



# North Edmonton Family Day Home Agency

## Parent E-News October 2020



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### 2020 Statutory Holidays

Monday October 12 Thanksgiving Day      Wednesday November 11 Remembrance Day  
 Friday December 25 Christmas Day

### COVID-19 Up Date



Thank you to all parents and guardians for taking the time to follow the policies and procedures at drop off and pick up times. The extra minutes it takes to implement the guidelines assists in the health and safety of all who enter the day home.

We ask that you continue to take your child's temperature daily prior to your arrival at the day home.

The Agency and Educators follow the AHS guidelines for family day homes. Please see the attached guidelines.



### The Parent Handbook

When signing up, parents receive a parent handbook but with online registrations the handbook is sent after registration is completed. If you have not received the parent handbook please let us know and we will get one to you.



Health authorities are urging all Canadians to get a flu shot this year to avoid the possibility of a "twindemic," where the health-care system is overwhelmed by COVID- 19 and influenza.

- The vaccine should be available to all Albertans starting Oct. 19, which is when the province will start its annual flu vaccine campaign.

Call your local Public Health Office or your doctor for information on locations and the protocols that will be in place.

### Child's Information Changes

To ensure we have current information on your child please update your Educator and the Agency office immediately when there are changes to a your child's home life, address, contact numbers or health status.

### Colleen Wettlaufer

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### Outside Play

With a chill in the air, it is time to ensure your child/ren have appropriate outdoor clothing, and footwear.

Outdoor play is a daily activity expectation for all family day homes.

COVID-19 transmissions, colds, and flus, increase with more time spent inside.

It is important to note that you do not get sick from going outside, so getting outside everyday is a part of staying healthy.



## The Flavours of Fall - Pumpkin Muffins

1½ cups raisins  
4¾ cups all-purpose flour  
4 cups white sugar  
1½ teaspoons baking powder  
1½ teaspoons baking soda  
1½ teaspoons salt  
1½ teaspoons nutmeg  
1½ teaspoons cinnamon  
1½ teaspoons ground cloves  
6 large eggs  
1 (29 ounce) canned pumpkin  
1 cup unsweetened applesauce  
1 cup walnuts (optional)



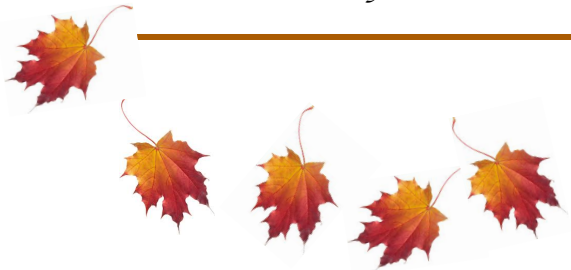
### **Directions**

Preheat oven to 350 degrees - 30-35 minutes  
Line three 12- cup muffin pans with paper muffin liners.  
Soak raisins in hot water for ten minutes to plump, then drain.

In a large bowl, combine all dry ingredients. In a separate bowl mix until smooth the eggs, pumpkin and apple sauce. Add this mixture to the dry ingredients and stir thoroughly to make a smooth batter. Stir the raisins and walnuts into the batter. Spoon the batter into muffin cups. Bake until a toothpick comes out clean.

*"Children do not care how much you know until they know how much you care"*

*Teddy Roosevelt*



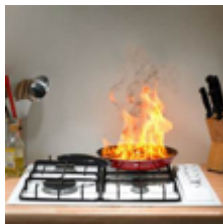
### Did You Know:



If your smoke detector is beeping, the most likely cause is that the batteries need changing. It is important to change the batteries in your detector(s) regularly before they beep to ensure they will work if there is a fire in your home. A good way to remember to change the batteries is to replace batteries in your detectors when you change your clock for day light savings time.

## **Fire Prevention Week October 4 - 10**

This year, Edmonton Fire Rescue Services wants to remind Edmontonians that "a safe kitchen is a prepared kitchen."



