

# North Edmonton Family Day Home Agency Parent E-News July 2019



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## 2019 Statutory Holidays

The office will be closed on August 22/19 for staff development.

Monday	July 1	Happy Canada Day!
Monday	August 5	Civic Holiday
Monday	September 2	Labour Day
Monday	October 14	Thanksgiving Day



Consultants are in the process of returning the ASQ-3 scoring sheets to Educators.

The next step is for Educators to review the information from the ASQ with parents/guardians if they have not done so already. Educators will incorporate activities their weekly plans that will support each child's growth and development. If you have any questions or concerns your Educator cannot address please call your consultant.

## Summer Permission Consent Forms



In May Consultants left a Summer Permission consent form with Educators for parents to complete. The form asks you to provide sunscreen and bug spray, and your written permission to use them. The

form also asks for written permission for your child to participate in a variety of summer activities. If you have completed the Consent form, Thank You! If you have not signed the form please ask your Educator to provide the consent form for you to fill out and sign.



## Fieldtrips

Over the summer months your Educator may be planning on taking children on fieldtrip(s). Educators are required to have written permission from a parent/guardian in advance of any fieldtrip. The permission form must include departure and arrival times, transportation and supervision plans. If children are required to bring anything with them parents will be notified.

### When an Educator is Planning a Fieldtrip

Fieldtrips should be educational, age appropriate, and for all the children in care. Fieldtrips can benefit children as they have an opportunity to try new experiences that can increase their motivation for learning. Children may have the ability to acquire new knowledge and skills from attending a fieldtrip.



**Just a reminder that any changes you would like to make to withdrawal payments are required to be made with the office prior to the 20th of the month. This will ensure there is enough time for changes**

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### **When Might a Stroller Become Dangerous?**

On hot summer days, parents and caregivers need to be aware that covering a stroller with a sheet or blanket to provide shade from the sun, can quickly become a danger.

While we think we are protecting them, we in fact may be putting them at great risk for heatstroke and SIDS (Sudden Infant Death Syndrome).

The temperature inside a stroller that is covered by a thin blanket, if left out in the sun, can rise as much as twenty degrees over 30 minutes and will continue to rise another 10 to 12 degrees if left for another 30 minutes.

Very young children are unable to regulate their temperature like adults as they sweat less. Their body temperature can rise three to five times faster than an adult. Thermal stress, which means overheating, has been blamed in Sudden Infant Death Syndrome (SIDS) for many years and avoiding overheating is one way to reduce the risk of SIDS.”

### **What can you do to protect a little one from the sun?**

Don't go outside during the peak heat of the day. Look for strollers with large sun canopies, no excess cushioning, and a ventilated or removable back panel. Air circulation is important to keep cool. Wide-brimmed hats are a good way to offer more sun protection. Dress children lightly, use plenty of high SPF sunscreen if applicable for the child's age, and keep them well hydrated (offer frequent sips of cool liquids).


Check children who are in a stroller often and watch for sign that they are too hot. A child may feel very warm/hot to the touch, and/or cry and/or are sleeping a lot, are all major signs of overheating. Children should never be left to nap in a stroller.

**YUMMY and HEALTHY. . . Frozen Yogurt**  
Make a cool summer treat for your family by freezing yogurt in small containers or cups. You can add mashed Or small pieces of fruit to the yogurt to make it even tasty!



## **BE SUN SMART**

 Put on a Shirt

 Put on Sunscreen

 Wear a Hat

 Wear Sunglasses

 Stay in the Shade



**SHARE THE SUN SAFE STORY  
WITH YOUR CHILD**

### ***Before Children Play***

It is advisable to do a quick safety check of any area where children are going to play before they run off to play.

Ensure equipment is in good repair and that there are no sharp objects on equipment and in the general play area.

If you are in a public park and the area needs attention, you can call 311 to notify the city and they will send out someone to attend to the problems.



When the yogurt is partially frozen add a craft stick (popsicle sticks) into the mixture and then freeze solid.  
**Have children help make the treat for added**

## **Parents, Guardians, and Grandparents are Invited to join Consultants and Educators at Popsicles In the Park**

In order to encourage and support physical literacy we will be holding two PARK play dates at two different locations, one on the Northside and one the Southside of the city.



**Tuesday July 16 – Oxford Community Park** - 9:30am – 11:30am  
Approximately 155 ave and 130 street

**Tuesday July 23 – 1834 Rutherford Rd. - the park behind Monsignor Fee Otterson School** 9:30am – 11:30am

***If it is raining Popsicles In the Park will be cancelled and alternate dates will be set.***

Did You Know That Canada . . . . .

- Is an Iroquoian language word meaning “Village”
- Is the second largest country in the world, right after Russia.
- Has more lakes than the rest of the world combined.
- Consumes more macaroni and cheese than any other nation in the world.
- Has the largest coastline in the world.
- The North American beaver is the national animal of Canada.
- The province of Alberta has been rat free for over 50 years.
- The US/Canada border is the longest international border in the world with no real military defense.
- Consumes the most doughnuts and has the most doughnut shops per capita.
- Is the first country in the world to adopt a policy of multiculturalism, embracing diversity & pluralism.



***Did you know that it is suggested that toddlers and pre-schoolers have at least 180 minutes or 3 hours of physical play each day. Play should be spaced throughout the day, both structured and unstructured play.***

## **EDUCATOR TRAININGS**



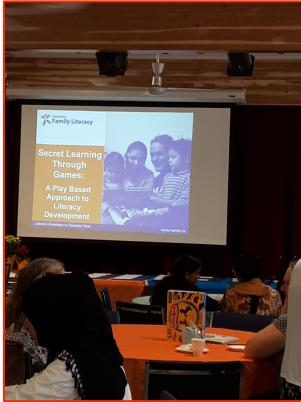
Health and Safety in Child Care, Workshop for Educators.

On April 13th Educators had the opportunity to hear Chelsey Velthuisen, B Sc., BEH (AD), CPHI(C), a Child Care Specialist, Public Health Inspector, Executive Officer, with Alberta Health Services, present Health and Safety in Child Care.

Chelsey discussed the importance of environmental health practices in family day homes. The workshop discussed why and how to implement and follow specific practices that can impact our own health and that of others.

On May 4, 2019 over 30 Educators attended the Caring That Counts Conference. Educators had the opportunity to attend three workshops of their choice, all related to family day homes. The day was filled with connecting with other Educators and expanding our knowledge in early childhood. Everyone came away inspired.





### NEFDHA's Annual Educator Appreciation

was held on Saturday, June 22.

The morning started off with a fantastic interactive workshop presented by the Centre for Family Literacy, "Secret Learning Through Games" a play based approach to literacy development. Educators came away with ideas for games and activities for all age groups.

The agency also had the opportunity to recognize Educators celebrating significant milestones with us for five, ten, and twenty five years of service. This year we were honoured to recognize three of our Educators with twenty-five years of service.

Educators receive a monetary gift and a certificate that states their years of service.

Educators who have completed post secondary courses in the field of early childhood are also recognized with a certificate and monetary gift.

All Educators who attended the Appreciation received a gift of a family game night bag with games and snacks!

Congratulations to this year's recipients!

