



# North Edmonton Family Day Home Agency Parent E-News May 2022



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

## 2022 Statutory Holidays

Monday May 23 Victoria Day    Friday July 1 Canada Day    Monday August 1 Heritage Day    Monday Sept 5 Labour Day  
Friday Sept 30 National Day for Truth & Reconciliation  
Monday Oct 10 Thanksgiving    Friday Nov 11 Remembrance Day    Monday Dec 26 in lieu of Christmas Day



### Happy Mother's Day May 8, 2022

Mother's Day is celebrated across the world, in more than 50 countries, though not all countries celebrate it on the same day. Countries that celebrate Mother's Day on the second Sunday of May include Australia, Denmark, Finland, Italy, Switzerland, Turkey and Belgium.



*It's that time of year again where we are looking for you to send appropriate outdoor clothing for your child so they able to play comfortably in our ever changing spring weather, which can be a challenge. Mornings can be cool and then very warm in the afternoon. We can have snow or winter like temperatures due to the wind and need winter hats and mittens as well as waterproof foot wear. Please send the warm weather necessities like bug repellent, sunscreen, sun hats and sunglasses. Your educator will soon be asking you to sign the Spring/Summer Permission Slip for outdoor activities.*

It takes a big  
**heart**  
to help shape  
**little**  
**minds.**

## 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. Once again this past year has highlighted the lengths to which educators go to keep their homes open to serve you and your child/ren. Celebrate your Educator:**

*Make her a card, give her flowers, or have your child draw a picture for her. You can print and fill in the card on the last page, have your child color and sign the card.*



### 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)



### Something to Consider

When your educator is away you may want to consider using an agency back up educator so that your child makes their monthly hours of care. A decrease in hours may affect the amount of your **Affordability Grant**.

# Keep Me Home If...



© 2014 Health Services  
Department of Health Services

**When Your Child is Sick:**

1. Have plans for back up child care.
2. Tell your caregiver what is wrong with your child, even if your child stays home.

## Alberta Health Daily Checklists Are Still In Use

Please take a minute every morning to check for signs of illness. If you or your child is ill or has signs of illness, please do not attend the day home. If your child or anyone in your house has symptoms of COVID (refer to symptoms on daily checklist) do not take your child to the day home. This includes if anyone in your household has tested positive. Please follow the isolation requirements for all household members.

**Please keep in mind that young children in the day home are not vaccinated for COVID and are susceptible to all illnesses.** You can find the agencies illness policy in the Parent Handbook, and you can refer to the guidelines for COVID on the Daily Health Checklist.

If your educator, or anyone in her home is ill, the day home must be closed.

For COVID symptoms follow the guidelines on the checklist or call 811 if you have questions.

- ✓ Complete a Health Screening BEFORE leaving home and be symptom free to attend the day home.
- ✓ Maintain two meters or 6 feet from others.
- ✓ When someone is ill or has any symptoms of illness, that may include a runny nose, cough, influenza (the flu), diarrhea, vomiting or COVID symptoms they need to stay home. Isolation times depend on symptoms (without the use of medication for relief).
- ✓ Please be respectful when speaking to your educator, she is trying to follow guidelines. We know it can be very frustrating when your child is ill. If you need clarification or have a concern you can call your day home consultant or the agency to discuss your concern.
- ✓ <https://open.alberta.ca/dataset/56c020ed-1782-4c6c-bfdd-5af36754471f/resource/58957831-a4ab-45ff-9a8e-3c6af7c1622e/download/covid-19-information-alberta-health-daily-checklist-2021-08.pdf>

Family day home standards manual for Alberta



## The Family Day Home Standards Manual of Alberta

Every month the agency highlights a Family Day Home Standard, from the Family Day Home Standards Manual of Alberta. Educators are required to be familiar and meet the

standards at all times. The standards are the programs guide. Consultants support educators in understanding what is required for a standard to be met. Standards are checked monthly for compliance. If a standard is not met the consultant and educator make a plan to remedy any non-compliance as soon as possible. The consultant does a follow up within an specific time-line to ensure the standard can be consistently met. Educators post their monthly profile that identifies if a non-compliance was identified at a visit. Profiles should be posted in a prominent place for you to review. **Monthly reviews** of a standard identified in the Educator's monthly newsletter is one of the ways the standards are reviewed regularly.