The most destructive fires start in the kitchen when food cooking on the stove is left unattended. Cooking fires are the leading cause of home fires and home fire injuries.

Edmonton Fire Rescue reported that cooking fires are often from overheated cooking oil left unattended. Between 2018 and 2019 they attended 153 fires caused by overheated cooking oil.

*Make and practice your home escape plan regularly.*

Always ring the smoke detector so everyone associates the sound with the need to get out.  
Practice exiting your home from a variety of locations within your home. Teach and practice crawling on the floor if the room is filled with smoke.  
Teach and practice Stop, Drop and Roll if clothing were to catch on fire. Keep all exits inside **and outside of your home free of clutter.**

## **STOP, DROP AND ROLL IF YOUR CLOTHES ARE ON FIRE**



If your clothes are on fire: - Stop where you are - Drop to the ground  
- Cover your face with your hands - Roll over and over until the fire is out.

STAY SAFE  
SHEET

# Cooking With Care



Most destructive fires start in the kitchen when cooking is left unattended. A significant number of these fires are the result of overheated cooking oil in deep fat fryers or pans heated directly on kitchen stoves.

## Keep Fire Out Of Your Kitchen

### Never leave cooking food unattended.

- + Avoid cooking when sleepy or drowsy due to medication or alcohol.
- + Use a timer to remind you that you are cooking.
- + Stay in the kitchen while you are frying, boiling, grilling, broiling, simmering, roasting or baking food. If you leave the area, even for a short time, turn off the stove or oven.

### Keep the kitchen clean and clear of combustibles.

- + Keep the hood, filter, fan and duct above the stove clean. Grease buildup is a fire hazard.
- + This includes curtains, dishcloths/ dish towels, oven mitts, wooden utensils, paper towels, pot holders and food packaging.

## Protect Children and Pets

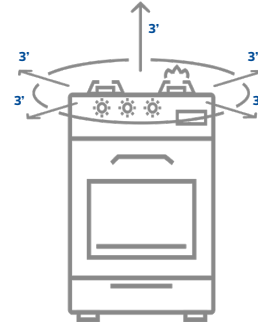
- + Establish a "kid-free" and/or "pet-free" zone of at least 3 feet (1 metre) around the stove and areas where hot food or hot beverages are prepared and/or carried.
- + Keep matches out of reach of children and turn pot handles inwards so they cannot be pulled down.

### Prevent burns and injuries.

- + Wear clothing with short or tight sleeves when cooking. Loose clothing can catch fire if it comes in contact with a gas flame or electric burner.
- + Prevent accidents by turning pot handles towards the back of the stove when cooking.
- + Do not store items (i.e., spices) at the back of the stove. Children and adults may be burned while reaching for things stored above or behind the stove.
- + When cooking food in a microwave, carefully remove lids or other coverings to prevent steam burns.
- + Always keep a lid nearby when you are cooking.

### Maintain appliances.

- + Keep your electrical appliances in good working order.
- + Don't overload outlets.
- + Replace frayed cords immediately as they are a fire hazard.



## PUTTING OUT GREASE FIRES

- + **Step 1:** While wearing an oven mitt, use the pot lid like a shield and slide it over the top of the pot. If you do not have the pot lid, a cookie sheet can be used instead.
- + **Step 2:** Turn off the heat.
- + **Step 3:** Do not pour water onto a grease fire. Do not move the pan and do not remove the lid or cover until the fire is completely out and the contents have had time to cool (at least 15 minutes).



## SMOKE ALARMS SAVE LIVES

TEST YOUR ALARMS MONTHLY



## PLAN AND PRACTICE

YOUR HOME FIRE ESCAPE PLAN.  
ALWAYS KNOW TWO WAYS OUT  
OF EACH ROOM.

EDMONTON FIRE  
RESCUE SERVICE

For more information,  
visit [edmonton.ca/FireRescueServices](http://edmonton.ca/FireRescueServices)

Edmonton