

North Edmonton Family Day Home Agency

Educator News December 2020



Volume 37 Issue 12



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2020 Statutory Holidays

Friday December 25 Christmas Day, Friday January 1, New Years Day

The Office will close December 24 at 1PM, All day December 28th, and December 31 at 2 PM

If you plan to take additional days off to extend a long weekend, you need to let families using care know in writing at least 2 weeks prior to your planned absence so they can arrange backup care.

Seasons Greetings ~ Wishing You the Best of the Season

Lisa

Melissa M

Annie

Melissa A

Tammy

Debi

Jessica

Janine

Ala

Mitzi

Legal Documentation and Information

Please contact the office immediately if you are given information or legal paper work in regards to an Emergency Protection Order, Restraining Order, Temporary or Permanent Guardianship.



Electronic Files

When you receive an electronic file from the Agency there is no need to print it off, your consultant will bring you a hard copy.

Reminder

COVID Tracking Forms

- ❖ Visitors - Please ensure you are placing the full name and phone number of all visitors to your home on the Visitor tracking sheet. Day home parents and children **do not** need to be placed on this form. This tracking sheet needs to be kept for one month as per AHS request.
- ❖ Parents Weekly Signature COVID Form - Please send in your Parents signature COVID tracking form with your timesheet.
- ❖ Please check to see that your name is on the top of all forms.

Please notify your consultant or the Agency if any person in your family, or anyone who attends your day home including families in care or visitors who are ill, testing for COVID-19, or notify you they are positive for COVID-19. We also need to track the results of all COVID-19 tests. Please inform us of the results when received. WE strongly recommend that you wear a mask when visitors come to your home and that visitors do too.

Back Up Care

Back up care during COVID is not always available and depends on why a child requires back up. The Agency will decline back up in all circumstances if at anytime back up is required related to COVID-19 in your home or the child's home and the child's contacts when test results have not been received or they are not negative. In some situations this exceeds AHS recommendations but the Agency feels this decreases even further risk of transmission. Please contact your consultant or the Agency to discuss if back up care can be used prior to giving back up care names.

workshops



"December Celebrations" Online
Presenter Laura Armstrong

The month of December is a favourite month for many people, being a time of warmth, love, creativity, giving and family. There is so much to celebrate and this hour long online workshop will cover ideas from day home experience (Advent, traditional Swiss Christmas, and Hanukkah), as well as many non-religious activities for those simple count down to winter break!

Zoom instructions will be sent to you on how to access the workshop. ***If you have registered for this workshop and cannot virtually attend let the Agency know immediately so others can attend.***

Date: Saturday December 5th

Time: 10:30 - 11:30 AM

Please be familiar with how to take a screen shot as many ideas will be shared.

Maximum 40 participants

To register call the Agency 780 478 3376 to reserve your spot.

Re-certification First Aid WORKSHOP DATES:



January 10, 2021

Cost: \$100.00

TIME: 9:00 - 4:30

LOCATION: Agency Office 12704 - 101 street

At this time Space is limited to 6 PARTICIPANTS

Please bring your own bagged lunch & snacks.

Call the office to register 780-478-3376

Workshops

Check out the Sharing Page for information on online workshops.

If you know of online workshops, please share the information on the Sharing page or let us know so we can share the information with other educators.

JANUARY

Story Book Sensory Bins Online Workshop

Presenter Marija Bandjak from Bookish Bins.
A Former Educator with the Agency.

Have you ever wondered how to create a sensory bin and why they are an important experience? Where do you start, what materials should you use, and what about using sensory material during COVID?

This online Zoom workshop will answer your questions and give you ideas on creating your own sensory bins.

Practical ideas for you to use.

Date: Saturday January 16th 2021

Time: 10:00 - 11:00 AM

Maximum 40 participants

To register call the Agency 780 478 3376 to reserve a spot.

Zoom instructions will be sent to you on how to access the workshop. ***If you have registered for this workshop and cannot virtually attend let the Agency know immediately so others have the opportunity to attend.***



Webinar for Parents and
Educators.

Effective Child Guidance Strategies for Positive Behaviour

Facilitators Aparna Mahay & Parminder Delhon of Quality Coaching and Consulting

Date: Saturday February 20th 2021

Time: 10:00 PM - 12:00 PM

Maximum 40 Participants

To register call the Agency at 780 478 3376 to reserve your spot.

Behind every behaviour there is a need to be met. Children act out in order to get their needs met. From this webinar take away practical ideas to set the stage for positive behaviours by assessing your response to children's behaviours, physical environment, routines, programming etc. Learn ways to transform routines and rituals for positive outcomes. Practice communication strategies to acknowledge children's feelings and learn how to be a role model in expressing the feelings in a positive way. Zoom instructions will be sent to you on how to access the workshop.

If you have registered for this workshop and cannot virtually attend let the Agency know immediately so others can attend.



Sidewalk Safety

To prevent falls this winter it is important to keep your walks free of snow and ice.

Regular snow shovelling and using a product to melt the ice to prevent the area from becoming slippery will be needed. Using ice melt can help keep the walks be free of ice but it is important to note that *ice melt can be poisonous* and needs to be kept out of reach of children. Look for ice melt that is pet and child friendly, or use non-toxic products like sand, or kitty litter.



Congratulations!

The following Educators are celebrating Anniversaries with NEFDHA in December.

Thank you for your gift of CARE.



