

Children's Choice Community Child Care Services

Parent Newsletter
May 2019



Important Dates:

May 20 - Victoria Day - Closed

July 1 - Canada Day - Closed

Provider Spotlight

Angela Batista

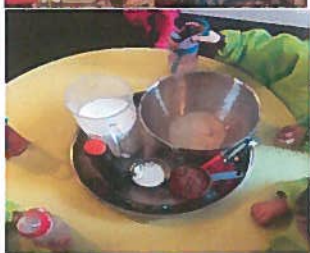
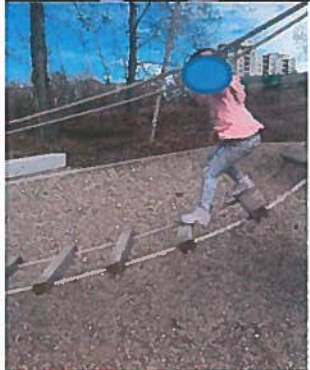
My name is Angela Batista.

I have been running my day home for 3 years now.

One of the most wonderful things about shaping little minds is the innovation, creativity, and excitement they bring to the everyday. I love exploring science and seasons and seeing the wonder and learning take place.

It has been such a great honour and blessing to watch my own child grow alongside her peers and the special bonds they form. Every day is an adventure and the kids are always up for the challenge.

I left my career in social work to do what I believe to be one of the most important jobs in the world. Care for our littlest humans while their favourite people are at work!



Agency Notes

If your provider is going on vacation and you require care, please call the agency and we will do our best to try and find another provider with space for your children. It is easiest for us to help if we have at least a week notice but no more than 3 weeks to ensure we know which providers have space.

We look forward to supporting you and ensuring you have care within our agency to the best of our abilities.

Medication can be taken to the day home. Please ensure the medication is intended for children, or a note with instructions from a doctor is given to your provider.

Policy is to check the label and ensure it has dosage information for your child's age. A provider must follow the instructions on the package, or on a doctor's note, and not verbal instructions given by a parent to ensure safety for the children.


Board of Directors for Children's Choice

As I am sure you have seen in our monthly emails to check in with parents, we are looking for new board members.

We are reaching out to your, our awesome parents and families, to see if anyone has a bit of spare time to give toward representing our amazing day home providers and the hard work they do daily.

Individuals wishing to join our board should email childrenschoice@nucleus.com or board@childcarecalgary.com alternatively, you can call 403-273-6360 and ask to speak with Bridget, the director.

What is the board responsible for?



The board oversees the management of the society. The Board formulates policy; arbitrates disputes; establishes program fees, staff salary grid, the annual budget and ensures the Society will continue to meet its mission.

The Board is divided into two basic committees:
Fundraising/Maintenance and
Personnel/Programs/Policy.

**The board meets
on a monthly
basis to review
all the programs.
Dinner and child
care is provided.**

CAR SEAT SAFETY

Our providers who drive children have all taken a car seat safety course, many of the providers enjoyed this and wanted to share with you. The course is **FREE**, takes approximately 20 minutes, and you can find it at <http://albertaseatbelts.ca/TrainingModules/>

The law in Alberta states:

- Children under the age of 13 years old should be seated in the back seat.
- A child under six years whose weight does not exceed 40 lb. must be properly secured in a child safety seat.
- All child passengers must be secured in an approved and properly used child safety seat, which is used and installed according to your vehicle and car seat manufacturer's instructions.
- It is the driver's legal responsibility to ensure that each passenger under the age of 16 years is properly secured in the vehicle. Drivers are subject to a fine for each child not properly secured.
- Child safety seats used in Canada must have a label on them stating that the seat meets Canadian Motor Vehicle Safety Standard 213

Types of Car Seats

- Rear Facing -

Range: Birth to 16 kg (Birth to 35 lb.)



Never install a rear facing car seat in the front seat of a vehicle.

Rear facing, faces the back of the vehicle.

Chest clip is at the child's armpit.

Harness should be at or below the child's shoulder and snug when done up.

- Forward Facing -

9 to 18 kg (20 lb. to 40 lb.)



A forward-facing seat comes after a child has reached 20 lbs.

Faces the front windshield of the vehicle.

Should not be installed in the front seat.

