



# May Newsletter 2012

## What Parents are Saying...

### About Valerie Scheiber...

"I wanted to formally thank Calgary Family Day homes for introducing me to Val and thank Val for everything she has done over and above the call of duty to give my children everything I can not while at work. Val will forever remain in our lives and be remembered in our hearts. Thank you for everything you didn't have to be and everything you are. This world needs more people like Val in it." N.H.

### May In-Service

#### Outdoor Play with Kathleen Carlson

Make it easy, make it FUN!

Why do we want to be outside? How to be prepared to go outside? What should we do when we get outside? You are your own best resource. We will brainstorm, and we will research IDEAS, IDEAS, and IDEAS together.

#### Activity Planning In-service with Penny Deeter penny@developingharmony.ca

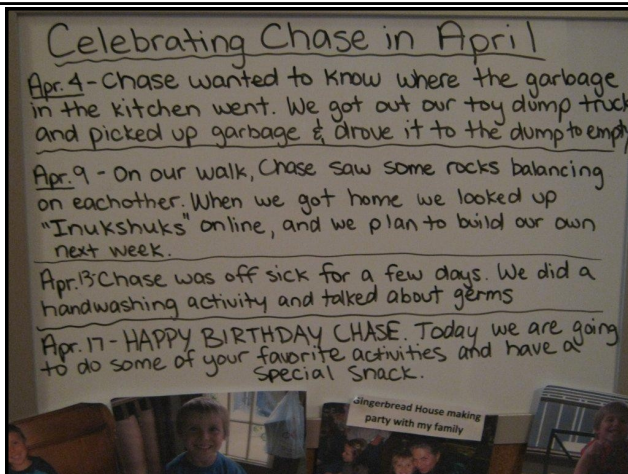
We had some great review on child-based activity planning with Penny. The providers set a goal of preparing a children's interest wall as showcased in the photo on the right from provider Jackie Bain's day home. Jackie has a little white board set up for each of the children in care. Thanks Jackie for sharing!

Congratulations to the following door prize winners - Kathy Danyluk, Donna Gaehring, Rachael O'Neill, Meeta Patel and Aberer Ziendien.

## DATES TO REMEMBER:

- **May 14** - Scholastic Orders Due. Check their website at [www.scholastics.ca](http://www.scholastics.ca) and email your orders to: [laura@calgaryfamilydayhomes.com](mailto:laura@calgaryfamilydayhomes.com)
- **May 18** - Invoice Due
- **May 28** - In-service, 7pm—Outdoor Play
- **May 31** — After the last child in care leaves and before the 1st of June, send in the government support funding form and the pink sheets.

**Please note: The Agency now offers on site supervised child care at our In-services with a \$2 charge per child. Children must be no older than 6 years of age, as we do not have suitable space required to accommodate the needs of the older children.**



## Healthy Snacks

Are you tired of serving cheese and crackers? Finding healthy, fun and new snack options can be difficult. We often get stuck in a rut and serve the same snacks over and over again. Quite often for convenience sake, snacks are packaged and ready to serve, which generally contain a lot of refined sugar and not enough nutrients.

### Smart Snacking Tips

- Make snacks look like fun—see photos at left.
- Make up fun names for snacks— “ants on a log”, “meat cigars” veggie smiley faces, etc.
- Make your own healthier version of the pre-packaged meat, cheese and crackers. Cut cheddar cheese into a long strips. Roll cheese strips in a nitrate-free sandwich meat. Use a pretzel stick to hold the meat and cheese roll together.
- **Fruit, veggies and dip.** “Most kids love to dip their food, so take advantage of it!” says Mairlyn Smith, a Toronto, Ont., home economist and co-author of *The Ultimate Healthy Eating Plan* (Whitecap). Mix a bit of cinnamon into French vanilla yogurt and dip fruit into it. Another dip idea: mix low-fat plain yogurt with a bit of regular ranch dressing for lots of flavor without a lot of fat.
- Let your kids play with their food for a change. They'll love decorating juicy red apples with pretzels for antennae, raisins for spots and eyes and peanut butter for wings, then snacking on them once they work up an appetite:



### Apple Ladybugs

#### Ingredients:

- 2 red apples
- 1/4 cup raisins
- 1 tablespoon peanut butter or WOW butter for nut alternative
- 8 thin pretzel sticks

### Cooking Instructions

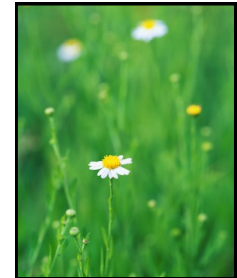
1. Slice apples in half from top to bottom, and scoop out the cores using a knife or melon baller. If you have an apple corer, core them first, then slice. Place each apple half flat side down on a small plate.
2. Dab peanut butter on to the back of the 'lady bug', then stick raisins onto the dabs for spots. Use this method to make eyes too. Stick one end of each pretzel stick into a raisin, then press the other end into the apples to make antennae. Have fun eating!

**From the Desk of...Gail: Agency Director**

We did it!!!! We achieved our re-accreditation status! Congratulations to everyone for all of their hard work. We are very proud of the quality of the childcare being provided from all of you.

There is one more in-service before we take a break for the summer. Please make arrangements to attend Kathleen’s presentation on outside play. This should be especially pertinent with summer just around the corner.

Speaking of summer we will be holding our community picnics again. Ask your consultant for details.



**From the Desk of...Louise: Parent Accounts Manager**

It’s getting close to that time of year-SUMMER TIME-and if you have school age children in your home, you need to raise their fees if they are coming during the summer full time. Please get the change of fees to me no later than June 15<sup>th</sup> and let me know if there isn’t any care for the summer or if fees remain the same.

Also parents/providers-I go through all the pink sheets and have noticed that we are not getting signatures. This is a legal document and something the government requires at file review. I will be calling if I don’t receive signatures.

Have a wonderful May and Happy Mother’s Day!

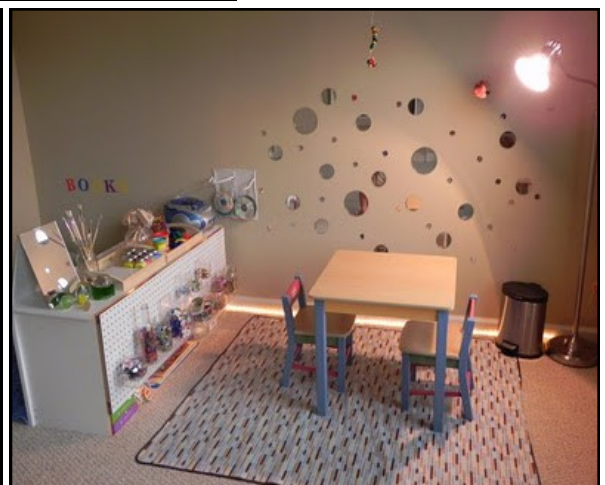


**From the Desk of... Jennifer: Senior Consultant**

Don’t you just love the playroom photo on the right? This photo comes courtesy of Play At Home Mom.

Here’s her Reggio inspired philosophy behind the play room décor:

“The whole philosophy behind the environment is to make the space inspiring - a place where a child will enter and WANT to explore. Its also about having all materials (typically from the natural environment or recycled items) readily accessible to the child. The walls and furniture are usually neutral (hence my tan walls) to encourage the focus on the beauty of the creations and materials in the room. Most of these materials are used in all kinds of child-guided imaginative play. There are no "rules" (as long as nothing is getting ruined) and messes are embraced as learning experiences. That being said, my son does appreciate the order. Believe it or not, we have many days where we don't even go into this room - but when we do, oh the places we go!! ENJOY!” A.K Find more playroom photos and inspiration on her Facebook page: Play At Home Mom.



