



North Edmonton Family Day Home Agency

## Parent E-News December 2021



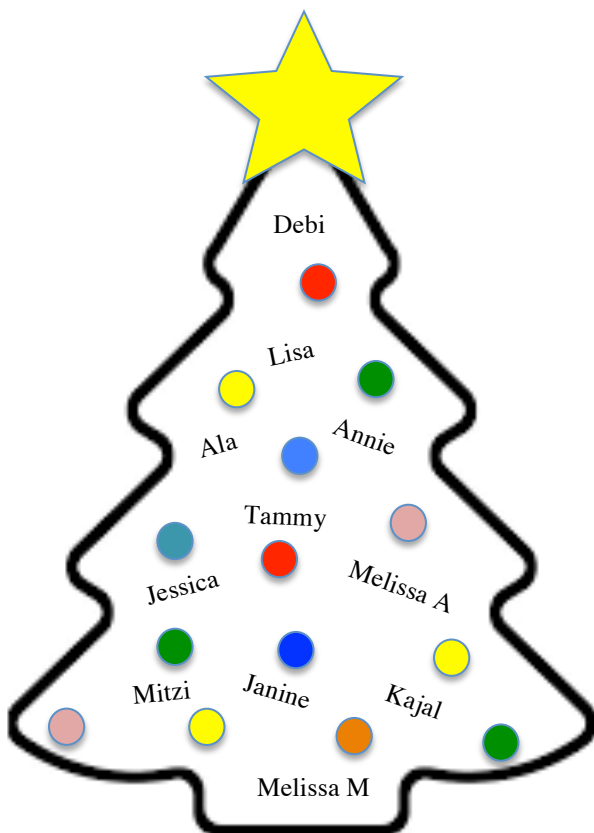
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### 2021/22 Statutory Holidays

Day Homes will be closed December 27 In lieu of Christmas Day  
Day Homes will be closed on January 3 2022 in lieu of New Years Day

**December 9<sup>th</sup> - the Office will be CLOSED for staff development.**

**The office will also be closed on Dec 27 and Dec 28/21 and January 3/22.**



*Wishing You and Your Family  
the Best of the Season.*

### The New Alberta Child Care Agreement

Alberta has negotiated an agreement with the federal government that will support the expansion of accessible affordable, high quality child care. This agreement reduces fees for parents of zero to kindergarten age children that will provide an average of \$10 per day child care by 2026.

Parents will see a reduction in fees up to 50% starting in early 2022 and for the next 2 years.

Additional information will be shared as it is released.

Parents can expect to pay an average of;

- \$10 per day if for earnings up to \$119,999
- \$11 to \$17 per day if earnings are between \$120,000 and 179,999
- \$22.19 per day if earnings are \$180,000 & above.

More information on the Alberta Government Website. [www.alberta.ca/federal-provincial-child-care-agreement.aspx?fbclid=IwAR0afTwxWY1W0IChV\\_9rPxmWzh7e7V257\\_N35VuYXqxSE0g1jtZTjolu9WY](http://www.alberta.ca/federal-provincial-child-care-agreement.aspx?fbclid=IwAR0afTwxWY1W0IChV_9rPxmWzh7e7V257_N35VuYXqxSE0g1jtZTjolu9WY)

### Signing Time Sheets



Thank you for taking the time daily to complete your educator's time sheet. By completing the time sheet daily you assist your Educator to meet the requirements of both the Agency, and the Alberta Government. It also eliminates confusion over care days and hours your child has been in care.

Parents are required to:

- **Sign** the time sheet on the very first day of the month.
- **Initial the time sheet daily** – your child is in care.
- Sign the time sheet weekly in addition to the initials they do daily.


### Educator Profiles

Educator Profiles are updated monthly and contain current information about the family day home:

- Numbers of persons living in the home
- Numbers and ages of children in care.
- Special menu restrictions.
- If the home is a non-smoking/non-vaping.
- Pets in the home.
- Date of the last consultant visit.
- Program history for the past 12 months that includes compliance and non-compliances of standards. Includes remedy dates.
- Noted incidents in the previous 12 months.
- Complaints reported in the previous 12 months.
- Children's Services visits in the last 12 months.

*Parents/guardians may request to see their educator's profile.*

### DAILY HEALTH SCREENING



Day homes continue to ask all who enter their home to verify the health status of themselves and their child/ren. A daily screen takes only seconds. The daily checklist is updated regularly by AHS. Your Educator should have either emailed or provide a copy for you. Please complete the checklists at home, prior to coming into care.