- Combination -

9 to over 18 kg (20 lb. to over 40 lb. plus)



A combination seat has a five-point harness to use until the child weighs more than 40 lbs. but transforms into a high-backed booster seat or booster seat.

Follow the manufacturer's guide on use and removal of the five-point harness when required.

- Booster Seat -

Over 18 kg (40 lb. plus)



The government suggests using a booster until the child turns 9 years old OR they reach 80lbs

Boosters can be a seat or a high back as well

Booster seats are used to ensure the seatbelt crosses at the right height over the shoulder and the lap belt hits the hips

I'm Bored

INSIDE

Build a fort
 Watch a movie
 Read a book
 Play a board game
 Make your own board game
 Bake something
 Draw
 Paint
 Write a story
 Make up a dance
 Play balloon volleyball
 Write a letter to a friend
 Learn origami
 Make friendship bracelets
 Learn some magic tricks
 Research your family tree
 Make playdough
 Play marbles
 Make some puppets and put on a show
 Do a puzzle
 Make paper mache
 Do a collage
 Make a mini town with lego/blocks
 Create your own comic strip
 Make up a play

OUTSIDE

Build a cubby
 Play tiggy
 Go for a bike ride
 Fly a kite
 Play basketball
 Make an obstacle course
 Play hide n seek
 Have a water fight
 Play Frisbee
 Skip rope
 Go on a nature hunt
 Play with bubbles
 Collect bugs
 Have a picnic
 Play hopscotch
 Play Football
 Make mudpies
 Make a sandcastle
 Hide something and make a treasure map
 Jump on the trampoline
 Have an egg and spoon race
 Play elastics
 Chalk drawing on pavement
 Make a magic potion
 Go to the park

Hearing the phrase "I'm Bored" can be every parent's worst nightmare.

Here is a quick 'Boredom Buster' poster for activities inside and out that do not require electronics.

Suggestions that can keep your children busy and practicing their learning skills while having fun.

Additionally, there are some incredible resources in many neighbourhoods around Calgary.

One local favourite is the libraries around Calgary. They have some incredible programming they offer to families with library cards.

(Library cards can be obtained free at any Calgary library)

Programming includes courses such as:

Beach Ball Babies

Bees buzzing, flowers blooming, sand squishing through toes. Celebrate the hot days of summer with stories, rhymes, and songs.

Audience: Adults & Kids - Ages 6 to 23 months with a parent/caregiver

A-B-C: You and Me

Read, sing, talk, and play together in this interactive circle time.

Audience: Adults & Kids - Ages 2 to 3 with a parent/caregiver

Blackfoot Storytime

Learn about the Blackfoot language through rhymes, songs, and stories led by a Blackfoot language speaker and Elder.

Audience: Adults & Kids - Ages up to 5 with a parent/caregiver

Parent Education Sessions

The New Guidelines on Screen Time for Preschool-Aged Children: The Importance of Interaction in Early Language Acquisition - FREE



June 5, 2019 - 11:00 AM - 12:30 PM - Alberta Children's Hospital - Theatre

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

In a world where 'screen time' is rapidly increasing, how we interact with our children is changing. We will present the revised guidelines on digital media use from the American Academy of Pediatrics (released in October 2016) with a focus on the impacts of screen time on the development of language in the preschool years.

Avoiding Power Struggles



June 3, 2019 -6:30 PM - 8:30 PM - Family Connections Parent Link Huntington Hills

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

The more early prevention, the less intervention. In this workshop we discuss issues and concerns regarding positive discipline; examine the difference between punishment and discipline and learn positive approaches to encouraging positive behaviour.

Parent Cafe

Parent Café is an opportunity for parents and caregivers to come together in a supportive environment for conversations, shared knowledge and social connection. Learn about the foundations of child brain development and the lifelong impact of early learning experiences. We will discuss the key role that parents and caregivers play in supporting children to reach their potential. This program is for families with children 0 - 5 years old.

May 9, 2019 through May 30, 2019 -Thursday at 1:00 p.m. - 3:00 p.m.

Cost (CAD): No Cost, Fully Subsidized

Families Matter - [#158, 1440 52nd Street N.E.](#)

Childcare is available. Cost: \$0.00

**Register: <https://www.familiesmatter.ca/programs/infant-toddler-preschool>