, 811 or 911 for medical assistance.

Educator Trainings

On September 1, 2021 the provincial government announced that Early Childhood Educators who work within a child care facility or licensed family day home agency would be eligible to apply for Professional Development funding if they meet the criteria. The following incentives include up to \$500 per year for preapproved conferences/workshops and training. \$17.50 per hour for release time to attend preapproved conferences/workshops to a maximum of 45 hours per year. \$800, Per course/semester and a maximum of \$1500.00 per year in total for tuition fee and course books. We have had many of our educators take advantage of the funding last year and again this year.

June, July, and August 2022

Some of our educators have now enrolled in the Fall McEwan University "Flight" Curriculum Course while others are waiting to hear if they have been accepted into the program. This course is offered free of charge and is 45 hours of online training. The course is very popular and supports programs. The university holds a lottery for the spaces available. <https://flightframework.ca/about.php> Many workshops and webinars have been accessed that educators have received funding for.

On August 18th the agency will provide a workshop put on by Little Warriors who will present the Prevent It training to educators. This workshop will educate and empower participants to take action and help prevent and respond to child sexual abuse. Research has shown that adults who complete the workshop become more supportive of children and begin using more behaviours that are believed to reduce children's vulnerability to sexual abuse.

CAUTION - Nursemaid Elbow or Pulled Elbow



Nursemaid Elbow is a common, very painful injury among young children. It is also called a "pulled elbow," it's a **partial dislocation of the elbow joint caused by pulling on the arm or hand.**

Nursemaid elbow is an emergency, but it is easily re set by a trained healthcare provider. The child must be seen by a doctor as soon as possible. A pulled elbow may occur if: You swing a child by their hands or arms, twirl a child by their hands, grab a child's hand as they are falling, The elbow could also be dislocated while playing a game if the child was to fall but someone was holding the child's hand firmly and did not let go of the child's hand as the child fell. Example Ring Around the Rosie, Red Rover. This type of injury is considered a third party injury, as a doctor must see the child.

Something to Consider

When your educator is away you may want to consider using an agency back up educator so that your child makes their monthly hours of care. A decrease in hours may affect the amount of your **Affordability Grant.**

The Family Day Home Standards Manual Alberta



Every month the agency highlights a Family Day Home Standard, from the Family Day Home Standards Manual of Alberta. Educators are required to be familiar and meet the standards at all times. Consultants support educators in understanding what is required for a standard to be met. Standards are checked monthly for compliance. If a standard is not met the consultant and educator make a plan to remedy any non-compliance as soon as possible. The consultant does a follow up within an specific time-line to ensure the standard can be consistently met. Educators post their monthly profile that identifies if a non-compliance was identified at a visit. Profiles should be posted in a prominent place for you to review.

Monthly reviews of a standard identified in the Educator's monthly newsletter is one of the ways the standards are reviewed regularly.

This month, AUGUST, we will be reviewing standard 1B and Standard 5.

Review - Standard 1B: Transportation

Where the educator transports children, automobile liability insurance coverage must be obtained at a minimum of \$2 million per occurrence.

Note: Educators may not drive to pick up a child up from the child's home and an educator may not drive a child home

Anytime a child is transported the educators vehicle she must have written permission for each occurrence. (Unlike daily driving to and from school where she may obtain written permission for the school year.)

Review - Standard 5:

Transportation and outings

Programs (EDUCATOR) must have the parent's written permission to transport their child. Parents must be advised in writing of any outings or excursion the program plans for a child, including transportation and supervision arrangements.

PERMISSION FOR A FIELD TRIP OR OUTING MUST BE OBTAINED PRIOR TO THE OUTING. SENDING A TEXT FOR PERMISSION IS NOT ACCEPTED AS YOU NEED TO **SIGN** THE FIELD TRIP FORM PRIOR TO GOING.

Wading Pools



Wading Pools are not to be used in our Day Homes. When children sit in a pool of water there is a high degree of contamination of the water. Children often drink the water, which increases a

child's risk of coming into contact with bacteria.

