



North Edmonton Family Day Home Agency

Parent E-News May 2020



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2020 Statutory Holidays

Monday May 18 Victoria Day Monday July 1 Canada Day
Monday August 3 Heritage Day

Staying Connected With Educators



The Agency stopped doing in home visits on March 16, 2020, in order to limit the potential risk of COVID-19 transmission to educators, children/families and consultants. The Alberta Government, Children and Family Services also released a memo guiding agencies “Agency staff should limit in-person home visits to matters requiring urgent attention. Regular monitoring visits and all other in-person communication should be replaced with alternate options.” Although we are not making in home visits we are connecting with Educators regularly to support their program, answer questions, and offer increased training on health and hygiene, as well as any changes to policies and procedures due to COVID-19.

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Ways We Are Connecting With Educators

Newsletters - Activity Calendar - Emails - Texts
Telephone contacts - Zoom or Face Time - Facebook,
The Sharing Page - Agency Website

May 8th Provider Appreciation Day

It takes a big
heart
to help shape
little
minds.

All year long your Educator gives to your child and family from their heart. **Friday, May 8th** is a day you can give back. **Provider Appreciation Day** is the national day of recognition for child care educators.

This day, was selected to be celebrated annually, on the Friday before Mother’s Day. It is a day to give a special “thank you” to your educator for their dedication to this profession.

Parents with children in child care are encouraged to take this day to **show their child care educator how much they are appreciated.** It takes a very special person to work in this field and their contribution to the quality of family life. Do not let this day go by without a special thank you to your educator, an important person to your child. It does not have to be anything elaborate. A nice thank you card or a letter of appreciation from you and your child would mean the world to them.

Please notify the agency immediately if there is a change to your current contract that will affect your child care fee or subsidy. Only a Parents/Guardians can make changes to their account.



North Edmonton Family Day Home Agency is committed to serving the needs of our families in care. During these unprecedented times we understand the many challenges families may be facing. A challenge for all of us is the need to maintain social/physical distancing in order to limit the spread of the COVID-19 virus.

The Agency has put into practice social/physical distancing in order to mutually provide safety to staff and families. We are temporarily not accepting any in person contact including, walk-ins, in person sign-ups and payments. We do have a mail slot that can be accessed 24 hours a day. Please place your child’s name on the envelope prior to dropping it off.

If you wish to make automatic payments you can print off an automatic payment form from our website, www.nefdha.com. The form can be found at the bottom of the home page. Please be aware that automatic withdrawal information is sent to the bank on the 25th of the month. The agency needs to be informed *prior* to the 25th if any changes are necessary.

Ways to connect with us.

Telephone 780 478 3376 – please leave a detailed message. We will respond as soon possible.
Fax 780 478 3423
Email nefdha@hotmail.com

COVID-19 INFORMATION AND SUPPORT

The Need For Zero Tolerance

To help Educators and families stay well, the Agency in compliance with AHS guidelines, has implemented a **zero tolerance** policy for all persons, child/adult, to enter the day home if they are ill. Symptoms of illness or not feeling well may include a sore throat, excessive drooling, body aches, runny nose, fever, cough, vomiting, or a combination of symptoms that could indicate a person may be sick. This strict policy is to help decrease transmission of any illness.

If a person in the Educator's home, her own family member, a day home child, or a visitor is ill, they are legally required to self isolate under a public health order. This may impact all persons in the day home. The Alberta Government has guidelines outlined on what is required. www.alberta.ca

Here is a guide for what is required.

<https://www.alberta.ca/self-isolation.aspx>

The agency needs to be notified of the nature of any illness associated with the day home.

Wash your hands to reduce the spread of COVID-19 virus, and other bacteria/viruses.



<https://www.canada.ca/en/publichealth/services/publications/diseases-conditions/reduce-spread-covid-19-wash-your-hands.html>

Step 1: Wet hand with warm water.

Step 2: Apply soap.

Step 3: Wash hands, rubbing together, for at least 20 seconds (including your palms, back of each hand, between fingers, thumbs and under nails.)

Step 4: Rinse well.