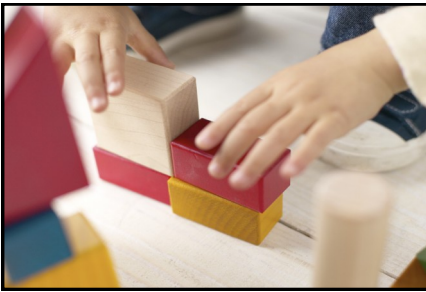
Mirrors on the walls. Peg board on the shelving unit for easy accessible storage. Water proof blanket under the table for easy clean-up.

## In The Rural... Programs for Providers and Parents

### Is your First Aid coming up for renewal?!!!!!!

If any provider needs to renew their First Aid Certificate please contact Melanie Montford (High River) @403-601-1140 or Jessica Brown (Langdon @ 403-936-5265). They require seven people to have a group renewal in a private home.

Next In-Service will be in High River... Information to follow.....



## Rural Stay and Play at the Parent Link

High River: 9 am—12 pm on Mondays

Nanton: 9:30—11:30 on Mondays

Okotoks: 9:00—11:30 on Wednesdays

Airdrie: 9:00—11:00 Monday—Thursday

Cochrane: 9:30—12:00 Most week days Indoor Playground

Strathmore: Tuesdays: 10-11:30, Wednesdays and Thursdays: 1:30-3

Chestermere: 10-12 Mondays

## In The City...

### Programs for Providers and Parents



YWCA Parent Link Corridor

Children's Drop in Play Group  
(Children under 8 years old)

Every Friday, May 4 – August 24  
9:30 - 10:30

YWCA of Calgary  
Room 226, 320 – 5 Avenue S.E.  
Call 403.262.0497 for information

If the sun is shining



we'll play outside in the playground.



Calgary Public Library

Public Libraries have so much to offer day homes!  
From baby story times to school age children's  
programs.

Go to their website at [www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com)  
and click on programs. Sign up for something fun!

## Websites to Visit

**www.child.alberta.ca** This site accesses programs and services in Alberta's government monitored child care industry. Find the Family Day Home Standards Booklet on the website.

**www.preschoolpalace.com** This website is very user friendly with activity ideas sectioned off under art, math, music and movement, recipes and science. There is also a link to blogs with lots more fun and creative activity and material ideas.

**www.everythingmom.com** Mommy club, Everything Mom, Groups, Forums, Resources, Blogs, Reviews, Events, Articles and more.

**www.mentoringboys.com** This Canadian site focuses on boys and their unique needs. Check out their monthly newsletter for some great information.

**www.familyfuncalgary.com** This Calgary website links you to current family events offered in the city.

**www.parentsmatter.ca** Support and tools for parents.



## Health Canada - Recent Recalls and Safety Advisories

[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

Calgary & Region Family Day Home Agency Inc.

Look to this space for recent recalls and safety advisories.

Health Canada is advising Canadians that Vita Health Products is conducting a voluntary recall of five lots of Compliments Extra Strength Acetaminophen Gelcaps 500mg (bottles of 120 gelcaps).

The products are being recalled because its packaging suggests the product is child resistant but the product has been packaged with a non child resistant cap. As such, there is no child safety mechanism, which presents a risk to children who are able to open the bottle and ingest the product. The risk of ingestion by children less than 12 years of age can result in acetaminophen overdose and serious health consequences including liver damage. Early signs of overdose include nausea, vomiting lethargy and sweating.

For more information regarding this or any recalled item, contact the Health Canada Product Safety Office at 1-866-662-0666.

Our Office

3224 - 28 Street S.W.

Calgary, Alberta T3E 2J6

Phone: 403.217.5394 / Fax: 403.240.2668

**24hr Emergency Line: 403.852.3894**

[dayhomes@calgaryfamilydayhomes.com](mailto:dayhomes@calgaryfamilydayhomes.com)

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We're on the web...

[www.calgaryfamilydayhomes.com](http://www.calgaryfamilydayhomes.com)

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