Mihret Gebreamlak	20 Years
Dorothy Tan	17 Years
Sarah Lindgren	13 Years
Rachel Batchelor	11 Years
Seema Prakash	11 Years
Charu Sabharwal	9 Years
Veera Cardoza	6 Years
Riffat Elahi	5 Years
Nasrin Iqbal	5 Years
Uzma Arif	2 Years
Azeb Asmelash	1 Year

Family Day Home Standards

Are you meeting the Standard?



Standard 7: Child Care Program

The family day home provider plans and implements a daily program that:

- ✓ includes both indoor and outdoor activities;
- ✓ is made available to parents and is readily available;
- ✓ is adapted to meet the needs and abilities of children with special needs; and
- ✓ ensures children's developmental needs are met, including **emotional, physical, intellectual and creative/social**.



November - Consultant Visit

- Consultant Checklist for those that were not visited in November or an agency checklist if you did receive a visit in November.
- The Alberta Health Daily Checklist posted outside your door check.
- If you were given training in November please return the completed training in December.

You also need to document children's interests. Identify resources used in planning and evaluate your program.

Should I go Outside in the COVID-19 Era

Louise de Lannoy, PhD. Mariana Brussoni, PhD. Mark Tremblay, PhD.

Outdoor Play Canada November 18, 2020 - <https://www.outdoorplaycanada.ca/should-i-go-outside-in-the-covid-19-era/>



Can I go outside? Is it even safe for me to go outside? As "social distancing", "physical distancing", and "self-isolation" become a permanent fixture of the global public lexicon and we are transfixed to the news trying to understand how to protect ourselves and our loved ones, there has been a great deal of confusion as to whether we can go outside and take our children out to play.

Canadians are being asked to practice physical distancing to decrease the spread of COVID-19 in the community. Physical distancing involves 'taking steps to limit the number of people you come into close contact with'. **Unless you are told to self-isolate**, practicing physical distancing includes going outdoors. In fact, the Ottawa Public Health Unit lists 'spending time outside and in settings where people can maintain a 2 metre distance from each other' as one of the ways to practice physical distancing.

Many people may assume they should stay indoors, when in fact, they should stay apart. This can be readily, and responsibly done in the outdoors, while benefiting from its many health-promoting features.

Transmission is less likely outdoors

Why is it safe and recommended to go outdoors as part of physical distancing practices? Being indoors is actually worse for virus transmission, such as being in closer contact with those who might be sick, and being in dry, indoor environments. In fact, recent evidence suggests that the transmission of COVID-19 is low outdoors compared to indoors.

Outdoor physical activity makes our immune system more robust

When we go outdoors, we are more physically active, reduce our screen time, and sleep better– and all of these things makes our [immune system more robust and increases our defence](#) against COVID-19 and any other challenge to our health. Getting outdoors increases our exposure to sunlight, which boosts vitamin D levels, which can in turn [boost the immune system and reduce risk of infection](#).

While it may be tempting to indulge in movie marathons, stay up late, and become lax with screen time restrictions for ourselves and our children during this pandemic, now more than ever is the time to adhere to [healthy movement guidelines](#) to maintain a healthy immune system and build a strong defence. Getting outside is an essential part of this, especially for children. As we've stated in the [Position Statement on Active Outdoor Play](#), when children are outside they [move more, sit less, and play longer](#), all of which is important to maintain physical and mental health.

Connecting to community and making isolation less isolating

Being outdoors, walking around your neighbourhood, sitting outside to watch the birds migrate, playing with your kids– all of these types of activities are good for your mental health and may help you feel more connected to the environment and less isolated while maintaining physical distancing. Do not engage in such activities in large groups!

Important for Children's Ability to Process What is Happening Right Now

Getting kids outdoors for active play may also help them process the new normal. Outdoor play provides children with a [sense of control and agency](#) over their own actions and is important for social-emotional skill building. Play is therefore especially important [to help children process their own emotional responses to adversity and stress](#), such as with the current pandemic. It provides an important and much healthier entertainment option than screen time, and it will help them sleep better.

How to get active outdoors

- Several cities have limited access to playgrounds – obey these decisions. Go to parks that remain accessible, ideally at off-peak times to avoid crowds. Be prepared to return home if it is too crowded to practice physical distancing. Use other outdoor spaces, such as driveways, backyards, sidewalks, cul-de-sacs, and forests while respecting distances and infection etiquette (e.g., staying 2m apart, coughing into elbows, washing hands when back inside).
- For guidance on physical distancing while using parks and trails see the [statement from the National Recreation & Parks Association](#).
- Ottawa public health put together this [guide](#) on how to get active outdoors during COVID-19.
- There are a number of resources available to help families stay active. We have compiled a list of COVID-19 related resources on our [resources page](#) such as links to *Saskatchewan in Motion's Adventure Calendar* and the Childhood by Nature [free nature-based educational resources](#).
- Consider taking micro breaks outdoors. For parents trying to get a full day's worth of work done while at home, taking small physical activity breaks outdoors with kids may just be the way to do this, while helping their, and your, physical and mental health. Daily physical activity recommendations (for [adults](#) or [children](#)) do not have to be met in a single bout.

Above all: stay safe, stay healthy. Getting active and outdoors, while adhering carefully to

- public health guidance can help cope with, contain, and combat COVID-19.

National and International COVID-19 Resources

The Government of Canada webpage is an excellent resource for the [latest updates on COVID-19 in Canada](#) and has created a number of easy-to-understand [resources on how to stay safe during the outbreak](#).

For international updates the [World Health Organization](#) is a key resource.

For resources on physical distancing and when and how to self-isolate, the [Ottawa Public Health Unit](#) has a number of excellent guidelines.

International Play Association – Canada has also published [a statement](#) on play during the COVID-19 pandemic.