

Children's Choice Community Child Care Services

Parent Newsletter
April 2019



Important Dates:

April 19 - Good Friday
Closed

May 20 - Victoria Day
Closed

Provider Spotlight Leah Antonio

Hello everyone!

My name is Leah Antonio, I have been a day home provider for four years now. Before that I was a daycare childcare staff and worked in baby to pre-school rooms for four years. I came to Canada as a live-in nanny and worked with a family for three years, working with a new born and two-year-old girl. The family loved to help me so I asked them to sponsor my younger sister to takeover my service to them and they did. My sister worked for another three years to them. Right now, she currently working in a daycare and I keep on telling her to have her own day home too now.

Philippines is my origin country. Being an educator, I graduated with a BS science in secondary education. It was hard to find a job in your field back home. I explored to work abroad for three and half years in Hong Kong and Macau as my stepping stone to come to Canada.

After seven years here in Calgary, I finally found my soulmate and my enemy, we got married in the Philippines and when he came here after a year, I got pregnant right away. After my maternity leave, I personally decided to be one of the day home provider because of our son. For so many years of looking after other children, I want to be the one who will take care of our own son and see how he grows and discipline him of course.

It is so challenging to be both a caregiver and at the same time a mother to my son and other children under my care. I encourage the children to be more responsible and be helpful to friends especially younger to them. Once a week we always attend playgroup (magic carpet ride) for two hours facilitated by Can Learn Society. Every day we have a short walk even during the winter time. During Summer, we always go out and go any playground nearby or even going to Forest Lawn library and field. Sometimes we visit friends' house for a picnic and playgroup as well.

Every day is always a challenge. Children learn new things and I learn new with them. Life is boring without them.



Agency Notes

~ Tax Receipt Reminder ~

Just to remind everyone tax receipts are not automatically mailed out to parents. We want to ensure you receive them and we offer emailed receipts. Please call 403-273-6360 and ask for Miriam. Once you have Miriam on the line let her know how you would like to receive your tax receipt either by mail or by E-mail.

Effective April 1, 2019.

Parents who wish to terminate their contract with their provider or the agency will require one month written notice to the provider and the agency.

Providers are also required to give one month written notice to you, the parent.

As this is a large change, we have asked providers to create new contracts with you. If your provider has not yet completed their contract, please remind them or call the agency.

~Thank you

Are You Set Up for a Summer of Success Yet?

While it's important to allow your children to have fun during the summer, there are a few tips and tricks for parents to encourage their children to engage their minds and combat the "summer slide".

Plant a Garden - A garden is a great way for students to grow their favorite flowers, fruits or vegetables. Gardening teaches your child about the environment and how plants are an essential form of life. If available, parents should see if there are any community gardens. These spots are great places to meet others and learn the importance of a shared community.

Menu Planning – Parents should encourage their children to plan out a meal for the whole family and participate in the step-by-step process. Write out the recipe, help gather or shop for ingredients, and prepare a summer-themed entrée. Preparing the meal will teach important lessons in time management and improve a child's measuring skills. Additionally, meal planning reinforces the importance of following directions.

Learn a new skill or activity - First, children should create a list of activities that they've always wanted to try. Activities can include but aren't limited to: reading an enjoyment novel, starting a lemonade stand, or going to the zoo to learn facts about their favorite animal. Activities like these are great for parents to share an experience that is not only fun but develops valuable skills children will use for the rest of their lives.

Ensure your child has a mentor - The summer is a great time to meet new people and learn from their experience. Having someone around as a positive influence for your student to look up to is so important to their learning abilities, but also to enhance their personal skills. This mentor can be a family member, a friend, or even a tutor. If this mentor can spend a few hours a week and discuss a school subject, or even just be around to spend time with, it can decrease the detriment the summer slide has on their learning abilities.

Build a Bird Feeder - Children should research different types of birds and what food they enjoy. After deciding what birds to target, a child should work with their parents to build a simple bird feeder and buy the food to go inside. This will be a fun and easy way to get children engaged in learning about nature and building something different that will be of use in their yard.

Explore - Parents should encourage their children to research any local or nearby museums, zoos, botanical gardens, or any destination in your community where they can see and learn about new things. Not only is this a fun way to enjoy one's surroundings, but taking time to explore will actually promote learning and knowledge about things they might not have known about before.

Frank Milner is the President of [Tutor Doctor](#), a Canadian-based, worldwide, in-home tutoring company catering to children and adults of nearly all ages. Milner is a published author with over a decade of experience in the tutoring industry, he has played an integral role in observing and implementing effective teaching methods and understands the importance of education and keeping students engaged and active in the summer months.

