

North Edmonton Family Day Home Agency

Parent E-News February 2020



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

2020 Statutory Holidays

Wednesday February 17 Family Day	Monday August 3 Heritage Day
Friday April 10 Good Friday	Monday September 7 Labor Day
Monday May 18 Victoria Day	Monday October 12 Thanksgiving Day
Monday July 1 Canada Day	Wednesday November 11 Remembrance Day

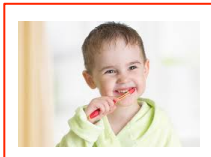
ALBERTA HEALTH SERVICES

North Edmonton Family Day Home Agency will be holding a FREE DENTAL CHECK UP and FLORIDE TREATMENT clinic for children 12 months to 35 months of age.

Parents must accompany their child (ren). Three hygienists will be offering dental appointments 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.



The Clinic will be held at the North Edmonton Family Day Home *Agency office*
12704 - 101 street

Register early as space is limited and fills quickly.
Wednesday March 25, 2020

Appointments can be booked between
4:00 PM – 6:45 PM

Call the office 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/guardians and educators own children.

Colleen Wettlaufer

NEFDHA's Day Home Specialist

Family Day Home Specialist/Supported Child Care
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Children's Services – Edmonton Region
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PLEASE NOTE

Effective Immediately for Part-Time Care

All extra part time days of care over your original contracted days will automatically be added to the following month's auto withdrawal to help maintain a balanced account.

TAX letters and parent surveys will be hand delivered to your educator in February. Please complete the survey and **return it to your educator as soon as possible**. Consultants will pick up the survey from your educator at the March consultant visit.

Any changes you would like to make to withdrawal payments need to be made with the office prior to the 20th of the month. This will ensure there is enough time for changes to be made by months end, as our banking process requires.



Parent Advisory
Committee

Parent Advisory Committee

The Agency is looking for parents who would like to be a part of our Parent Advisory Committee, (PAC). The committee will consist of parents and agency staff. The PAC will give parents an opportunity to provide input into workshops, programming and parent supports. The Agency will share and keep the committee up to date with our Accreditation Goals.

The Parent Advisory Committee will meet three times per year. Meeting times will depend on parent availability for either a supper or a breakfast meeting. Supper or Breakfast will be provided by the Agency.

If you are interested in sitting on the Parent Advisory Committee, please fill out the form below with your preferences for meeting times. Parent involvement is encouraged and appreciated.

Please send the form below either to the agency or give to your educator for your consultant to pick up.

Parent Advisory Committee

I, _____, would be interested in sitting on the
Please Print Full Name

Parent Advisory Committee. My contact number is _____ and my

Email address is, _____.

The Committee will meet three times a year. Meetings will be approximately one hour to one and a half hours in length.

My preference for meeting times would be:

_____ I would prefer to meet on a Saturday Morning, for a Breakfast Meeting.

_____ I would prefer to meet on a Weekday Evening, for a Supper Meeting.

_____ Either a Weekday Supper Meeting or Saturday Breakfast Meeting would be fine to meet.

_____ I could only attend if childcare was provided.

Playdough - In a saucepan, mix 2 cups flour with 1/2 cup of salt and 2 tbsp. cream of tartar. Add 2 cups warm water, 2 tbsp. oil and a few drops of food colouring. Stir while cooking over medium heat until the mixture forms a ball. Take it out and knead like bread till smooth and not sticky. You can also add some lemon juice to give a different smell. Stored in an airtight container at room temperature, it will last for months.



This dough is soft and easy for little hands to work with. Give your child cookie cutters, a small rolling pin and a potato masher to make prints in the dough.

Family Day Events

February 17: Family Day at the Legislature is Alberta's **FREE** capital Family Day event at the Alberta Legislature. Indoor and outdoor activities to keep the whole family entertained. »
assembly.ab.ca/visitor/annualevents.html

February 17: Family Day Festivities Many **FREE** events throughout Edmonton to celebrate Family Day.
www.edmonton.ca/attractions_events/schedule_festivals_events/familyday-events.aspx



The fewer toys children have, the more they play.

Research has found that the fewer toys children have to interact with, helps to develop their imagination, creativity, and lengthen their attention span.

When children had an abundance of toys to choose from they often appeared overwhelmed, over-stimulated and did not concentrate on one thing long enough to learn from it. It is important to ensure the toys children have, provide great **play value**. If a toy lights up or makes noises, and all the child needs to do is press a button, that toy holds **little play value**. The best toys are those that are open-ended. Toys that don't dictate a child's play holds **greater play value**, as a child is then free to use their imagination for endless play possibilities. Toys like wooden blocks, silk scarves, dress up clothes, play food, dolls, cars, tunnels, tents, balls, animals, boxes, recycled materials variety of art material, boxes, to name just a few!

Research also found if toys were visible children would play with them more than if they were piled in a container.

