



# North Edmonton Family Day Home Agency

## Parent E-News July 2023



Photo by Nery Payne

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### 2023 Statutory Holidays

Monday August 7 - Heritage Day,  
Monday September 7 - Labour Day, Monday October 9 - Thanksgiving,  
Monday December 25 - Christmas Day, Tuesday December 26 Boxing Day (Office only)

Please note the office will be closed July 14 for staff development training.

### Welcome Rachel to our Administrative Team



Hello my name is Rachel Batchelor. I am excited to offer my dedication, passion to build relationships, and support/assist families and educators at the front desk.

I was an active, and committed day home educator with NEFDHA since 2009. I made the decision to transition into a new role as office administrator, joining the administrative team, in May. I bring with me experiences from running a successful day home and previous administration work that allows me to offer a unique blend of practical experience and knowledge to the position. I look forward to chatting with you when you call in!

### Back Up

If your Educator is unable to provide care because she has an appointment, family emergency or illness, or wished to take a holiday or a vacation we will offer you back up care with an available Educator. Age requirements and regulations will still apply, therefore, **back up care with a North Edmonton Educator is not guaranteed.**

Back up arrangements for a period longer than a week are normally made two to four weeks in advance. Back-Up arrangements made further in advance have not been found to be practical.

When a parent reserves a back-up arrangement, they should give notice as follows if they wish to cancel the arrangement: two-week notice for a back-up arrangement of three days or more, twelve hour notice for a back-up arrangement of one or two days. If notice is not given as stated above, the parent will be responsible to pay in full for the back-up arrangement.

When using back-up, parents need to ensure that pertinent information is shared with the back-up home such as phone numbers, emergency contact info, AHCN, etc.



**Hydration** - Preventing dehydration begins with drinking water regularly throughout the day. It's easier to stay hydrated than to play catch up when you're

losing fluids. To keep hydrated set up a drinking water station and have regular water breaks about every 30 minutes throughout the day. Play in the shade more than in the sun. Know the signs of dehydration. Dehydration in kids progresses quickly. If you suspect a child may be dehydrated, it's important to begin the rehydration process and get help if your child is struggling to keep fluids down (vomiting). If your child is mildly dehydrated, they may not show any signs. If a child does not rehydrate, you may notice the following symptoms: - Darker than usual urine, - Less urine, - Crying without tears, - Increased fatigue, - Dry mouth, - Sleeping more than usual, - Feelings of dizziness or light-headedness. If a child loses consciousness, appears confused, slurred speech, is really sweating or has hot dry skin or has a seizure, they could be suffering from Heat Stroke. Get them into the shade, call 911 immediately, and follow their directions. Children (anyone with these symptoms) need immediate medical attention!

[health.sunnybrook.ca/sunnyview/keep-kids-hydrated/](http://health.sunnybrook.ca/sunnyview/keep-kids-hydrated/)

### Colleen Wettlaufer

NEFDHA's Day Home Specialist

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Training - In the month of July consultants will be reviewing with educators Standard 3, Portable Emergency Information Records. Standards for family day homes are outlined in the Family Day Home Standards Manual for Alberta.

### **Review Standard 3: Portable emergency information records.**

The program (Educator) must maintain a complete, portable record for each child in care, which *must be taken on all outings and must include:*

- Child's name and date of birth;
- Parent's name, home address, work address, home telephone number and work telephone number;
- One emergency contact name and telephone number(s) and relevant health information including immunization status and medical condition(s).

NOTE: *Parents/guardians need to review the emergency card every 6 months or sooner, the back of the card will be dated when reviewed. It is recommended for educators to call the emergency back up person listed on the back of the card when a child comes into care to:*

*A: For the educator to introduce herself to the emergency backup person.*

*B: To ensure the emergency back up is aware they have been identified as a back up contact in case of an emergency.*

*C: To ensure the number is correct. The emergency back up contact must live in the city, or close enough to come in a timely manner if they are called to pick up a child.*

*Any changes; phone numbers, addresses, health/medical or the emergency backup person, please up date your educator, and the office, so all information remains current.*

### Balloon Dangers



Balloons pose a real danger to children, and are a leading cause of choking deaths to those less than eight years of age. Balloons are frequently used inside for decorating during celebrations and sometimes for indoor games, but with warmer weather water balloons are used outside.

