



North Edmonton Family Day Home Agency

Parent E-News August 2024



AUGUST

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

2024 Statutory Holidays

Monday August 5 Heritage Day Monday Sept 2 Labour Day
 Monday Sept 30 National Day for Truth & Reconciliation Monday Oct 14 Thanksgiving
 Monday Nov 11 Remembrance Day Wednesday Dec 25 Christmas Day Thursday Dec 26 Boxing Day

Contract and Information Changes

Please notify the Agency if there are any changes to your child's current contract. The contract must have accurate information including days of care and/or hours. A new contract may have to be written. Changes can affect funding and fees.

If at any time there are changes to your personal information or your child's; address, phone number(s), work information, custody arrangements, health status, please up date the up dated information to the agency as they occur.

When Your Child is Terminating Care

When you are terminating care with your Educator please call the office to make them aware of your terminating date and inform your Educator. Parents/Guardians are required to give their Educator a minimum of 10 working days notice of the termination date. Your Educator will have you fill out the Termination of Child Form that she will send it to the Agency. If you have any questions please call the office for assistance. Line 101.

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
 2nd Floor, 7000 – 113 Street Edmonton AB T6H 5T6

Tel 780-422-4065

Fax 780-427-1622

Colleen.Wettlaufer@gov.ab.ca



Back to School

Supplementary School Age Child Agreement



If you have a child who will be going to school or entering a preschool program outside of the day home, you will be asked to fill out the **Supplementary School Age Child Agreement**. The

Supplementary Agreement asks where your child will be attending school or any preschool program outside of the educators home. The document asks how a child will be going to school and about being picked up after school or about the preschool program they are attending. Please complete the form and return it as soon as possible. The document is kept on your child's file both at the day home and your child's file at the Agency.

Transportation Consent Form

Every new school year we up date the Child's Transportation Consent Form, if a child will be driving with the Educator, in her private vehicle. Not all Educators drive children, so if your Educator does not drive there will be no need to complete the form. If you are looking for a day home Educator who drives children to school let the office know, we may have an Educator who drives to the school your child will be attending. Copies of the Transportation Consent Form are kept on your child's file.

Edmonton Public Schools - First day of classes will be Thursday, August 29. Kindergarten entry varies.

Edmonton Catholic Schools - First day of classes will be Tuesday September 3, 2024. Kindergarten entry varies.

Preschool programs first day varies depending on the program.

Tips to Keep Your House From Getting Hot

Lisa Milbrand - May 08, 2024



The old saying "an ounce of prevention is worth a pound of cure" definitely applies when it

comes to keeping your house cool. These strategies can help you keep your house cool without air conditioning. Sunlight in your home is a major source of heat—so close up your blinds and drapes. More than three-quarters of the sunlight that hits a standard window enters the home as heat, and covering your window can help you reduce that. A set of medium-coloured drapes with a plastic backing reduces heat coming in by 33%, and insulated cellular shades can reduce unwanted solar heat by up to 60%.

In addition to closing your drapes and blinds (or instead of doing that) you can add a clear temperature control film to your windows. These allow sun to flow into your home (yay, natural light!) but reflect a lot of the heat away from your home. They also work in the winter by providing an extra layer of insulation. A hot stove will (obviously) heat up your home, too. Make meals and snacks that don't need heating to avoid adding additional heat to your kitchen. Dishwashers, washers, and dryers may be the biggest culprits, but even your phone chargers and small appliances can generate some heat in your home. Awnings and shade trees can help block the sun from entering your windows—and keep your rooms feeling cooler. Window awnings can reduce the amount of solar heat in your house by up to 65%. Minimize the amount of space that needs to be kept cool by closing off any rooms that aren't currently being used.

You may think about weather stripping more in the winter, when caulking and sealing around your doors and windows helps prevent uncomfortable drafts. But a few hours with a caulk gun could help keep hot air from making its way in during the summer.

Incandescent bulbs give off light, but they also give off a ton of heat energy, so keeping them on for hours at a time could be setting you back. Use LED or CFL bulbs produce far less heat *and* last a whole lot longer.

Even with the best prevention strategies, your house will likely get hot when the temperatures really rise and the sun is beating down.

