



North Edmonton Family Day Home Agency

Parent E-News February 2022



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2022 Statutory Holidays

Monday February 21 Family Day	Friday April 15 Good Friday	Monday May 23 Victoria Day
Friday July 1 Canada Day	Monday August 1 Heritage Day	Monday Sept 5 Labour Day
Friday Sept 30 National Day for Truth & Reconciliation	Monday Oct 10 Thanksgiving	
Friday Nov 11 Remembrance Day	Monday Dec 26 in lieu of Christmas Day	



Educators have received your tax letters from the Agency, and will pass the tax letter on to you.

Please send indoor shoes or slippers for your child to wear at the day home. Like in all childcare spaces indoor shoes are strongly recommended to protect your child's feet in case of an emergency evacuation is needed.

Children's Information

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

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Back Up Care

Due to the highly transmissible COVID-19 virus, back up care may not be available. The Agency declines back up care requests in all circumstances if back up is required as a result of **COVID Symptoms in the day home or your home**. A person with COVID symptoms is presumed positive as testing is currently not available. COVID symptoms requires isolation protocols to be followed. Please follow the daily health checklist guidelines and/or call 811.

We follow the directions on the current daily health checklist

NEW Alberta Health Daily Checklist January 2022



Alberta Health Services has updated the Daily Health Checklists. Your educator should have emailed or provided you a copy of the new checks. Please take a few minutes every morning to review the checklist. If you or your child or anyone in your house is ill or have symptoms of illness do not take your child to the day home. Follow the guidelines on the checklist or call 811 if you have questions. As with the other daily checklist you must be able to answer NO to all questions before your child can be accepted into care.

- ✓ Complete the Health Screening before leaving home,
- ✓ All Adults should wear a mask.
- ✓ Your educator is required to wear a mask during the care day
- ✓ Maintain two meters or 6 feet from others.
- ✓ When someone is ill or has symptoms as listed on the checklist stay home.
- ✓ <https://open.alberta.ca/dataset/56c020ed-1782-4c6c-bfdd-5af36754471f/resource/58957831-a4ab-45ff-9a8e-3c6af7c1622e/download/covid-19-information-alberta-health-daily-checklist-2021-08.pdf>

Educator Trainings

January - Educators completed training on Child Abuse and Neglect/Family Violence. This is a core training that the Alberta Government identified all educators must complete.

March - Educators will complete an AHS online training Alberta Health and Safety for Child Care. Educators will receive a certificate of completion after passing an online quiz. The training is completed every three years.

April - Educators will be provided resources on Child Development and will have an activity to submit that will have them using the resources given. This is a core training that the Alberta Government identified all educators must complete.

Up Coming Webinars for Educators

January 22 – Webinar - Spirituality of the Child. Presented by Inspired Minds

February 2 and 3rd – Two separate groups will begin a 6 consecutive week training called “Flight” Presented by ARQUE - “Inspired by early childhood educators Flight, is Alberta’s Early Learning and Care Framework.

Educator Challenge In December we observed the most amazing provocations set up in our educator’s homes. Educators have been asked to continue creating wonderful interest based provocations where children discover more about the materials and their properties.

This month consultants will take Educators PPE products, masks, cleaning solution and hand sanitizer. These products will assist with COVID cleaning, hygiene and safety. Products were provided by the Alberta Government for the Agency to distribute.



Family Day

Family Day Activities

February 11 – 21 Silver Skate Festival
William Hawrelak Park, check out the website to see if events are going to be running.
<https://silverskate.ca>

Free - Nature walks – There are many walking trails in and around the river valley and just outside of the city.

<https://www.todocanada.ca/25-places-to-enjoy-winter-walking-and-hiking-in-and-around-edmonton/#:~:text=25%20Places%20to%20Enjoy%20Winter%20Walking%20and%20Hiking,Ravine.%204.%20Mill%20Creek%20Ravine.%205.%20Enjoy%20>

The Valley Zoo – call to check times and bookings.

Free - Winter picnic – you can use the many fire pits in some of the city’s parks to build a fire and have lunch.

Try a new family activity, skating, sledding, snowshoeing, bake together, have a games night or a movie night. Find something your family will enjoy doing together.

Start your family’s day with a Valentine’s Day Fruit Smoothie

Have you ever noticed that a **strawberry** is heart-shaped? It’s true! And when you slice one vertically, you can see the heart even more clearly. Also, they’re red! What a perfect way to start Valentine’s Day... a serving of fruit, dairy, **Omega-3 fatty acids**, and of course, a little love!

• Ingredients

- 1 cup plain non-fat yogurt
- 1/2 cup chopped banana
- 1/2 cup fresh blueberries
- 1 cup frozen strawberries
- 1 teaspoon vanilla extract
- 1 tablespoon flaxseed meal
- 1 tablespoon honey
- 2 fresh strawberries

Directions: Put everything into your blender and puree until smooth.

Core the fresh strawberries, slice them vertically fan them out and place on top of the Smoothie.



Daily Outdoor Winter Play

Winter is a great time for children to get outdoors. Outdoor play helps burn up energy, sleep better and have overall better health. During the winter months when our homes are closed up we see more illness due to our close proximity sharing germs, so getting outside for fresh air decreases our chances of getting ill.

In the Family Day Homes Standards Manual for Alberta, which Educators are required meet, **Standard 7 Child Care Programming** states, the family day home program plans and implements *daily programming* that includes both indoor and outdoor activities.



