

Children's Choice Community Child Care Services

Provider Newsletter
May 2019

Important Dates:

May 20 - Victoria
Day - Closed

June 21 - National
Aboriginal Day



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. Everyday 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

Just a reminder to please let the agency, or your consultant, know if you are taking any time off. Please tell us prior to telling your families so that we can be prepared if they require alternate care.

Thank you

Agency Reminders

For taxes, your letter of earning has been mailed to your home. You should all have received it by now, and if you have not please call and check with us.

Thank you.

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

Just as a reminder, please do not be alarmed if Bridget shows up with your consultant to visit your day home. Time to time visits from Jennifer or Bridget will occur.

Looking forward to seeing you and your homes.

MEDICATION



Family Day Home Standards of Alberta Standard 10E: Medication

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Providers may administer medications including prescription and non-prescription drugs, emergency medications and herbal remedies, when the:

- provider has written consent of child's parent(s);
- medication is in its original container; and
- medication is administered according to the label directions.

When emergency medications are used to treat allergies, the provider must be able to recognize the allergy symptoms and know how and when to administer the medication. Emergency medications must be available for the child at all time, including on outings.

In all cases where medications are administered, the provider must

record the name of the medication the time and dose administered and sign or initial that they administered the medication.

All medications must be locked up excluding emergency medications (such as an EpiPen®) that must be stored in an area that is inaccessible to children.

What does this mean?

- *You can give medication to children in your day home.
- *Use medication stickers from the agency to label medication for children if their name is not on it already.
- *Make sure the medication is in original packaging, has the child's name on it, and dosage information (when to give/how, etc.)
- *You must make sure it is for the age of the child in care OR that you have a doctor's note with instructions for dosage.
- *EpiPens/inhalers/other emergency medications DO NOT have to be locked but MUST be out of reach of children.
- *You must document using the agency medication administration form.
- *Watch for expiry dates on medication - especially EpiPens.
- *If medication expires, ask for new medication.

The next provider meeting will be held in June 12, 2019. 6:00-8:00pm.

The meeting will be at the Dover Community Center 3133-30 Ave SE, upstairs.

This meeting will have a yummy treat, so bring your appetite.

This will be the last meeting until September 2019 so we look forward to your attendance.

Please submit your RSVP to the meeting by June 5, 2019 so we know how many people to expect including if you need childcare.

See you then!

Upcoming Training Opportunities

May 23, 2019 5:30 pm - 7:00 pm

Healthy Boundaries in Unhealthy Relationships

Central Library - 800 3 Street Southeast

Register through Eventbrite: <https://www.eventbrite.ca/e/healthy-boundaries-in-unhealthy-relationships-tickets-61136872030?aff=ebdssbdestsearch>

If you have a sense that you are in an unhealthy relationship, then this free workshop is for you. What will you get out of it? Whether you are dealing with a family member, friend, partner, co-worker, boss or other individuals, you will:

- Gain clarity about unhealthy dynamics in relationships
- Learn how healthy boundaries look like
- Create awareness about what may block you to set them
- Learn strategies on how to assert yourself and set healthy boundaries

Dynamics in unhealthy relationships can be confusing and complex. This workshop does not only intend to transmit theoretical knowledge but combine it with practical experience. Natalie will explain dynamics in unhealthy relationships based on her story. The workshop provides a safe space and invites you to explore your personal situation and to ask questions concerning

Brain Story Certification – Online self-paced

<https://www.albertafamilywellness.org/training>

Brain Story Certification provides detailed scientific information for those seeking a deeper understanding of brain development and its consequences for lifelong health. The course is challenging, but is designed to be interesting and comprehensible to many people, with or without a science background. This course is designed primarily for individuals seeking certification in professions such as health care, policy-making, academia, justice, education, social work, and child care. However, anyone interested in brain development, mental health, and addiction is likely to find the content interesting and is encouraged to enroll.

Being Trauma Aware: Making a Difference in the lives of children and youth Online - 90 minutes - 5 modules

<https://trauma.respectgroupinc.com/>

The learning, titled '*Being Trauma Aware: Making a Difference in the lives of children and youth*' is 90 minutes, and can be done in one sitting, or can be broken up in to sections if the learner chooses. There is also opportunity for the learning to be done in a group setting, and a facilitator's guide is available should this be the chosen method of learning. A certificate of completion will be granted to each learner that completes the learning. The training is comprised of 5 modules.

The weather is getting warmer and we want to ensure that everyone is going outside DAILY with the children.

However, there is more to outdoor fun than just local playgrounds. Below are some ways to incorporate all the areas of learning can be found below. These activities can be used for children of all ages, if you need a hand altering any of these activities for a different age group ask your consultant or call the agency for ideas!



Stick Maze. This can be done naturally, without planning ahead, but you could also bring out some paper and markers and the children can design their maze before they make it with sticks.

Children can then take turns trying out their friends' mazes. -*Gross motor, turn taking, fine motor/pre-writing, inter-personal/social interaction, planning and following through, teamwork could even come into play if children worked together.

Science Ideas

-What floats, what sinks - find a natural source of calmer water (puddles, small trickles) and encourage children to play by finding sticks/stones/leaves and see what sinks and floats. You can even race leaves down a stream, or rain water trickles. -Build houses/huts

https://www.fantasticfunandlearning.com/no-prep-outdoor-activities.html?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes



Create an outdoor sound wall to allow children to explore different sounds. You can have this in your yard or bring items to play with that can turn into musical instruments with the use of sticks found in nature. You can use wind chimes, play pots, baking racks, plastic tubes, get creative and see what sounds come from what items. Experiment, create, play.

<http://mrsmyskindergarten.blogspot.com/2014/05/inquiring-about-music-our-sound.html>

Outdoor paintbrushes - Use fallen foliage (leaves, sticks, etc) and some string, tape, elastic to combine to create paintbrushes. No combination of items is wrong and you can play with different combinations to see what works of art you can create.

<https://www.applegreencottage.com/2016/03/DIY-nature-paint-brushes-kids.html#more>