Alternate sources of water to play with are sprinklers or water tables or splash pad which are becoming popular.

If a water table is used an Educator needs to have children wash their hand



prior to sharing the water and supervising so children do not drink the water. Educators also may provide each child with their own personal container of water and water materials to further decrease potential contact of bacteria from others. All water must be emptied after use. If a water table is to be used throughout the day it must be emptied and refilled between play times.

Age Appropriate Playground Equipment. Alberta Health Services



Playgrounds should be designed to support

children's physical, emotional, social and intellectual development. Developmental needs change as children grow and age. The Canadian Standards Association (CSA) Children's Play spaces and Equipment Standard, recommends rating playgrounds according to the following age groups: • 18 months to 5 years, or 5 years to 12 years

Play experiences should be appropriate and challenging for the child's age and development level. Playground structures should be permanently labelled to notify the public of the recommended age group. When there is no label, look at the size and complexity of the playground structure to estimate the recommended age group. Playgrounds designed for children 18 months to 5 years have simple equipment, low platforms, and easy access to top platforms. These structures do not require a lot of full body coordination or upper body strength.

The following equipment is not recommended for children under the age of 5 years: 1. Free standing arched climbers, 2. Fulcrum see-saws unless they have a spring centring mechanism 3. Log Rolls 4. Pulley or Cable Rides 5. Slide poles including fire poles 6.

Track rides 7. Trampolines

Playgrounds designed for ages 5 to 12 years have higher platforms, sliding poles, challenging climbing features, and equipment that requires full body coordination and upper body strength.

Alberta Health Service - Wellness



How to navigate your toddler's tantrums.

Toddlers may throw fits, act selfishly, and refuse to listen when they're asked to do

something. Often they are frustrated because they aren't yet able to communicate and be as independent as they want to be. The result? Meltdowns.

You can try the following strategies to help manage your toddler's challenging behavior:

- Be patient, and set firm, fair, and consistent boundaries. This will help your toddler learn what behavior is appropriate.
- Minimize conflicts as much as possible. For example, put things your toddler shouldn't touch out of reach. Try to prepare your toddler in advance for circumstances they may not like, such as, "We are going to put away the toys soon."
- Choose your battles. Focus on the most important, such as making sure car seats are used and bedtimes followed. If not, your home will become a battleground.
- Set limits but have realistic expectations.
- Use a firm voice, look your child in the eye, and sometimes physically remove them from a situation. But realize that your child's behavior, no matter how troublesome, has a purpose. Your toddler is simply trying to make sense of the world.
- Offer limited choices. For example, instead of asking, "What do you want for lunch, simplify. Try giving them just a couple of choices, perhaps sandwich or soup. This gives your toddler a sense of independence.
- When you see a dispute or tantrum coming, distract or redirect your toddler to prevent a meltdown.
- Compliment your child when they behave well. Approval helps your child learn proper behavior and reinforces a positive sense of self.
- Provide opportunities for your toddler to interact with others. When these interactions are positive, children learn that they have behaved in acceptable ways. They become more self-confident.
- Although you may sometimes feel exhausted, remember to reassure toddlers that you love them and it's their behavior you don't like, not them. Offer plenty of praise and attention when your child behaves well.
- Model the behavior that you want to see. Interact with others in a loving, open manner. Deal with frustrations calmly. Children learn from what they see others doing around them.

Highlights From Our Educator Appreciation

On June 25, 2022 we held our Educator Appreciation for the first time in two years. It was so nice to be able to come together to celebrate! Educators who had 5, 10 and 15-YEAR anniversaries were recognized for their long service. We had a wonderful presenter and traditional Cree dancer, Adrian Lachance, who spoke with the wisdom of an indigenous elder. He also graced us with a Cree traditional indigenous dance.



Popsicles in the park was held in three locations this year. It was nice to be able to have an opportunity to play together with other day homes. Thank You to NOW Radio for providing popsicles in the South and West locations.

Northside - Oxford Park



Westend - Primrose Park



Southside - Monsignor Fee Otterson Park

This Park Day had not yet occurred prior to completion of the newsletter.