Keep your windows closed during the day, when the air is hottest, but when the temperature outside is lower than the air inside, you can open your windows to create a cooling breeze indoors.

A fan placed to blow cooler air into the house will help you chill out faster, and opening windows on opposite sides of the house can create cross breezes that help cool it down faster, too.

Running the exhaust fans in your bathroom and

Continued

kitchen can help you exhaust out any heat from the shower or kitchen appliances. You can also use them in conjunction with open windows at night to help remove hot air and draw cooler air into your home.

Ceiling fans are great at helping reduce the temperature. A ceiling fan can help a room feel 10 degrees cooler. Just make sure your fan is set with the blades running counter-clockwise for cooling. (You'll want to set them running clockwise in the winter to help circulate warm air.)

High humidity can make your home or room feel extra hot and stuffy, use a moisture dehumidifier.



The Educator's Newsletter Reviews a Standard from the Family Day Home Standards Manual for Alberta.

This month's review is standard 1A and 1B

Standard 1A: Liability

All programs must be covered by general liability insurance.

Standard 1B: Transportation

Where the educator transports children, automobile liability insurance coverage must be obtained at a minimum of \$2 million per occurrence.

Note: An Educator may not drive to pick up a child up from the child's home and an Educator may not drive a child home.

Anytime a child is transported in an Educator's vehicle they are required to have written permission for each occurrence, unless the Educator is driving to and from school or to another regularly occurring program. An Educator may obtain written permission from the parent/guardian for the school year or duration of the program. If changes occur the driving permission form will need to be up dated and signed by the parent/guardian prior to driving with the children.

NEW Field Trip Permission Form



NEW FIELD TRIP PERMISSION FORMS will be given to your Educator this month. The new form will have the Educator fill out the form electronically detailing their supervision plan and other details for the field trip.

The old form just didn't provide enough space for an educator to write in their plans. Another change will be that parents/guardians will all sign one form, no need to do one form for each child. Educators do need to continue sending in permission forms at the end of every month.

Pedestrian Safety For Children

Provincial Injury Prevention Safety, Alberta Health Services

Your child needs to know how to be safe when they go places on foot. This is called pedestrian safety. It's important to teach a child to be safe when they walk to prevent them from getting seriously injured, having a bad scare, or being killed.

Children get hurt walking more often in September and October than in May and June.

How you teach your child about pedestrian safety depends on their development. Try to explain pedestrian safety in ways your child will understand.

Start teaching your child about pedestrian safety as soon as they can walk with you. Keep teaching them as they grow.

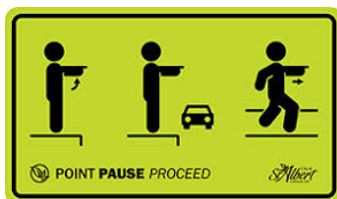
Role model

Walk with your children often. Show them that you follow pedestrian safety rules. Walk with your child on the sidewalk as far away from the road as possible, facing traffic.

Signs and signals

Teach your child what traffic safety signals and signs mean and how to obey them.

Crossing the road can be especially dangerous for children. Have your child cross only at Crosswalks or corners.



Teach your child to do the following before crossing the road: **Point, Pause, and Proceed.**

Point across the road with your arm to tell drivers that you are ready to cross.

Pause until all vehicles stop and you have made eye contact with the drivers.

Proceed with your arm stretched out pointing the direction you are crossing and keep looking both ways as you cross. Remind your child to pay attention. It is not safe to listen to music, text, or talk to friends well crossing the road.

Busy areas

Most children are hit by a vehicle in city areas with heavy traffic, lots of parked cars, and few play spaces.

Never let your child play on the road or around or between parked cars. Make sure they know not to play in these places.

Walking alone

Before you are sure they can cross the road safely.

Have them show you how they walk across safely.

Have your child wear light coloured clothing so they are easy to see.

Drivers

If you are driving, always follow the posted speed limits.

Pay special attention in playground and school zones and anywhere children might play. Be ready to stop at anytime.

Educators must maintain strict supervision when outside of the enclosed backyard. Walking in the community or playing adjacent to a road, or playing on a driveway has its dangers. Children need to be within arms reach of the Educator. Children must not cross the street alone, run ahead, or walk so slow to be a ways behind the group.



