



North Edmonton Family Day Home Agency

Parent E-News October 2023



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2023 Statutory Holidays

Monday October 9 - Thanksgiving,
Monday November 13 (day in lieu for Nov 11/23 Remembrance Day)
 Monday December 25 - Christmas Day,
 Tuesday December 26 Boxing Day (Office only)

* The Office will close at 3:30 on Friday Oct. 13 to prepare for our 40th Anniversary Celebration and Educator Appreciation.
 * The office and day homes are closed Nov. 13, a day in lieu for Remembrance Day.

This Year NEFDHA is celebrating Their 40th Anniversary!



Educators and special guests have been invited to help celebrate our 40th anniversary and Educator Appreciation on Friday, October 13th at the Santa Maria Goretti Centre.

Some of the festivities will include a buffet dinner, looking back over the last 40 Years, recognizing Educators for every 5 years of service if their anniversary falls between July 1 2022 and October 31 2023. We will also recognize Educators who have been working on or have completed post secondary, Early Childhood Education this year.

Diaper Cream

Over the counter and prescription



Over the Counter Diaper Cream
Written Permission is required from parents/guardians for the use of over the counter diaper cream. When anything is put on to your child's skin, written

permission must be given. If your child requires cream to be placed on the diaper area please provide your educator with a permission letter. Include the date, the name of the cream, and details of when, where, how and frequency the cream should be applied. Please sign the letter giving your permission. The cream must be in the original container. The container must have directions for a child on the label. Over the counter diaper cream must be kept up high, and out of reach of children.

Prescription Diaper Cream

A medication form needs to be completed giving written permission to use prescribed diaper cream. If prescribed the cream needs to be locked in the educator's home and sent home with you at the end of the day.

Electronic Time Sheets

Starting in October the agency will be transitioning to electronic time sheets. Electronic time sheets do not require a signature of a parent/guardian. Your educator will use a cell phone or tablet to sign your child in and out of care. The process is quick and easy. The electronic time sheet tracks your child's days in care and accurately calculates their hours of care. The electronic time sheet is secure and educators can only access their own time sheet. The time sheet will track who is picking up your child. Your educator will be prompted from a list of persons you have given your permission to pick up your child. By January we will be exclusively using the electronic time sheet.

Colleen Wettlaufer

NEFDHA's Day Home Specialist

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Have you filled out a Supplementary School/Program Agreement?

Is your child attending a program outside of the day home, or are they attending school? If they are, please complete a Supplementary Agreement, provided by your educator. Each child requires a new form at the beginning of the program or school year. The agreement will give your educator information on your child's program/school, teacher, pick-up and drop-off information or bus information.

Training - In the month of October - Consultants will be reviewing Standard 9, Child Guidance. Standards for family day homes are outlined in the Family Day Home Standards Manual for Alberta.

Family Day Home Standards Manual P. 21

Review - Standard 9: Child guidance

Programs must use a positive approach to Child guidance. The approach is discussed with the child's parents. The child guidance Methods used in the program are consistent with both the parent handbook and agency program plan and are explicitly communicated in a written statement to the:

- parents; and
- children, when developmentally appropriate.

Any child guidance action taken is to be reasonable given the circumstances and must never:

- inflict or cause to be inflicted any form of physical punishment, verbal, physical degradation or emotional deprivation;
- deny or threaten to deny any basic necessity; or
- use or permit the use of any form of physical restraint, confinement or isolation.

You can download the Current Standards Manual:

<https://open.alberta.ca/dataset/ae5d6de9-3a2b-4fb5-abd1-7ad4582a709d/resource/fd7124fe-a3bd-4e08-ac4d-05c1147ec386/download/cs-family-day-home-standards-manual-for-alberta-2022-10.pdf>



Fall - Sept 23 – Dec 21

Like in spring the weather can change drastically from morning drop off to afternoon pick up. Please keep in mind Educators are required to go outside daily in all kinds of weather, so having appropriate clothing is necessary. Children need appropriate footwear, coat/snow suit, snow-pants, hats and WARM mittens. Your child must arrive with the clothing needed to go outside everyday.

Illness/Sickness Policy

As we head into Fall we see an increase in flu, colds and respiratory illnesses that may exclude your child from care.

Sickness can be a challenge to parents and Educators. The Government has established policies that take into consideration the wellbeing of all children in care.

Educators are not able to care for sick children.

In the following situations an Educator will not accept the child:

- Child has a contagious disease. Educators must comply with Capital Health requirements
- If your doctor prescribes medication for your child they must take it for 24 hours before returning to care
- Child has been vomiting. May return to care when after child has not vomited for 24 hrs
- Diarrhea more than once or cannot be contained in the diaper
- Coughing is severe
- Breathing is rapid or difficult
- Skin or eyes are yellow in colour
- Pinkeye has not been treated; the child can return after 24 hours of treatment
- Communicable disease is present
- Fever is present; rapid rise in fever requires a doctor's attention. A child may not attend if they have been given medication to reduce a fever prior to attending the day home. Children may return if the child has been fever free for 24 hours
- Impetigo has not been treated; child can return 24 hours after antibiotic treatment
- Scabies, head lice or other infection occurs; until appropriate treatment has been done
- Strep throat; child can return 24 hours after the use of an antibiotic treatment
- Your child is not able to participate in all planned activities for the day
- Care of the sick child would inhibit the Educator's ability to meet her responsibilities to the other children in the home

Please Note: A medical certificate may be required if there is a question regarding the child's health

Do **NOT** take your sick child to another Educator. It is at the Educator's discretion when a child is too sick to be in care.