Daily Health Screening Checklist.

- ✓ Complete the Health Screening before leaving home. If there are any signs of illness including mild symptoms care cannot be provided. Follow the directions given on the daily checklist.
- ✓ Wear a mask at the day home.
- ✓ Maintain two meters or 6 feet from others.

*Alberta Health Services has mandated that all Educators and those over 12 years of age wear a mask when working with day home children.*

Thank You For Your Co-operation.

### **Colleen Wettlaufer**

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### Playing Outdoors can Reduce Colds and Flu



Many Parents and Educators believe that children should be kept inside, rather than going outside to play in cold weather. The **Opposite** is actually true. Cold weather does not cause a cold or flu. But the viruses that cause them are

more common in the winter, when children are in closer contact with each other. Frequent hand washing and teaching children to cough and sneeze into the bend of their elbow may help reduce the spread of viruses. Getting fresh air can actually help stop illness as children are not in constant close contact with each other as most viruses are airborne, and getting children outside helps to eliminate some of the germs they carry.

#### ***Set reasonable time limits on outdoor play.***

- Come inside periodically to warm up if needed.
- Dress children warmly for outdoor activities. Several thin layers will keep them dry & warm, as will warm boots, mittens, and a hat.
- for an older baby & young children dress them in one more layer of clothing than an adult would.
- Always wear a hat where most of the body's heat is lost when outdoors. Hats help children keep a warmer body temperature.

• Ensure children are not sweating. Sweat can chill a child when it gets exposed to the cold air as they remove layers.

**Daily Outside Play is part of a daily program.** In order to meet Standard 7 which states; The daily program, must include both indoor and outdoor activities.

#### **What children require for daily outside play.**

- 1. A snowsuit or a winter jacket and snow pants.**
- 2. Warm winter boots.**
- 3. A winter hat and water proof mittens (not light weight).**
- 4. Scarves are not recommended as they can pose a strangulation risk.**



Flu shots are free and available at many pharmacies. You typically don't need an appointment, so it is easy to walk in and get one on your own schedule.

**It must not be forgotten that the basic law of children's creativity is that its value lies not in its results, not in the product of creation, but in the process itself. It is not important what children create, but that they do create, that they exercise and implement their creative imagination.**

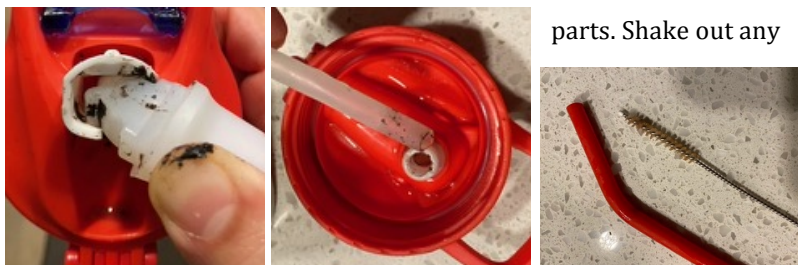
- Vygotsky

## HEALTH ALERT – *Mold Growth in Spill Proof and Sippy Cups*

Does Your Child Use A Spill Proof Or Sippy Cup? These cups if not washed and dried properly will grow mold inside the straw and valves that can cause a health risk and illness. Children can get very ill from ingesting and breathing in mold spores. If the cup cannot be cleaned or if it smells, it should be thrown out.

How to Clean:

1. Wash the cup immediately after each use. Do not let liquid sit inside the cup.
2. Fully disassemble the cup. Moisture and food collecting in the joints between parts which is exactly the type of place where mold can grow. Separate the straw, valves, rubber rings, plastic sliding covers, and so on.
3. Pre-rinse straws, valves, and other parts that collect food with warm water. Most rubber valves can be open by pinching with your fingers. Pinch the valve and run water through it to pre-rinse.
4. Wash by hand in warm soapy water, or in the dishwasher. You can use a small straw or bottlebrush to clean all parts.
5. Shake out remaining water from all water collected inside the straw. If your cup or straw has a rubber valve, pinch it open and shake it to get all of the water out.
6. Fully dry all parts before assembly. This is a key step since moist parts won't dry once assembled. Consider storing the cup disassembled and assemble just before use.



*The black on the cup and straw is mold,*

### Family Day Home Standards For Alberta

*Educators must meet the Alberta Standards that guide their work. Programs are reviewed 6 times per year. In December we will be reviewing Standard 4B.*

Family day home standards manual for Alberta



#### **Standard 4B: Furnishings and equipment**

The family day home program's furnishings and equipment must be age appropriate.

