

Children's Choice Community Child Care Services

Parent Newsletter
March 2020



*You are making a difference **EVERY** day*

Every month we will choose a different provider and share some parent feedback and appreciation in our newsletters.

A big thank you to our wonderful educators for your dedication to providing quality childcare.

This month we are sharing feedback for Rumana's DayHome.

Keep up the great work Rumana!

Our family absolutely loves Rumana! Our son is so happy at her home, he's constantly learning and having so much fun. When we drop him off, we know he's in loving hands and is flourishing. Thank you Rumana, for providing such a wonderful environment for the children in your care; we're so lucky to have you!

We have only great things to say about Rumana, our daughter looks forward to seeing her every morning, she is calm and comforting with our daughter. I always feel like she is in such great hands when she is dropped off. They get a lot of fresh air, do crafts, play games, she loves her time with Rumana. We couldn't ask for a better day home provider.

Agency Reminders

ASQ

Thank you so much to everyone who has completed ASQ again! We have received your questionnaires and will be following up with the results in the next few weeks.

In the meantime, if you have any questions or concerns, don't hesitate to contact us.

If you didn't receive the questionnaire and would like to fill it out, please let us know.

Tax Receipts

It's that time of year again where everyone would like their tax receipts. Just a reminder we do not send them out automatically. Please call the office at 403-273-6360 and ask for Miriam

Spring Forward:

Don't forgot to set your clocks ahead one hour on Sunday March 8th.



St Patrick's Day Activities



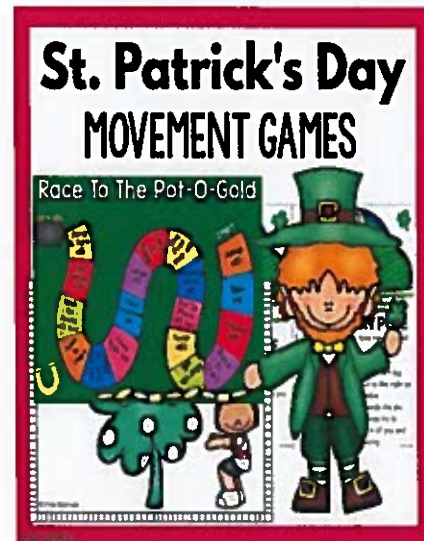
Montessori Fine Motor Activities for St. Patrick's Day



ST. PATRICK'S DAY FINE MOTOR TRAY FOR KIDS



WWW.ANDNEXTCOMESL.COM



Education Sessions

ADHD & Executive Functioning

Michelle Dean | MEd., Registered Psychologist

FREE Learning
Community Education Service

Improving emotional health and well being

WHEN: Tuesday, March 10, 2020
6:30 - 8:30 PM

WHERE: East Lake School
325 Kinniburgh Blvd, Chestermere

The session will be an overview of ADHD and how issues with impulsivity and/or inattention impact children's ability to manage their environments. The session will also explore the impact ADHD has on Executive Functioning and how it relates to managing everyday tasks, and meeting daily expectations at home and at school, including social, emotional, behavioural and academic demands.

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with RVS, MHCB Stepping Stones to Mental Health.

Register: <https://community.hmhc.ca/>

Let's Talk Mindfulness

6:30 PM - 8:30 PM
[East Lake School](#)

This session will outline and discuss the main concepts of mindfulness and how understanding the brain functions can improve self-regulation. Using a hands-on approach, skills related to these concepts will be taught along with a discussion of how the brain influences thinking, emotions, self-regulation and behaviour. Improved self-regulation can lead to better focus in school, better cooperation with others and improved self-awareness and self-control.

Understanding the Brain and Stress

March 18th @ 6:30 PM - 8:00 PM
[Hull Services - Social Room](#)

This presentation will focus on increasing knowledge of brain development, brain functioning, the stress response system, the impact of trauma on the brain, and ways to increase functioning in the context of caregiving relationships. The lens from which these topics will be discussed is from Dr. Bruce Perry's Neurosequential Model. This presentation will aim to increase caregiver compassion, flexibility and confidence.