



# North Edmonton Family Day Home Agency

## Parent E-News May 2021



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### 2021 Statutory Holidays

Monday May 24 Victoria Day  
Monday Sept 6 Labour Day

Thursday July 1 Canada Day  
Monday Oct 11 Thanksgiving

Monday August 2 Heritage Day  
Thursday Nov 11 Remembrance Day



**Happy Provider  
Appreciation  
Day!**



### COVID-19

Thank you for your continued cooperation in completing the Alberta Health Services Daily Health Screen for you and your child. We are all tired of COVID, and look forward to restrictions being relaxed, but with COVID numbers rising in Edmonton, and in day homes it is important to not let your guard down.

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. Just a reminder taking your child's temperature is an important part of the daily screen. Keep a copy of the Alberta Health Daily Checklists handy so you can complete the screen prior to leaving your home.

<https://open.alberta.ca/dataset/56c020ed-1782-4c6c-bfdd-5af36754471f/resource/1ce7775d-90af-4746-892f-603ae0bebb27/download/covid-19-information-alberta-health-daily-checklist-2021-02.pdf>

- ✓ Complete the Health Screening before leaving home, which includes taking your child's temperature.
- ✓ If anyone is testing, isolating (even with a negative test) or COVID positive in your home your child may not attend the day home until the isolation period is completed.
- ✓ Wear a mask.
- ✓ Maintain two meters or 6 feet from others.

### Provider Appreciation Day

***The Friday before Mother's Day is Provider/Educator Appreciation Day. You can celebrate your Educator by acknowledging your appreciation for the work she does. This past year has highlighted the lengths to which educators are willing to go to keep their doors open to serve you and your child/ren. Ways can celebrate your Educator: Give her a card, Flowers, Have your child draw a picture for her, and Give her a picture of your child. You can also print off, cut out, fold and fill in the card below, have your child color the front of the card and sign it.***

## Consultants Visits

Over the past several months consultants have been following a directive from the Early Childhood Development Branch that stated due to COVID, in-home visits could not occur. Consultants have been doing monthly checks by telephone, and video, using formats like Face Time, Zoom, Skype or What's App. We have received an update to the directive advising us that home visits can occur outdoors at the educator's residence. Consultants must maintain a safe distance of 2 meters from the day home cohort. We will now do video and outdoor visits until we are informed that it is safe to return to in-home visits.



## Initiating the Time Sheet



In order to accurately track the days and hours that a part-time child is in care, we are asking parents/guardians to initial the time sheet daily.

Your initials verify that the hours are accurate each day care is used.

Thank you for your assistance.

Please send outdoor clothing with your child so they are able to play comfortably in all kinds of weather. Spring weather can be very cool in the morning, but warm in the afternoon. Sending waterproof pants, and boots can help children to stay dry and comfortable. Sunscreen, bug spray, sunscreen and hats are a staple in the spring and summer.



## Outside Activity Permission Slip

This month your Educator will be asking you to read an outdoor activity permission slip, and sign for the activities you give your child/ren permission to participate in. There will be several activities listed, but not all activities may be offered, as activities will depend on the age and development of the children in care. Please discuss with your educator the activities she is planning to offer the children in care.

**SIGNATURE  
REQUIRED**

## Back Up Care

Keeping COVID-19 restrictions in mind, 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, or a child has had a direct contact to someone positive, 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.

### **Colleen Wettlaufer**

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## **Monthly Educator Training**



### **February Winter Challenge – Outdoor Play in Winter**

The importance of getting outside in winter and offering children a variety of experiences was this month's training. Educators planned daily outdoor activities that were both age and developmentally appropriate. The educator planned and documented their daily experiences and submitted one photo weekly of a completed activity. When educators submitted the written documentation they were entered into a draw and three names were randomly drawn to receive a 50.00 gift card to Michaels.

*The winners of the Winter Challenge Draw and a 50.00 Michaels gift card were; Memona Gul, Adeeba Bagum, Shayla Carson*



### **March 2021 Nutrition - Cooking Experience**

March was Nutrition month and our focus was on nutrition and supporting children in their eating experience. Educators planned a nutritious cooking experience with safety in mind. Educators shared the recipe and photos of the experience.