Toys, equipment, materials, furnishings must be of sufficient variety and quantity for the number and ages of children being cared for. Toys, equipment and materials should be organized and accessible so that children can make their own selections.

Furniture and equipment must meet federal and provincial product safety legislation and are only used as recommended by the manufacturer.

- This includes but is not limited to beds, mats or mattresses with bedding, safety gates, cribs, play pens, high chairs, toilet seats or potties, strollers or carriages, and car seats or booster seats.
- Federal safety legislation does not specify requirements for sleeping infants in play pens, as this type of equipment does not meet the definition of a crib, cradle or bassinet. Therefore, Health Canada advises playpens not be used for unsupervised sleep.

If the educator is not physically present and watching the child sleep, the child is unsupervised.

Diapering arrangements ensure:

- Each child is changed on either a change table or an individual change pad; and
- Children are diapered in a location that allows for supervision of other children.

Results of the Review are documented in the Educators Profile.

### **Recent and Up Coming Trainings, & Educational Challenges**

#### **Recent Educational Challenges:**

Reading Challenge – Many day homes participated in the summer reading challenge. All participants received a small gift.

The Cardboard Box Challenge – We saw many amazing creations. Each day home that participated received a special gift of unique connectors that are used to attach cardboard pieces. A random draw from all participants was made and Sarwat was the winner of a \$50.00 Gift Card to Michaels.

#### **Recent Webinars:**

Indigenous Awareness - Multi-Agency Training  
Building Blocks to Literacy by the Centre for Family Literacy

#### **Recent Trainings:**

SIDS - September  
Diapering Procedures - November  
Poisons – December

#### **Up Coming Educational Challenges:**

Provocation – based on children's interests  
A provocation is an invitation to play and discover. Look to see what your educator has set up for the children.

#### **Up Coming Trainings for Educators**

January 22 – Webinar - Spirituality of the Child.  
Educator's First Aid - Recertifying class will be on January 15, 2022 and February 19, 2022  
2022 Winter trainings are being finalized

## **Encouraging Independence In Children**

The best way to teach a child to do things for themselves is to create opportunities for them to have many experiences to do things with support from their caregivers/parents. In order to master anything one needs to have repeated experience. Here are a few ideas you might consider to allow you to increase their independence, along with their self-esteem.



**Encourage your child to dress and undress themselves.** – Allow and encourage your child to dress and undress themselves. You may need to allow extra time and some initial assistance for them to do so. You might begin by providing simple choices of what to wear. Your child may have a different sense of what looks good together but allow them to feel empowered by allowing them to make their own decisions. Remember initially you are giving them their options.

**Encourage your child to learn skills they show interest in.** - Does your child like to watch as you fix or build? Create a project you can do together that supports their interest. Allow them to use real tools with supervision of course.

**Encourage your child to care for a living thing.** - The simplest way to do this is to purchase a plant. Teach them about the amount of light and water the plant needs. Talk about how do you know it needs water? If you already have a pet allow the child to help with feeding, grooming, cleaning a cage, or taking the pet for a walk depending on the pet you have.



**Encourage and include your child in daily chores.** - All children, even toddlers, can help out around the house. Start with simple tasks, like teaching your two-year-old to fold washcloths. Participating in family chores gives children a sense of purpose in their (home) community. If they start young, the concept of chores is not boring, it's a meaningful way to contribute "like a grownup".

**Encourage your child to help out in the kitchen.** - Get your children involved in setting the table and clearing the table, assisting with meal preparation. When a child has the opportunity to help out, they develop the skills they will need to be self-sufficient and teaches them families work together and help one another. Helping out in the kitchen helps children to learn a variety of math skills. Children are also more likely to try new foods if they help make it.



**Encourage bodily autonomy.** – When your child is young tell them that they are the only one in charge of their body. Don't force or insist your child accept or give a hug, or kiss to anyone. Respect how they feel about cuddling too.

It is important to also teach children that the power of decision over one's own body is not only for them but for everyone. If someone says NO or Stop, that request is respected.



### **Offer choices.**

Giving your child a choice doesn't mean that they make all the decisions. It means that the adults in a child's life provide options, experiences and guidance. Some examples might be the order of when tasks are completed.

You need to get dressed and brush your teeth. Which would you like to do first?

Would you like strawberry or grape jelly on your sandwich?

Your room needs to be cleaned today. What time will you start?

Would you like to wear your blue dress or your pink dress?

When you give choices to a child and safe boundaries where a child can practice doing things for themselves it helps them to become more independent.