Step 5: Dry hands well with a paper towel or single use towel.

Step 6: Turns off taps using the towel.



The Child Care Accreditation Funding Program

<https://www.alberta.ca/accrreditation-funding-for-child-care-programs.aspx?fbclid=IwAR1hoUmdSboQhn4-rZycrUyLdzjXYjAYRCw2r7-aRsil0lpZpBHd0jAFil8>

On April 1 of this year the Child Care Accreditation Funding Program was "discontinued and replaced with professional development and one set of wage top-up rates. The funding will be administered under the new Alberta Child Care Grant Funding Program."

With Accreditation being dissolved the Agency continues to uphold the same standards, and follow the Alberta Curriculum, as our guide to meet high standards of care in our family day homes.

We are waiting to see what additional changes the Alberta Government will make to the Family Day Home standards Manual.

Albertans are being asked to practice social/physical distancing to help protect themselves, and limit the spread of COVID-19.

To protect yourself and others:

- Keep at least 6 feet or 2 meters (about the length of a hockey stick) from others when going out for groceries, medical trips and other essential needs.
- Limit the number of times you leave your home for errands.
- Try to shop at less busy times.
- Order online to have groceries or other items delivered if possible.
- Go for a walk in your neighborhood or park while maintaining distance from others.
- Avoid overcrowding in elevators or other enclosed spaces.
- Follow Alberta's mandatory restrictions on mass gatherings. (15 people)
- Wash or sanitize your hands after touching communal surfaces.

Colleen Wettlaufer

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YOUR VOICE
matters!

Thank you to everyone who took the time to complete the Parent Survey. Your input helps guide Educator trainings and workshops.

If you have not had an opportunity to complete the survey, we would encourage you to do so. You can drop it off in our mail slot, mail it, or return it to your educator, in the envelope provided.

In March, Educators were given the opportunity to complete an evaluation where they could give feedback to their consultant. This was a great way for Educators to voice how they feel about the support and training they have received and what supports and training they would like to see in the future.

EPL FROM HOME
Learn. Listen. Read.
Research. Watch.



The Edmonton Public Library

<https://www.epl.ca/epl-from-home/>

Bring the Library to you! While our branches are temporarily closed, our online resources are always available. Whether you want to learn a new language, read an eBook or eAudiobook, stream an award-winning movie or enjoy a story time with your little one, there's a world of

possibilities instantly available at your fingertips.

New Alberta Health Services Program



If you are feeling stress, anxiety, and/or depression during the COVID-19 pandemic crisis, here are some resources you can access for FREE.

This new Alberta Health Services program provides three months of daily Cognitive Behavioural Therapy (CBT)-based text messages written by mental health therapists.

Text **COVID19HOPE TO 393939 to subscribe** - text messages are free but depending on your plan, will depend on if you will need to pay for texts.

Websites for support:

Coping and Connection for Children & Families during COVID-19 (AHS)

<https://www.albertahealthservices.ca/assets/info/amh/if-amh-mhpi-disaster-pandemic-coping-for-children-families.pdf>

Help in Tough Times

<https://www.albertahealthservices.ca/amh/Page16759.aspx>

Banana Bran Muffins

A healthy breakfast or on-the-go snack

Ingredients

- 1/2 cup butter, softened
- 2/3 cup granulated sugar
- 2 large eggs
- 3 large bananas, ripe, mashed
- 1/2 cup buttermilk
- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 2/3 cups all bran or 4 cups bran flakes or raisin bran
- 1/2 cup chopped pecans, optional



Instructions

- Prepare a standard muffin tin with liners or spray lightly with non-stick cooking spray.
- In a large bowl beat the butter and sugar together well.
- Add the eggs, bananas and buttermilk and mix to combine.
- In a separate bowl, stir together the flour, baking soda and salt; add to banana mixture along with bran cereal and stir just until moistened.
- Divide the batter evenly between the muffin cups.
- Bake at 350° for 16-22 minutes or until a toothpick comes out clean.
- Cool for 5 minutes before removing from pans to wire racks.

Easy to freeze and tastes great when you pull one from the freezer and microwave for 20 seconds.