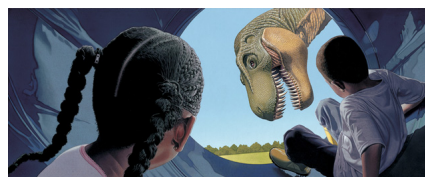
In July consultants took out the book "CHALK" by Bill Thomson. This beautiful wordless picture book had the children using their imaginations to tell the story. Educators were encouraged to participate in a follow up activity where the children drew chalk pictures and then asked to send in a photo of the drawings to have their day home entered into a draw for a chance to win one

of eight prizes; the book "Chalk", chalk and a gift card.

If you are looking to add a fantastic book to your home library this would be a GREAT addition.

A rainy day. Three kids in a park. A dinosaur spring rider. A bag of chalk. The kids begin to draw...and then...magic!

The children draw the sun, butterflies, and a dinosaur that amazingly come to life. Children will never feel the same about the playground after they experience this astounding wordless picture book and the power of the imagination.



On May 29 NEFDHA welcomed Lana LaBoucane a Cree Métis Woman who presented an Indigenous Sharing Circle for all our office staff. Each staff member received a smudge kit. It was a truly insightful and an inspirational presentation. We have invited Lana to come back in the fall and present small group sessions for our Educators.



June was Indigenous Awareness Month. Staff from NEFDHA participated in an indigenous beading workshop put on by the Alberta Family Child Care Association it was a nice opportunity to network with other agencies and learn more about the Indigenous Culture

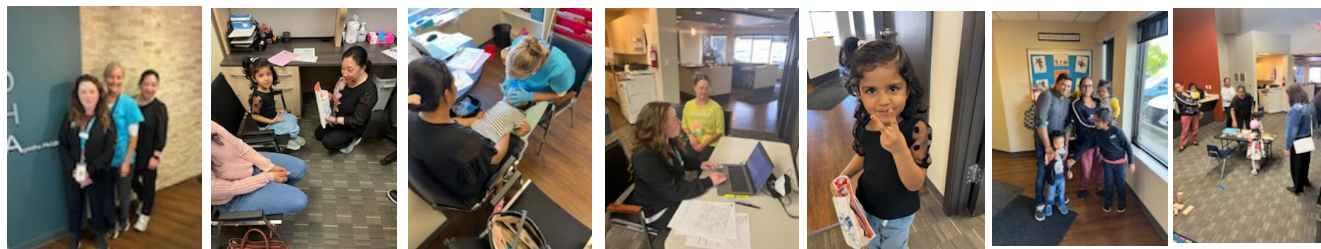


June was NEFDHA's Educator Appreciation Luncheon. Educators came together for a delicious lunch and to hear presentations from speakers on a wellness theme. We also had the opportunity to celebrate our Educators that were celebrating special anniversaries with the agency, 5, 10, 15, 20 years. Staff created a special power point presentation highlighting each educator and the significant work they do each day in their day home.



Dental Clinic June 19

NEFDHA had 26 children register to attend our Alberta Health Services dental clinic for children aged 1-4 years. Big thank you to our Dental Hygienist Tammy Rebecca and Shirley



Popsicles In The Park was held in three locations in July, and three will be held in August. It is so nice to have the opportunity to connect and play together! Here is a peak at some of the fun we had in July.



Green Bean and Potato Salad - Refreshing

PREP TIME15 min
COOK TIME20 min
YIELD10 servings

Ingredients

- 2 pounds red potatoes (about 6 medium), cubed
- 1 pound fresh green beans, trimmed and halved
- 1 small red onion, halved and thinly sliced
- 1/4 cup chopped fresh mint, optional
- **Dressing:**
- 1/2 cup canola oil
- 1/4 cup white vinegar
- 2 tablespoons lemon juice
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper



Directions

1. Place potatoes in a 6-qt. stockpot; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, 10-15 minutes or until tender, adding green beans during the last 4 minutes of cooking. Drain.
2. Transfer potatoes and green beans to a large bowl; add onion and, if desired, mint. In a small bowl, whisk dressing ingredients until blended. Pour over potato mixture; toss gently to coat. Refrigerate, covered, at least 2 hours before serving