The danger for children is that they can easily inhale a balloon while trying to inflate it, or choke on their broken pieces when popped. Children playing with an inflated balloon will often push their face into the balloon or try to bite it.

Balloons can be an extreme danger because the pieces are smooth and can conform to the child's throat, blocking the airway making it impossible to breathe. When a child is choking performing "J" thrusts usually is of no help because the air that does get through can make the blockage worse by completely covering the throat. Using your fingers can easily push the balloon further back into the airway.

Balloons are not to be used in our day homes.

### What is the Air Quality Health Index

The AQHI provides a number on a 1 to 10 scale to indicate the level of relative health risk associated with local air quality. This scale is intended as a self-calibrating tool; people may use their own experience and symptoms as a guide. The general population and at-risk population (children, elderly people, and those with pre-existing respiratory or cardiovascular disease) may adjust their daily behavior, as needed depending on the current observation and forecasted AQHI value.

The higher the AQHI number, the greater the potential health risk and need to take precautions. Occasionally during extreme pollution events, such as a *wildfire smoke event*, AQHI levels may reach 7 – 10, indicating High Health Risk, or 10+, indicating Very High Health Risk. The AQHI is designed to help you make decisions to protect your health and the environment by:

- Limiting short-term exposure to air pollution
- Adjusting your outdoor activity during episodes of increased air pollution and encouraging physical activity outdoors on days when the AQHI is lower
- Reducing your personal contribution to air pollution

Each individual reacts differently to air pollution. The AQHI provides specific advice for people who are at risk to the effects of air pollution as well as for the general public.

<https://www.alberta.ca/about-the-air-quality-health-index.aspx>

***Children's lungs are especially sensitive to the harmful effects of air pollution. That's because they breathe faster than adults, which causes them to inhale a lot of pollution relative to their weight. Use care when you take your young child outdoors, especially for physical activities. When children exercise, they breathe more heavily than normal. And they breathe more through their mouths than their noses. This allows pollution to be inhaled more deeply into the lungs where it can cause permanent damage. Check the air quality health index.***

### Foods That Hydrated

Lettuce 96%, Water, Cucumbers & Celery 95%  
Coconut Water 95% Zucchini, Tomatoes 94%  
Watermelon, Broth/Soup, Bell Peppers 92%  
Cauliflower & Cabbage 92%,  
Strawberries and Skim Milk 91%, Cantaloupe  
90%, Grapefruit & Peaches 89%,  
Oranges and Plain Yogurt 88%



# Tips for Getting Kids Ready for Back-to-School

Returning to school can be stressful for both parents and children. No matter what their age, feeling apprehensive about going back is normal. Fortunately, there's a lot you can do to soothe their apprehension and get them back into routine.

## 1 Normalize the anxiety or apprehension about going back.

Examples:

*"I know it's been so nice being at home, staying up late, and playing with friends/family. Change is really hard, even for adults. I understand you feel worried and it's ok—lots of kids feel that way."*

*"It's hard not knowing what this year is going to be like. I can see you feel worried/nervous/scared about going back and that's ok."*

Discuss the scenarios that worry them, and help them plan a strategy and rehearse it so they'll know what to do.

## 2 Get their sleep on track early.

Start about 2 weeks before the first day of school – this takes time, so don't rush it. A few weeks before school starts, get your child into the habit of going to bed earlier. If your child is amped up utilize grounding activities such as bath time, reading, or playing quietly in their room with the lights dimmed before bed. Listening to a guided meditation app in bed can also help (listening only). We recommend no screens 1-2 hours before sleep.

## 3 Re-establish a routine.

Establishing a consistent & predictable routine is important for children and youth (and often just as helpful for the adults). Write out and review the routine for back to school with your child so they know what to expect. You can post the schedule on the fridge or in their room.

## 4 Encourage ownership.

When children feel they have **healthy amounts of control and autonomy with their schooling they will feel more confident and less anxious**. Allow your child to participate in the process such as choosing, organizing, and labelling school supplies, and exploring afterschool activities they're interested in exploring (vs. you deciding what they should enroll in) can help your child feel more competent.

Furthermore, we encourage you to explore what chores your child will be responsible for once school resumes. Feeling they contribute to the families home also helps **establishes a sense of competency and fosters belonging**.