Article taken from:

<https://www.togetherfamilies.com/learning-through-play/2018/6/26/are-you-set-up-for-a-summer-of-success-yet>

Other articles can be seen at www.togetherfamilies.com



Ralph Klein Park



“Ralph Klein Regional Park is the only regional park in the far southeast of Calgary. It is surrounded by constructed storm water wetlands and is host to water’s edge trails, an urban orchard, and award-winning programs at its Environmental Education Centre.”

“The natural playground design focuses on the watershed theme, telling the story of how water moves from the mountains down to the wetlands. The playground features a climbing wall, hiding areas, a zip line, loose parts and a sand play area. Each feature demonstrates the connectivity of humans, wildlife and natural habitats.”

Park etiquette

- Ralph Klein Park is a wetland. Bringing bug spray and sun protection is highly recommended.
- Ralph Klein Park is a natural environment - no dogs are permitted on site (except assistance dogs).
- Speed limit is 30 km on the park access road.
- The Centre is on well water and beverage services are not available. Please bring a reusable water bottle.
- The site has a zero waste target and Styrofoam or disposable containers are discouraged.
- Pack out what you pack in - help us reach our zero waste goals.

Park is located: [12350 84 St. S.E.](#)

Getting kids outside, especially in unfavourable weather, can be a real struggle. Outdoor play is essential to children's growth and development.

Here are some tips to make going outside fun and worthwhile. Get Outside!



Work it into your routine. Make going outside for at least 20-30 minutes part of your daily life. There is no substitute for the gross motor play your child can experience outside. It will also encourage your child to be more active and physically fit as they grow older.

Have an adventure. Go for a walk and find different things in your neighborhood. Walk to a park you usually don't visit or even write up your own scavenger hunt for things to find on your walk. The items you collect can turn into a great art activity.

Become a farmer or gardener. Planting seeds, caring for them and watching them grow is a fun way to spend some time outside and is a great learning activity. Children are able to learn about being responsible and feel proud for what they have accomplished.

Bring the indoors outside. Take indoor activities like arts & crafts or toys like blocks, dolls, cars and trucks outside. These toys gain renewed interest as they interact with nature, creating new possibilities for fun. Just be sure to do a thorough clean up afterwards to make sure nothing gets left behind.

Don't be afraid to get wet or messy. Bring buckets of water outside, make muddy pies, find puddles to jump and dig worms out of the dirt. Getting dirty is fun for kids. Give them special messy clothes that they can roll around in let them jump through a sprinkler to clean off before heading back inside.

Thanks to Candy Anderberg from Jolly Giant Childcare Ltd. in BC for sharing her ideas with Together Families.com Candy has been a Registered Early Childhood Educator for 14 years.

Taken from: <https://www.togetherfamilies.com/learning-through-play/2017/4/19/lets-take-this-outside-how-to-spend-more-time-outdoors>

Parent Education Sessions

Let's Talk About: Typical Speech and Language Development (2 to 5 years)

April 11, 2019 9:45 am -11:30 am
Crowfoot Public Library Program Room 2
8665 Nose Hill Drive NW, Calgary

**Register: <http://community.hmhc.ca/>



Typical speech and language development for two to five-year olds will be presented, as well as when and how to seek help. There are many misunderstandings of what 'typical' speech and language development looks like in preschool-aged children. We will set the record straight and discuss when to refer, and how the 'wait and see' approach often may not be appropriate

Summer Slide What is it and what can you do to prevent it?



Wednesday, May 29, 2019 10:45am -12:30pm

Alberta Children's Hospital Kinsmen Learning Centre 2888 Shaganappi Tr NW

**Register: <http://community.hmhc.ca/>

Throughout the summer, many children lose as much as 2 months of reading skills. Known as summer slide, this learning loss can leave children, especially those furthest from opportunity, up to 3 years behind their peers by the end of grade 5. In this session, learn how to keep children engaged over the summer to ensure they don't lose any ground in their learning and experience the joy of reading.

Anxiety in Early Childhood

April 15, 2019 6:15 pm -8:30 pm

Family Connections Parent Link Huntington Hills

520 78 Ave NW Top Floor

**Register: <http://community.hmhc.ca/>



How come my child is suddenly refusing to go to school, sleep alone or is afraid to be away from me? Could this be anxiety? This workshop will give insight into how anxiety works in children, how do we recognize it and what can we do? This presentation will cover children pre-school through to school-age.