

Children's Choice Community Child Care Services

Provider Newsletter
December 2018



Important Dates:

Dec 24 - January 1 - Agency closed
Reopen on January 2, 2019

Provider Spotlight

Mishel Cabaldo



My name is Mishel Cabaldo, Graduate of Bachelor in Elementary Education. I have been in this profession for over ten years and have been with Children's Choice for five years.

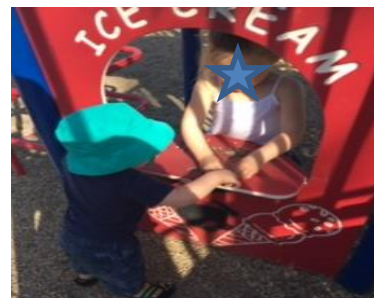


Working with children has always been my passion. What I loved in this profession was seeing every child grow, learn and discover their skills and abilities is one of the most exciting part, as I also learned something new from them and vice versa.

As a childcare provider I encouraged everyone in our Dayhome to treat each other with respect, kindness and compassion.



Let us always be an inspiration to each and everyone. Laugh, dance, sing, learn, live in peace, and be happy!



AGENCY REMINDERS

The office will be **closed** from December 24 and reopening January 2, 2019. If you require emergency assistance, please contact our emergency contact number at 587-586-6148.

All non-emergency inquiries can leave a voicemail at our office and we will return your call when we return to the office.

403-273-6360

Happy Holidays!



Agency Reminders

Please ensure you submit all timesheets with the correct information that is easily read in a clear scanned attachment in an email. Failure to provide completed time sheets prior to the 2nd day of the new month will result in a delay of pay.

*****PLEASE LET THE AGENCY KNOW IF YOU DO NOT HAVE CHILDREN IN CARE OR A DROP IN CHILD IS ATTENDING YOUR DAY HOME*****

Please ensure you are letting the agency know of any vacation time you wish to take off BEFORE telling the families you are taking the time off. This allows us to all be on the same page and start looking for possible alternate care before the parents call.

Please ensure you are requesting parents bring the appropriate warm clothing during the upcoming cold months! Coats/Jackets, gloves/mitts, snow pants, toques/warm hats, warm winter boots.

Children have the right to access time outside during all seasons and should be dressed accordingly. Agency policy is to take children outside until the temperature of -16C.

Activities to do if it is colder than -16C



Bring the snow inside and the children can play with it in a water table! They can build snowmen/forts or even paint on it! If there is no snow outside you could always use ice cubes and paint those too!

Fill a container, or a balloon, with water and put some toys in it then FREEZE IT! Let the children figure out how to get the toys out of the ice, either by chipping away (safely), or figuring out how to melt it with their hands or warm water.



Fast Fact:

Parents/Caregivers and children have different jobs when it comes to food and eating. Allowing your child to do their part will help prevent feeding difficulties.

- **Your role as a caregiver is to decide what, when and where to offer food.**
- **Your child's role is to decide whether or not to eat and how much to eat.**

An easy way to help Children with their 'job' around meal time

Serve the food “Family Style” - Allow children to make their own selections with spoons (or forks) from bowls in the middle of the table and place the food they want on their plate. This helps them learn to try new foods, learn to take a little bit of everything, and to eat a little then take a little more if they are still hungry. Children also learn to be self-sufficient and listen to their body cues better when served family style.

This also helps children develop their fine motor by transferring food from the spoon to their plate and not make a mess on the table, but if they do it teaches responsibility to clean up after themselves.

PLUS it gives you a chance to sit with the children and enjoy the meal as well.





Flavoured water A great alternative to pop and juice



Simply add your favourite fruit, cucumber, citrus, or mint to water and let sit. You can let children add their favourite fruit and 'smash' the fruit with a wooden spoon to make it fun.

All the flavour and no added sugar!

Water should be available to children at all snack and meal times - especially when it is warm out or the children are active.

Easy Flavoured water Recpie:

Fill a pitcher with cold water, add 6 cucumber slices, a teaspoon of chopped mint, two tablespoons of squeezed orange and 7 cut strawberries. Let Sit 20 minutes or longer. Drink and enjoy!

