



# North Edmonton Family Day Home Agency Parent E-News December 2021



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

## 2021 Statutory Holidays

Monday February 15 Family Day  
Thursday July 1 Canada Day  
Monday Oct 11 Thanksgiving

Friday April 2 Good Friday  
Monday August 2 Heritage Day  
Thursday Nov 11 Remembrance Day

Monday May 24 Victoria Day  
Monday Sept 6 Labour Day

### Self-Care

*Whether you are a parent or an educator, it is important to take time for yourself. Life's stresses can take a toll on you physically and emotionally, especially if you don't take the time needed to care for yourself.*

*We all need to practice daily self-care. Self-care means taking time for you to recharge, reenergize, and reduce stress. Care for yourself like you care for others in your family.*

#### Tips for daily self-care.

- Always treat yourself with love, kindness and respect.
- Eat regularly and choose healthy foods.
- Get a good night sleep.
- Remember to start fresh every day.
- Focus on today and what is within your control.
- Express your thoughts, feelings and emotions.
- Take a break when you need one.
- Find time for yourself; schedule your "me time".
- Use positive self-talk. Tell yourself YOU deserve to be happy.
- Connect and spend time with others who are positive.
- Get out into nature at least once a day.
- Do physical activities you enjoy something that makes you feel good.
- Find ways to relax and unwind.

#### **You might like to:**

Listen to music, cook, play an instrument, read, do yoga, run, knit, crochet, paint, garden, sew, start a new hobby or make time for a hobby, dance, sing, laugh, prayer, meditate or JUST BE STILL. Do what brings you JOY . . . it is very individual. Set clear boundaries with people in your life to ensure you can take care of yourself.

**It is OK to say no to added stress!**



Educators will receive your tax letters from the Agency, and will pass the tax letter on to you.



### COVID-19 Daily Health Checks

Thank you for your continued cooperation in completing the daily health screening.

Your Educator will continue to ask if you have completed the daily screen prior to coming into her home. You must be able to answer NO to all questions before your child can be accepted into care. Keep a copy of the Alberta Health Daily Checklists handy so you can complete the screen prior to coming into care. <https://open.alberta.ca/dataset/56c020ed-1782-4c6c-bfdd-5af36754471f/resource/6607784e-b42e-46c2-ba76-031c3b0217c5/download/covid-19-relaunch-daily-checklist.pdf>

- ✓ Complete the Health Screening before leaving home, which includes taking your child's temperature.
- ✓ Adults should wear masks.
- ✓ Maintain two meters or 6 feet from others.

### Children's Information

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



Webinar for PARENTS AND EDUCATORS  
Effective Child Guidance  
Strategies for Positive Behaviour

Facilitators Aparna Mahay & Parminder Delhon  
of Quality Coaching and Consulting

**Date: Saturday February 20<sup>th</sup>, 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.

**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

2<sup>nd</sup> Floor, 7000 – 113 Street

Edmonton AB T6H 5T6

Tel 780-422-4065

Fax 780-427-1622

[Colleen.Wettlaufer@gov.ab.ca](mailto:Colleen.Wettlaufer@gov.ab.ca)



**Back Up Care**

Keeping COVID-19 restrictions in place, back up care is not always available. The Agency declines back up care in all circumstances if back up is required as a result of a positive test for COVID-19 in the day home, your home, a child has had a direct exposure to someone positive with COVID-19, or if test results have not been confirmed by AHS. In some situations the Agency has exceeded the AHS recommendations for isolation, 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.

**Fine Motor Development**



Fine motor development involves the small muscles, which control the hand, fingers and thumb.

With development of fine motor skills, a child is able to complete important tasks such as feeding & dressing themselves (buttoning, zipping) as well as self-help skills like brushing teeth, combing hair and washing their face.



These fine motor abilities develop gradually through experience and exposure to a variety of materials. A child's hands need to develop dexterity and strength.



As parents and educators we can help fine motor development by encouraging play with a variety of toys and materials; clothing fasteners, scissors, play dough, beading, clothespins, dolls, writing materials, sweeping, tweezers, tongs, scooping, pouring, stirring, using cutlery, eye droppers, stacking blocks, puzzles, painting with fingers and tools, wiping, tying, are just a few examples.