More benefits of outside winter play

- enhances problem-solving skills
- time spent in nature also stimulates the imagination,
- enhances creative thinking
- enhances physical health (core development and balance)
- enhances relationships with others
- good for mental health
- lays the foundation for healthy habits early in life.

Dressing for winter weather.

Getting outside in winter does take a bit a pre-planning to protect children from the elements.

Lay on light layer

The Canadian Pediatric Society suggests dressing children in one more layer of clothing than an adult would wear in the same conditions.

Layering also allows children to remove a jacket or sweater, instead of having to choose between being overheated or freezing. Also, your child's head, face, ears, hands, and feet are most prone to cold exposure and frostbite.

Waterproof winter boots, waterproof gloves, a neck warmer (no scarves); and a hat all are key to keeping everyone toasty and warm on cold days.

More tips

• **Choose mittens over gloves.**

Trying to put gloves on a child's hand isn't easy, trying to put each finger in the right space is hard. Choose waterproof mittens. Mittens are easier to slip on and are warmer because they keep fingers close together. Waterproof mittens repel water and will keep children's hands dry and warmer.



• **Choose a warm hat**

A huge percentage of body heat is lost through the head, so a hat is very important piece of winter clothing. Make sure the hat is not too big or too small, a proper fitting hat will keep your child's head warmer. Choose a tie on hat if your child pulls their hat off.

• **Choose Snow Pants or a one piece Snowsuit**

Snow pants or a one piece snowsuit help keep your child's lower body keep warm and will help prevent a child from getting wet.

• **Choose a neck warmer over a scarf**

Children should wear a neck warmer rather than a scarf which can be a strangulation hazard.

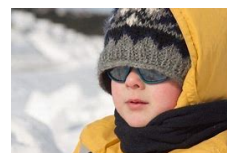


• **Choose proper fitting water-proof winter boots**

Purchase waterproof winter boots. Make sure the boots fit properly as boots that are too large or too small will not keep a child's feet warm. Choose warm socks but not tight fitting socks.

• **Sunglasses**

Sunglasses are important while playing outside where it is often bright white. Children's eyes are sensitive and there is a risk of snow blindness.





Reuse Centre items are FREE in 2022!

For the first time since March 2020, the Reuse Centre reopened January 12, 2022. This year they are celebrating their 15th anniversary. The Reuse Centre was created to help Edmontonians divert items from the landfill. You can donate or pick up materials for use. This is a great place to find loose parts for your day home.

"To thank Edmontonians for their support during its (the Reuse Centre's) closure, and to celebrate its 15th anniversary, the Reuse Centre will offer reused items for free in 2022," the city said in a statement.

Protecting Our Environment.

Educating children about the importance of recycling, and composting is a start to building a life-long commitment to protect and preserve our environment. Recycling and composting has never been as important as it is today.

When garbage leaves our homes children often know it is collected by the garbage truck, but children do not understand that it doesn't just disappear. They are unaware that everything the garbage truck takes away ends up in the landfill. It is our responsibility as Parents and Educators to teach children about eco-friendly practices and encourage their participation. We can teach children why we need to recycle and compost, how they can help and what can be composted and recycled (reuse, reduce, repurpose, recycle). Even young children can be active participants and learn to produce less waste.

Ways to teach your child the basics about how to reduce, reuse, repurpose and recycle.

- Read books about recycling.
- Talk with your child about what can be recycled and why it is important to the environment.

Create a Recycling Centre in your play area.

- Together with your child prepare containers/bins/boxes for the recycling materials.
- Learn the recycling symbols, and make signs with words and pictures for your recycling bins. Include signs for paper, plastic, cans, and glass. Place the signs on the containers/bins. Have a large assortment of recyclables for children to practice sorting.
- Invite your child to help sort the recyclables into the bins. As they do, talk about what is and is not recyclable and what happens to recyclables when taken by the recycling truck.
- Use recyclable material for building (paper tubes, containers and boxes)
- Reuse/Repurpose containers for storing materials, like crayons, beads, pom poms, or for pretend play.
- Use recyclable material in art projects.
- Reuse old purses, shirts, hats, gloves, dishes, utensils, pots and pans by adding them to your child's play.
- Have your child actively share their ideas on how a recyclable can be reused in your home or by others.
- If any material, or toys have more life in them and you don't want them, discuss with your child who they think might be able to use them and where you can take them. Consider donating some things to the Reuse Centre. (A list of items they will accept for donation is on their website.)
- Visit a recycling centre in your community, or the Reuse Centre.

Composting - In our city we are asked to separate food scraps and yard waste to be used in compost. Talk about composting and have your child participate in composting. Have your food scraps bin accessible for your child to use. Teach them to scrap their plate into the food scrap container and not into the garbage, assist where needed. Talk with your child about other ways to care for the environment by reducing what we use. (turn off the water when it is not being used, reuse what we can, recycling, and composting whenever possible. Composting and recycling practices are life skills that are important for all children to learn at an early age which helps make it a life-long practice,

Resources: Composting - [edmonton.ca/programs_services/garbage_waste/edmonton-composting-facility](https://www.edmonton.ca/programs_services/garbage_waste/edmonton-composting-facility)
Recycling - https://www.edmonton.ca/programs_services/garbage_waste/recycling-what-can-i-recycle

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