Resource:

psychologytoday.com/ca/blog/singletons/201712/study-underscores-why-fewer-toys-is-the-better-option

- verywellfamily.com/avoid-having-too-many-toys-4114155

New

Back up Care Forms

The Agency now has back up care forms for you (parents/guardians) to complete prior to back up care in another educators home.

The form can be given to you by your educator to take home, fill out and take to the back-up educator on your first day of care.

If you have not filled the form out prior to the start of the back-up care you will need to complete the form prior to leaving your child in care. Please leave yourself time in the educators home to fill out the form. You will need your child's health information, emergency contact number(s), and your contact information.

Your signature is also required on the form. By signing the form you are agreeing to the back-up care dates.



Button Battery Dangers

Small, shiny and appealing to children, button batteries can result in major injuries and even death if swallowed.

Parents and caregivers need to be aware of the dangers of button batteries and should make sure that all batteries are kept out of reach of children.

Button batteries although small hold a very strong charge. Even a battery that you might think is "dead", that no longer powers a device, can still hold enough of a charge to cause a significant harm if swallowed.

When swallowed the electrical current in the battery rapidly increases the pH of the tissue surrounding it, causing significant injury to the tissue, and can lead to death.

Regularly check to make sure that the battery compartment of all devices is securely screwed shut or that devices that contain batteries are not accessible.

*A fix, sometimes suggested to help keep batteries from a child is to tape the battery compartment shut. This **however does not** ensure a child has no access to the battery as a child can remove the tape.*

If you suspect or are told a child has swallowed a battery or placed it in their ear or nose do not delay in taking the child to the closest emergency department.

Do Not Induce Vomiting

Take the child to the closest emergency department.

For more information:

www.albertahealthservices.ca/assets/news/wa/ne-wa-2020-01-13-button-batteries.pdf



A Taste of NEFDHA

On January 4th we celebrated some of the many cultures represented in our agency. A potluck lunch was served with many of our educators contributing an ethnic dish for us to sample. Participants wore traditional clothing and set up displays that represented their country and culture. Tables had samples of clothing, jewellery, books, dishes, toys, art, and more food samples. Some educators talked about the country they came from and some demonstrated cultural songs, dances, and drumming too. We learned more about each other and our culturally rich community.



The Pleasures of Reading Aloud

There are lots of reasons to look at books and read aloud to children, starting when they are very young and continuing well after they can read for themselves. It's a time to enjoy moments of relaxation and closeness, to share interests and explore the world. In addition, experts suggest that reading to children 20 minutes a day improves their chances of success in school.

Here are some ways to make the most of your reading time.

The starting position

Your physical position communicates your interest and caring. Place yourself at child level, cuddled on the sofa or bed or sitting on the floor together.

Suit the book to the age

Babies explore books through all their senses, including taste, so choose cloth or cardboard books that will take heavy wear and tear. Later, toddlers are interested in naming things in books with one picture per page. Gradually, children become interested in the stories in books, first very simple ones, then progressively longer and more complicated stories. Eventually, you may be reading longer books over a period of days or even weeks, one chapter at a time.

Follow their interests

Choose a book that suits the child's age and interests. Younger children may lose interest before you arrive at the last page. That's okay. The goal is to make reading fun, rather than to get to the end of the book.

Adapt the text

You can adapt a book to the age of the child you are reading to. For young children, try just describing the pictures or telling the story in your own words. You might also change the names of the characters to names of people the child knows.

Catch children's attention

Bright colours and clear illustrations catch children's interest. You can hold the attention of a squirming child with books that have moving parts—flaps that lift, scenes that pop up, pieces that go into slots. Build on what you know interests them: an activity they enjoy, an animal that appeals to them.

Make your reading dramatic

Making your reading dramatic will also keep children interested in the story. Emphasize the rhythm in nursery rhymes. Use gestures and point to what you're talking about in the pictures. Change your voice for different characters in the story and make sounds for the animals. Encourage the children to imitate you and join in the fun.

Involve children

When children have heard a story several times already, you can involve them by pausing to let them fill in the next words. Some stories have a refrain that makes this easy, for instance, "I'll huff and I'll puff and I'll blow your house down!" in the Three Little Pigs. Just letting a child turn the page can keep him or her involved in reading.

Ask questions

From time to time, stop and ask questions about the pictures or the story. Even before a child can talk you might ask, "Can you see where the wolf is hiding?" If a child is learning to count, you could ask, "How many cats do you see on this page?" Draw older children into the action by asking, "What do you think will happen if Goldilocks eats the porridge?"

Respond to questions

Take time to answer the children's questions too. For children who don't yet say many words, just pointing at a part of an illustration may be a question. Respond by naming whatever the child is pointing to. Older children might ask why a character did something. Pause in your reading to discuss their ideas.

Over and over again

Children love to hear the same book read over and over again—much to the dismay of some adults who would like a bit more variety. Be patient with this preference for familiar material. Repetition is part of the way children learn the words, the concepts and the story that a book contains.

Keep it up

When your children can read for themselves, you can take turns reading to each other. The good feelings of these moments spent sharing the pleasure of books will last many years.

by Betsy Mann