IF A CHILD HAS COME INTO CONTACT WITH A CONTAGIOUS DISEASE, BACK-UP CARE MAY NOT BE USED WITHOUT CLEARENCE FROM CAPITAL HEALTH.

The Agency has a responsibility to report all communicable diseases to Capital Health

E. Coli Infection in Children: An Overview

E. coli is the name of a germ, or bacterium, that can live in your child's stomach and intestines. Some types of *E. coli* can cause illness and symptoms such as bloody diarrhea and cramps. Symptoms of *E. coli* infection usually end in about 1 week with no further problems. But some children have severe blood and kidney problems.



People in Canada most often get an *E. coli* infection from eating meat that has been contaminated with *E. coli*. Your child can also get the infection from eating raw fruits and vegetables or dairy products that are contaminated with the bacteria. And your child can get it from others who are infected.

To prevent *E. coli* infection

Never eat raw or undercooked ground beef or pork. Cook ground meat to a temperature of at least 71° C (160° F). Always use a meat thermometer. Ground beef should be cooked until all pink colour is gone.

Cut open restaurant and home-cooked hamburgers to make sure that they have been completely cooked. The juices should be clear or yellowish, with no trace of pink.

When preparing food, wash your hands often with hot, soapy water, especially after handling raw meat.

Always wash cooking tools, cutting boards, dishes, countertops, and utensils with hot, soapy water right after they have come into contact with raw meat. (and then disinfect with a bleach and water solution) Do not put cooked meat back onto a plate that has held raw meat unless you have thoroughly washed the plate.

Use separate cutting boards for raw meat and for other food items. Keep raw meat, poultry, and seafood separate from vegetables, fruits, breads, and other foods that have already been prepared for eating. Use only pasteurized milk, dairy, and juice products. Check product labels for the word "pasteurized." Juice made from concentrate is the same as pasteurized.

Wash raw fruits and vegetables under running water before eating them.

To prevent spreading *E. coli*

- Be sure you & your child wash your hands often, and always washes them after bowel movements. If your home has more than one bathroom, have your child use one bathroom while your child is sick and ask the rest of your family to use the other bathroom.
- Dispose of soiled diapers and stools carefully.
- Keep your child from contact with other children during the infection. Don't let your child go swimming.

<https://myhealth.alberta.ca/health/AfterCareInformation/pages/conditions.aspx?HwId=abk9104>

In addition:

- Keep hot food hot and cold food cold. Do not leave food sitting on the stove or counter. Foods not kept under 4 degrees Celsius or food that is not kept hot, above 60 degrees Celsius can cause food borne illnesses, food poisoning.
- Contaminated food may look and smell ok.
- Never reheat food more than once.
- Never thaw frozen foods on the counter.
- Change your dishcloth frequently.
- Wash your hands frequently, including before and after preparation of food, being outside, after touching an animal, using the washroom, sneezing, coughing, diaper changes, & when dirty.
- Use utensils to cut up food and do not hand feed a child food.
- Anyone who is ill, vomiting or has diarrhea must be excluded from care. If it is a family member or yourself your home needs to be closed.

There is an informative, FREE, Online Course offered by AHS

Alberta Safe Food Safety Basics Interactive Course

<https://www.albertahealthservices.ca/eph/page3151.aspx>

This is an online self-paced course that has 5 interactive sections. The course will take from 1 – 3 hours to complete. At the end of the course, there is a test. You need an 80% to pass. You will receive a certificate after passing that is valid for 3 years.

There is a booklet you can download to read that will support learning from the website.



July

Reading Challenge

Educators were given the opportunity to participate with the children by reading a number of books over the month of July. We had 186 children participate in the agency's Summer Reading Challenge. All participants received a variety of small gifts.



August

Annual Outdoor Summer Challenge

Educators were invited to work their way through a list of 30 outdoor activities

Each day home needed to complete a minimum of 20 activities to have their name entered for a random draw from the submissions the agency received.

Winners were: Amanda Duquette, Jaya Sahni, Belinda Santos, Elham Ismaeil and Imrana Kouser.



August

Professionalism and Ethics in a Family Day Home Setting

This "CORE" workshop presented information for Educators on:

- How to promote their business
- Interviewing
- Communication with parents
- Giving notice to a family

"Core" training for educators is required to be completed by the Alberta Government.

September

Behavior Wayfinding

This workshop introduced the Behaviour Wayfinding Framework: an assessment tool that allows ECE's to develop common language, concepts and strategies to provide positive behaviour support for children of all ages and abilities. The Behaviour Wayfinding Framework provided insights into why children often struggle, but provided concrete straightforward strategies that could be put into practice by ECE's of all skill sets & experience.