Feeding frenzies & picky eating

Below are some suggestions on how to cope with common feeding issues. Talk to a registered dietitian or your doctor about picky eating concerns.

Common Issue	What to Do About it
Meal Refusal	<ul style="list-style-type: none"> • Try to make mealtimes pleasant and positive. Don't force your child to eat. • Your child's appetite will change day to day. Respect that children know when they are hungry and when they are full. • Occasional skipped meals are normal and are not a concern as long as your child is growing normally. • If your child refuses a meal but asks for a snack 20 minutes later, decline their requests and tell them when the next snack time is planned. This includes requests for all beverages except water.
Won't Try New Foods	<ul style="list-style-type: none"> • Offer small amounts of a new food. • Try offering a new food at the start of a meal when your child is most hungry. • Understand that it may take 10 to 15 tries at different times before your child accepts a new food. • Encourage your child to try one bite of a new food. • Offer new foods when your child is with other children who eat that food. • Get your child involved in preparing the new food or offer it in a fun shape or theme.
"Food Jag" <i>(wants to eat one or two kinds of food for a few days or longer)</i>	<ul style="list-style-type: none"> • It is normal for your child to have strong likes and dislikes. Be patient, as favourite foods will change from day to day. • Serve foods your child likes but also include a variety of other nutritious foods. • Avoid catering and serving only what your child requests, your child needs to learn to eat the same foods the rest of the family is eating.
Won't Eat Vegetables	<ul style="list-style-type: none"> • Offer a plate with a colourful variety of vegetables so your child can choose what they like. • Serve vegetables raw or lightly cooked rather than over cooked and soggy. • Try adding pureed vegetables such as carrots, zucchini, beets, squash, and red peppers to sauces, soups and baked goods. • Try offering vegetables at both snack and meal times. • Have your child pick a new vegetable to try at the grocery store and have them help prepare it. • Try growing something in your garden.



Common Issue	What to Do About it
Won't Eat Meat	<ul style="list-style-type: none"> • Offer other protein rich foods such as eggs, fish, cheese, peanut butter, soy foods such as tofu, and cooked legumes such as beans and lentils. • Serve soft meats such as ground meat or poultry or dice meat into small bites for easy chewing. • Make meat more appealing by blending them into soups, stews, and tomato sauce. • Offer other iron rich foods such as breakfast cereals, dark green leafy vegetables such as spinach, eggs, soy food such as tofu, legumes such as beans and lentils, and dried fruit.
Won't Drink Milk	<ul style="list-style-type: none"> • Offer milk in small 125 mL (½ cup) servings at several meals and snacks. • Offer your child a "smoothie" made with milk, yogurt, and fruit for breakfast or as a snack. • Make homemade popsicles with milk, yogurt and fruit. • Use milk instead of water to cook soups, or in hot cereal. • Make homemade pudding with milk and add extra dry powdered milk. • Yogurt and cheese provide calcium, but not vitamin D. • If your child does not drink at least 500 mL (2 cups) of milk each day speak to your doctor or registered dietitian to see if your child needs a supplement.
Drinks Too Much Milk	<ul style="list-style-type: none"> • Offer milk at the end of a meal rather than the beginning so your child has an appetite to eat solid food. • Serve no more than 500 – 750 mL (2 – 3 cups) of milk per day since milk can be filling and decrease your child's appetite for eating other foods.
Drinks Too Much Juice	<ul style="list-style-type: none"> • Offer juice at the end of a meal rather than the beginning so your child has an appetite to eat solid food. • Serve no more than 125 mL (½ cup) of full strength juice per day.
Meals Take a Very Long Time to Eat	<ul style="list-style-type: none"> • Slow down. When family meals are rushed, your child does not have enough time to explore and try new foods. • Be sure to allow 20 to 30 minutes for meals. If after that time your child has not eaten anything, remove your child's plate without making a fuss or commenting. • Sit down to eat with your child and remove distractions such as the TV and radio.

Information & Charts taken from:

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-eating-active-living-for-your-1-to-4-year-old.pdf>