### This month we will be reviewing standard 4C

#### Standard 4C: Outdoor play space.

The program must ensure that children have access to an outdoor play space. (*Outdoor Play* is required as part of a daily program)

If the outdoor play space is a part of the program residence, it must be securely enclosed. If the outdoor play space is not part of the programs residence, it must be within a safe and easy walking distance. The agency can exempt a program, using a CS-approved form, from the requirement to have the outdoor plays space securely enclosed if the outdoor play space that is securely enclosed is not reasonably available and if children will be adequately supervised and protected in the outdoor play space provided. A copy of the exemption form must be stored on the program's record with the agency and parents must be informed at the time of enrolment that the program has an exemption.

<https://open.alberta.ca/dataset/ae5d6de9-3a2b-4fb5-abd1-7ad4582a709d/resource/9ef2e6bf-b6e1-454b-abc2-9ad8765ab5d4/download/cs-family-day-home-standards-manual-for-alberta-2021-02.pdf>

## Educator Trainings

**In February and March** 50 educators participated in a 6-week webinar series, an introductory training called Possibilities For Practice, PFP. The webinar series was an introduction into Alberta's Early Learning and Care Framework. *Flight* is a curriculum framework intended to guide the significant work of early learning and child care educators with young children (ages 0 – before 6 years) and their families in center-based child care and family day home settings. This is a flexible framework for thinking about how children learn and experience their worlds, as well as a guide that fosters strong early childhood communities.

Children's PLAY is central to this curriculum framework as an active, exploratory, creative, expressive process, deeply embedded in children's everyday experiences and through which children participate in, learn about, and actively make sense of the world.

Some of our educators have enrolled and completed the MacEwan University full *Flight* course. We also have many who plan to enroll in the upcoming September to February course. Due to high enrolment requests a lottery for a space in the course is held.

We Congratulate those who have completed the course!

Course information

<https://flightframework.ca/about.php>

### **March**

***In*** March all educators completed an online training that reviewed day home safety basics. "***Alberta Health and Safety Basics for Providers.***" "***How does learning happen***" Webinar, Part One – Educators had an opportunity to participate in this two part webinar series learning about how learning happens for children. The series was well attended.

### **April**

***Part Two "How to Make Children's Learning Visible."***

### **May**

After our introduction to "Flight" and our two part series of webinars that supported the "Flight" webinars, educators have started to explore children's dispositions to learn.

This month, May, we are exploring children's "Caring" dispositions. Educators have been asked to post photos of the children showing their caring dispositions. Look for the display in your day home this month. *Share with your educator how your child shows a caring disposition at home. Maybe they help you cook or set the table, help tidy up their things, put their laundry in a basket, wash their hands or face on their own, share with you, a sibling or friend or if they help care for a pet.*

## **Alberta Health Service - Wellness**

### **Help your child develop empathy**

Empathy is the ability to recognize and understand what someone else might think and feel, and be able to respond in a caring way. Empathy is important because it helps us build close and caring relationships with other people.

One of the best ways you can teach your child empathy is by modeling it. To model empathy:

- Be kind and thoughtful toward others. Hold open doors, say hello, and say please and thank you when dealing with others.

- Be present. Stop what you are doing – looking at your phone, for instance – and focus on your child.

- Go to your child's level. Kneel or sit next to them, shoulder to shoulder, on the couch.



- Look at the expression on your child's face and their body language, to get a sense of what they're feeling.

- Help your child name their feelings.

- Use your own body language to communicate with your child. Try nodding when you're listening or agreeing with your child. Smile when they're talking about a happy event.

- Ask your child what would help them feel better and comfort them.

- Use empathy to guide helping and giving. Before helping someone or getting them a gift, ask your child to think about what they know about the person and what they think the person might need or like.

More tips to encourage empathy in your child:

- Guide your child. Help your child learn to consider what other children are feeling. For example, "Your brother feels sad because you took his toy truck. Please give it back. You can play with this toy when it's your turn."

- Notice kind acts. When your child shows kindness, comment on it. For example, "You gave your sister a toy when she was sad. That was a nice thing to do."

- Show empathy to others. Help your child learn to show care for all people. Be friendly, hold doors open, and ask questions about the well-being of others.

If you & your family are looking for empathy, wellness & mental health support, please reach out. Talk with your family doctor or healthcare professionals in your area. You may also wish to call the free Mental Health Helpline 1-877-303-2642 or visit [www.ahs.ca/helpintoughtimes](http://www.ahs.ca/helpintoughtimes).



Provider Appreciation Card

You may wish to print and cut out the card to give to your educator on Friday May 6, Provider Appreciation Day.

Cut out the card and have your child color the hearts.

Inside the card write a special note to your educator or tell her what you and your child appreciate about them.

You could add a special photo of your child or even have your child draw inside the card.

Have your child sign the card.