

Children's Choice Community Child Care Services

Parent
Newsletter
November 2023



Educator Spotlight:



Hello, my name is Krista and I have had a day home with Children's Choice for almost 5 years. After working in a daycare setting for 10 years, I decided a day home would be the best fit for my family. The 5 years have gone by fast and my favourite part is watching how much the children grow in such a short time frame. Being some children's first experience away from their own family can be difficult but in the end, its so rewarding to see how far they come. I also love seeing each unique personality come out of each child.

The children in my care are aged 3 and older we try to spend most of our time outside if possible.

Picnics, scavenger hunts, parks and enjoying all Mother Nature has to offer. Recently after a workshop about bringing reconciliation into early childhood spaces, I have been trying to focus on respecting Mother Nature and incorporating new ideas such as the giving tree, bannock tea parties, and simply observing the changes in seasons through observing nature. I have noticed these have trickled over into helping our friends day to day also. We love open ended art as no two creations look the same and are constantly trying to learn about kindness and respect for each other. Some days are harder than others but the little moments when one friend does help another or say something kind are what it's all about.

I love the support from you all and have enjoyed meeting other educators over the years. This career is challenging yet rewarding and without continued learning through workshops and my fellow educators it would be a lot harder. Thanks for reading!



Statutory Holidays:

These are days we will be CLOSED
Monday, December 25—Christmas
Tuesday, December 26—Boxing Day
Wednesday, December 27— in lieu of Remembrance Day
Monday, January 1—New Year's Day

Upcoming Events

The Holiday Market

Sunday, November 26, 11am –4pm, Deerfoot Inn and Casino

Join us in the Hallway & the Sundance Ballroom where you will find up to 60 vendors offering you everything you may need for hosting, planning, or gifting! Free admittance & free parking

Once Upon a Christmas

November 25—December 17, 10am—4pm, Heritage Park

Experience the magic of Christmas at Heritage Park with the holiday magic and festive displays of Once Upon A Christmas. Enjoy classic indoor and outdoor Christmas activities with the whole family like horse-drawn wagon rides, visits with Santa, crafts, music, entertainment and so much more! Buy tickets today and get your fix of wholesome holiday cheer at Once Upon A Christmas!

International Christmas Market

November 17—December 3, 2pm—5pm

The Spruce Meadows International Christmas Market has been the home of Christmas shopping since 2001. We boast an enviable line-up of exquisite gifts and treats for the whole family. With over 300+ independent local businesses, hand-picked by our team, the market prides itself on a unique shopping experience. Begin the festive season by enjoying a day out with family and friends, shop for exquisite gift ideas, purchase artisan food, and stroll through the winter wonderland of Spruce Meadows.

Granary Road's Christmas Market

November 25—December 17, Granary Road—Farmer's Market

Christmas carols playing throughout the Market, beautifully decorated trees, strings upon strings of Christmas lights and other festive décor make Granary Road a destination for Christmas shoppers, foodies and families alike. Santa Claus will be here welcoming children of all ages to tell their wish lists to him and get a memorable photo! Get your hance to take a fun Christmas photo with our Alpacas! Sit down on our Alpaca-approved furniture, bring your family and festive clothes for some unique and amazing photos! Santa's workshop includes: Gingerbread cookie decorating, ornament making, magic reindeer food making, hot chocolate and tractor rides.



OUTDOOR PLAY



Please see the image below regarding outdoor play. Please make sure you are sending your children with the appropriate outerwear!

A MYTH – my child will get sick outdoors in the winter – Sickness is caused by a viral or bacterial infection. When children go outside, they are less likely to get sick since they are out in the open fresh air with an abundance of Vitamin D. The environment indoors is usually poorly ventilated where germs transmit easily. Viruses are transmitted by direct contact and children share toys, hug each other and touch each other so the propensity to spread infection is higher indoors than outdoors due to the type of activities they engage in and the equipment used.

Exercise & physical benefits – Outdoor exercise contributes to the overall health of a child and helps them develop physically everyday. They get a chance to explore jumping, hopping, climbing etc. in a safe environment and this helps their overall growth and development. Through activities like riding tricycles, balancing on a beam, running and jumping they are working their larger muscles to build strength and endurance. They develop an appetite and eat better as well. This overall leads to a better ability to fight off infections and not cause them.

Emotional benefits – Outdoor play encourages children to learn a different set of techniques and abilities than indoor time. It works different muscle groups and helps them learn how to assess risks. They also learn new ways to work together in a challenging environment such as snow and ice and build problem solving skills much required as they grow and develop.

Social skills – Finally, playing outdoors encourages collaboration and further enhances social skills for children. They need to figure things out together- whether it is sharing tricycles or making a snowman or working together as a group on other activities outside. It helps children develop socially in an environment different from their classroom.

<https://simplysmartchildcare.com/myth-my-child-will-get-sick-outdoors-in-the-winter/>



Boots



Snowpants



Mittens



Hat