## Family Day Activities

February 12 – 21 Silver Skate Festival

William Hawrelak Park, check out the website to see if events are going to be running.

<https://www.silverskatefestival.org/go/home/the-festival/about-the-festival>

Free - Nature walk – There are many walking trails in and around the river valley and just outside of the city.

Valley Zoo – call to check times and bookings.

Free - Winter picnic – you can use the many fire pits in some of the city's parks to build a fire and have lunch.

Build a bird feeder/house – you can find wood kits at Home Depot .

Free - Go sledding or skating. (Wear helmets for safety)

Free - Plan a family games day – board games.



### Start you family's day with Old Fashioned Pancakes

**Serves:** 8 (left over pancakes can be rewarmed)

#### Ingredients

- 1 ½ cups all-purpose flour
- 3 ½ teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon white sugar
- 1 ¼ cups milk
- 1 egg
- 3 tablespoons butter, melted

#### Directions

1. In a bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk, egg and melted butter; mix until smooth.
2. Heat a lightly oiled frying pan over medium-high heat. Pour the batter onto the pan, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot with warm syrup or butter



You can cut out heart shapes out of the cooled pancakes or pour the batter into the pan in a heart shape. Using a squeeze bottle filled with the batter to help get the shape.



## THE NEXT Chapter

Online - Starfish Family Resources Society is proud to offer *The Next Chapter: Rebuilding After Divorce*. This program is an eight session psycho educational support group for parents and caregivers who have experienced separation or divorce. Parents will reflect on their own experiences of separation and divorce and process how their individual experience might be impacting them. Parents will begin to consider different ways to cope with their life change in ways that support their own health and well-being as well as their children's developmental needs.

For more information : (FREE) <https://starfishfamilyresources.org/our-programs/the-next-chapter/>



★  
Dr. Sandra Wiebe (Professor, Department of Psychology) and her research team are studying the relationship between parenting and brain development in children!

★  
If eligible and interested, you and your child would participate in game-like tasks, individually and together ONLINE! It will be a mix of online surveys and Zoom sessions.

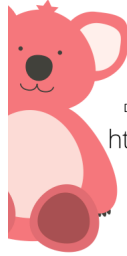
You would be compensated for your time.

★  
TO LEARN MORE, CONTACT THE ALBERTA BRAIN & COGNITIVE DEVELOPMENT LAB AT: 780-492-1277 OR ABCDLAB@UALBERTA.CA

<https://forms.gle/Pn1noqGRZqoU89JEA>



This study has been reviewed by a Research Ethics Board at the University of Alberta: Pro#00081343



Dear Parent's,

We are a team of researchers from the ABCD (Alberta Brain and Cognitive Development) Lab in the Department of Psychology at the University of Alberta. We are looking for parents and their children **3-5 years old** to participate in a study looking at parenting and child development.

First of all, let me tell you a bit about our research. We are interested in learning more about how parenting and home life relate to a child's cognitive and brain development. We are looking for parents and their children (between 3 and 5 years old) to participate together!

If you are eligible and choose to participate, the study consists of two components:

1. The parent will be asked to complete a few short cognitive tasks online and fill in a series of questionnaires that will require approximately 60-75 minutes in total, on your own time.
2. You and your child will then meet with one of our researchers via Zoom on two separate occasions for approximately 30-minutes each.

You will be compensated for your time with a \$50 gift card.

One session will include you and your child playing with toys and working on a building task together. The second session will have your child complete some play-like activities with the researcher via Zoom. Don't worry—you will be able to stay with your child the whole time.

To determine the eligibility of your child, we need to complete a brief screening survey with you on the phone. It takes about 3-5 minutes to complete. If you are interested, please click on this link (<https://forms.gle/aqPjMKHucp6khPwD6>) to fill out our online application, and one of the research assistants will call you to go through the screening.

Again, thank you! We are excited to hear from you!

Sincerely,  
Larissa Predy  
[abcdlab@ualberta.ca](mailto:abcdlab@ualberta.ca)  
780-492-1277