

Children's Choice Community Child Care Services

Educator
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!



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

Welcome to our new educators!!

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



Agency Notes

As always, please inform the agency if you are not expecting any children in care for the day

Ensure your Timesavr is up to date

Have you completed BRAIN STORY yet? Funding closes in March 2024.

Check out Nourishing Beginnings for some professional development opportunities!

Contact us for links to the training

Outdoor play

You should be going outside with the children at least once a **DAY!** When it is colder than -15, the time can be limited to short periods of time and when it is -25, you should stay indoors.

Please remind parents to dress their children appropriately for the weather! Be sure to mark it on your outdoor play recording sheet

Snowflake Slime

1/4 teaspoon borax powder (found in the laundry detergent aisle)

1/2 cup clear washable PVA school glue

1 cup of water divided into 1/2 cups

Glitter, snowflake confetti

1. Add glue and 1/2 cup of water to a bowl and mix together
 2. Mix in confetti and glitter if desired (not too much!)
 3. Mix 1/4 teaspoon borax powder into a 1/2 cup of warm water to make your slime activator solution
 4. Add the borax solution to the water and glue mixture, combine well
 5. Knead for a few minutes until it comes together, discard extra borax solution
- <https://littlebinsforlittlehands.com/winter->

Birthdays

Here are all the educators celebrating an upcoming birthday: Arezoo, Arti, Deep, Janet, Kamaldeep, Kanthi, Khansa, Leah, Maribelle, Maribeth, Melsie, Merylyn, Nataliaia, Niveda, Sherry, Sujatha, and Parminder.

Happy birthday! We hope you have a wonderful day





OUTDOOR PLAY



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/>



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