### **April 2021 Evaluating Outdoor Materials**

April was a time Educators assessed what materials they have available for outdoor play. They made written plans and identified what materials they would like to add. Many educators are choosing to look at adding or increasing loose part play to their outdoor spaces. *“Loose parts are materials that can be moved, carried, combined, redesigned, lined up, and taken apart and put back together in multiple ways. Loose parts can be used alone or combined with other*

*materials. There is no set of specific directions for materials that are considered loose parts.”*

<https://extension.psu.edu/programs/betterkidcare/early-care/tip-pages/all/loose-parts-what-does-this-mean>

### **May 2021 Emergency Medications**



Our May's training will focus on Emergency Medications. Information is provided in the training on the policies and procedures that pertain to emergency medications in the day home. Educators will review; Gaining information from parents on when and how to use the medication, gaining training on administration of the medication, written permission, storage, having the medication accessible at all times, the procedure to follow after the emergency medication is given, calling 911, parents, and the Agency. Reporting and recording the incident.

### Grow a Salad With Your Child!



Gardening is a great project for children of all ages. "Grow a Salad" Document the growing and learning from planting the seeds, to caring for the plants, then harvest the produce, finally make and eat MANY delicious salads. Document your growing progress. You could use a documentation panel or make a book using a large scrapbook. Take photos, add the children's art work, add graphs, and information about what they have learned, like parts of a plant, add poems, songs and stories, add new vocabulary you have introduced and add quotes from the children.

Gardening is a great way to introduce young children to nature in a meaningful and rewarding way. You can build a small garden or plant in containers. You can plant from seed or purchase already started plants.

Gardening is a great activity for everyone including toddlers, pre-schoolers and school-age children. It can increase a child's interest in nature and develop an interest in caring for our world.

More learning that happens when children garden:

- Reliability and responsibility when a child cares for their plants.
- Patience – plants do take time to grow and need to be cared for.
- The child's Self-confidence increases as the plant they have helped grow develops fruits or flowers.
- Learn the life cycle of a plant, parts of plants, and how each part participates in the growth of the plant.
- Learning cause and effect. For example what happens if you don't water or have enough sun.
- Curiosity in growing food/flowers/gardening. Learn where food comes from.
- Physical activity as they look after their garden; planting, watering, weeding,
- Learning to love nature and take care of our world through that appreciation.
- Teamwork as everyone works together.
- Math; counting days, measuring growth,
- Nutrition.
- Use their senses, Touch, feel the different textures of the plants. Smell, the flowers or the scent of different herbs, Taste a variety of plants, fruits, vegetable and herbs. Hear the sound of the bees buzzing around flowers and the wind rustling through the leaves of the plants. See – colors, growth.



**You can plant tomatoes, cucumbers, peas, carrots, lettuce, peppers, celery, onions, chives, or strawberries, in between your flowers, in a garden space or in pots/containers.**



Dietitian's Healthy Pick of the Month



### Dairy Free, Vegan, Strawberry Fruit Smoothie

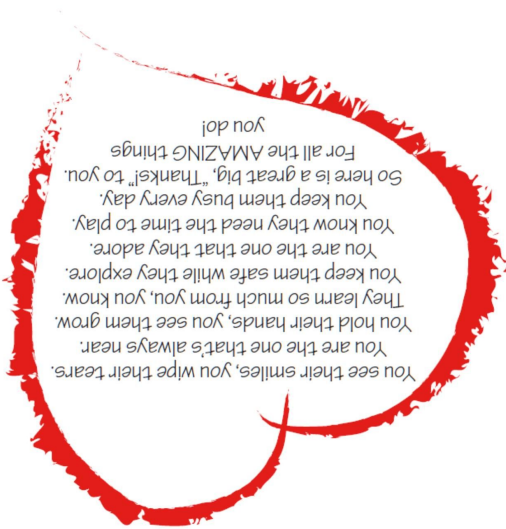
#### Ingredients

- 10 strawberries**, hulled
- 1 small banana**, sliced
- 100 ml of orange juice**, chilled



**STEP 1** - Blitz the strawberries in a [blender](#) with the banana and orange juice until smooth.

**STEP 2** - Pour the smoothie into a tall glass to serve.



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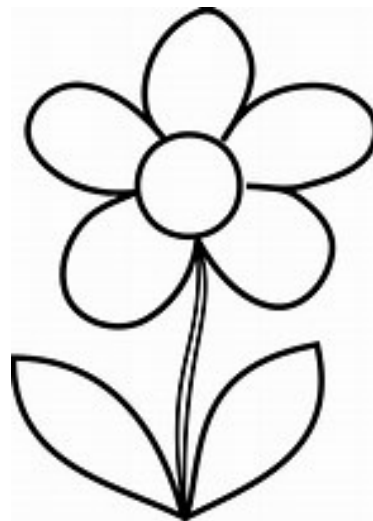
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You are SPECIAL because:

We Appreciate  
You!



Have your child color, then cut out the card, fold it and then write in what is special about your educator.