## 5 Discuss and plan out healthy habits in advance.

Brainstorm healthy snack and lunch options in advance during the school week (maybe allowing 1 day a week for them to splurge on something less healthy).

Start thinking about activities what will encourage healthy physical movement that you can incorporate into your week in realistic ways—get your child's input. Ensure you are also discussing ways which you will do this as well—lead by example and children are more likely to follow.

## 6 Limit screen time.

Most children can more screen time during the summers than they do during school, so cutting back is natural but also can elicit a bit of a push back. Similar to sleep schedules, a few weeks before school starts re-establish screen time limits.

### Suggestions:

- Have the whole family “unplug” in the evenings after dinner time during week days
- Plug in all devices in an office or the kitchen (for some kids you may need to lock them up)
- Have tech-free windows during the weekend where your children have to find other things to do other than be on their device or watching tv (this includes parents)
- No devices in bedrooms after bedtime (use an alarm clock not a phone to wake up)

## 7 Getting to School.

If your children are starting at a new school, practice walking or driving to the bus stop or to the school a week before school starts. If your children are younger you can allow them to play in the playground at the school they will be attending so they make positive associations with the school before the academic year starts.

## 8 Visiting the school.

Many schools are very understanding about children's anxiety. It can helpful if you contact the school a week or two before class starts and ask if your child can see his or her classroom.

## 9 Find out who their teacher(s) are going to be.

A huge trigger for children is not knowing what to expect from their new teacher. If possible (we understand it might not be though) contact the school a week or two before classes commence, find out who their teacher is going to be, and ask for the teacher's work email. Let them know your child is feeling anxious and you just want to know a little more about them. What are their favorite things? What is something fun they do in their class? What is something interesting they want their students to know about them? If schools have photos of their teachers on their website, showing your child a picture of their teacher can also help ease jitters. If possible you can even request an in-person meet and greet before classes start.

*\*\* if any teachers are reading this we encourage you to write a letter to your students introducing yourself along with a photo of yourself to help to help ease their anxiety (email to your students parents)*

## 10 Safe adults

If your child is in the same school as the previous year, who can your child go to if they overwhelmed (if they don't “know” their teacher yet)? Is there a school counselor or former trusted teacher or educational assistant? Attachment is vital to children feeling psychologically safe, so a child knowing they can connect with someone safe is imperative for emotion regulation.

If it's a new school, research who is available for students to reach out to if they feel overwhelmed. This information can often be found on school websites, or you can call the school to ask a few weeks before classes resume.



March 2023

### A Taste of NEFDHA, Celebrating our culture

What a wonderful day we all had learning about the cultures in some of our homes. Educators both individually and as a small group put together displays, some shared information about their culture, danced, sang and introduced us to some of their foods.

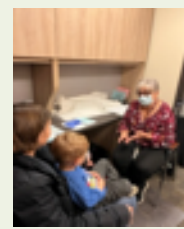
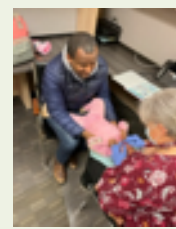
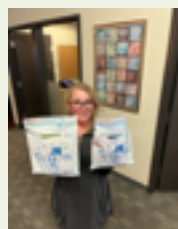


April 2023

### “Dental Clinic”

On April the 13 the Agency hosted a Dental Clinic at the office.

Children between 1 and 5 years of age could book an appointment to be seen by a dental hygienist from Alberta Health Services.



### “Caring That Counts Day Home Educator Conference” Presented by the Alberta Family Child Care Association, (AFCCA).

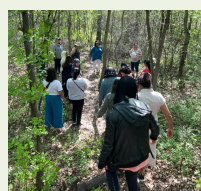


The conference was held on April 29. The agency had over 80 educators and staff attend the one day conference. The day was filled with learning and connecting.



May 2023

### “Outdoor Play” For Early Childhood Educators



This hands on, outdoor workshop, was held at the beautiful Rundle Park. Educators had the opportunity to explore many loose parts, and help children connect with nature.



June 2023

### “Photography in the Early Years”

How fortunate we are to have a photographer on staff. In this wonderful workshop, Nery one of our consultants, presented on how to use a cell phone to take photos that highlight children’s learning. Tips shared were great!

