



Child Development Dayhomes August 2024 Newsletter

Information for Dayhome Educators and Families in Edmonton and Area

Congratulations!

To the following dayhome educators celebrating their anniversaries with Child Development Dayhomes in the month of August

Rashida Khanam	17 years	Josipa Matancevic Gugic	4 years
Baljinder (Bali) Gill	17 years	Miriam Almazan	3 years
Elizabeth Puyaoan	17 years	Katrina Gitzel	3 years
Shazma Sajid	15 years	Mary Ann Plata	3 years
Laura Duran	11 years	Xianghong (Alice) Liu	3 years
Andrea Allen	10 years	Ruth Laura Amesbury	2 years
Imelda Arcenas	10 years	Matthew Ardessi	2 years
Meena Sharma	10 years	Angela Keyes	2 years
Mylene Iliscupidez	9 years	Thilaga Boopathi	1 year
Kiran Younas	8 years	Generosa Mamon	1 year
Maria Gonzales	7 years	Jeane Paul Bustamante	1 year
Lida Haiderzoy	6 years	Manisha Sharma	1 year
Ping Ju	6 years	Natalia Bednarek	1 year
Nathalie Hansen	5 years	Heather Bruno	1 year
Imalka Liyanage	5 years	Farheen Dhanakwala	1 year



Parent Feedback Survey on CDDH Website



Let us know how we are doing.
Take the Parent Feedback Survey [here](#).

Upcoming Workshops

See page 7 for upcoming workshop information.

Attendance Records Due:

Tuesday, August 20 by 6:00pm

Dayhome Educators, please ensure all the times for the month have been entered on TimeSavr.

Upcoming Statutory Holidays

Civic Holiday: August 5, 2024

Labour Day: September 2, 2024

National Truth and Reconciliation Day:

September 30, 2024



Community Events

▶ Heritage Days

Date: August 3-5, 2024

Time: Sat 12-9, Sun 10-9, Mon 10-8

Location: Edmonton Exhibition Lands and Borden Parks

Website: <https://www.heritagefest.ca/>



▶ Cariwest Caribbean Arts Festival

Date: August 9-11, 2024

Location: Sir Winston Churchill Square

Facebook page: <https://www.facebook.com/CariwestFestival>

Website: <https://exploreedmonton.com/event-calendar/cariwest-caribbean-arts-festival>



▶ Edmonton Fringe Festival

Date: August 15 - 25, 2024

Location: Old Strathcona

Website: <https://exploreedmonton.com/event-calendar/edmonton-fringe-festival>



▶ Outdoor Movies

Date: Different dates in August

Schedule and Location of Movies: <https://www.edmonton.family/outdoor-movies>

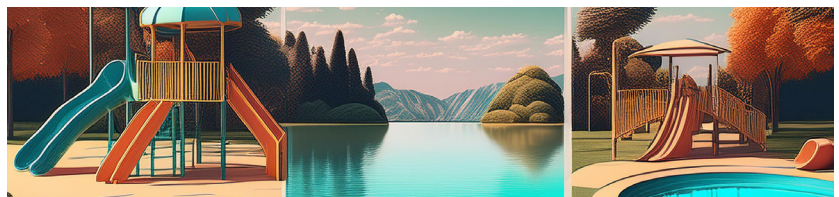


▶ “Best Of” List for Edmonton and Area

[Best Beaches and Lakes](#)

[Best Playgrounds](#)

[Best Outdoor Waterparks and Pools](#)





Recipe Ideas

▶ **Fruit and Yogurt Bark**

Ingredients:

- Vanilla Yogurt
- Variety of fruits: strawberries, blueberries, blackberries, kiwi, pineapple, etc.

Directions:

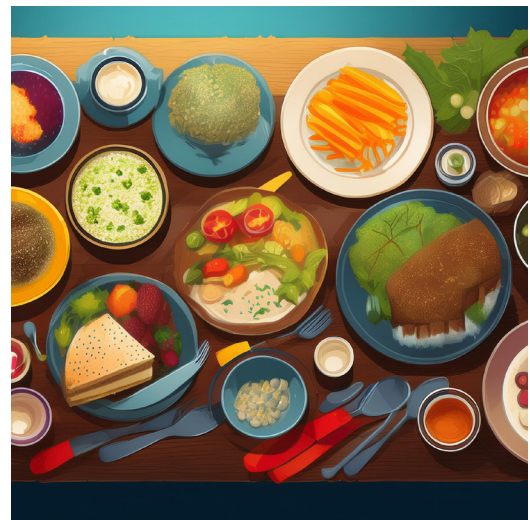
- 1) Wash and prep all fruit.
- 2) Pour yogurt in the bottom of the pan. Yogurt shouldn't be more than half an inch (12mm) thick.
- 3) Sprinkle fruit throughout the yogurt and press in lightly so it isn't resting on top.
- 4) Freeze for 4 hours.
- 5) Remove and use a rolling pin or knife to break into pieces.



Source: <https://gemsonthego.org/girls-resources/fancy-fruit-and-yogurt-bark/>

Autism and Food Aversion: Top 8 Tips from a Dietitian

- 1) [Create a pre-meal routine](#)
- 2) [Use a visual schedule of mealtime routines](#)
- 3) [Use a visual menu for the week](#)
- 4) [Make staying at the table easier](#)
- 5) [Try a divided plate or learning plate for new foods](#)
- 6) [Read social stories](#)
- 7) [Make small changes to their preferred foods](#)
- 8) [Food Play: Systemic desensitization](#)



Activity Idea

▶ Story Stones

Are you looking for fun, imaginative play ideas for your kids? We've got you! Story stones are the perfect way to introduce creative play with simple supplies. Today we have 23 story stone ideas for kids of all ages – so, grab your craft supplies and flat stones, and create your own story prompts! <https://kidsactivitiesblog.com/204315/story-stones/>





Learning Story

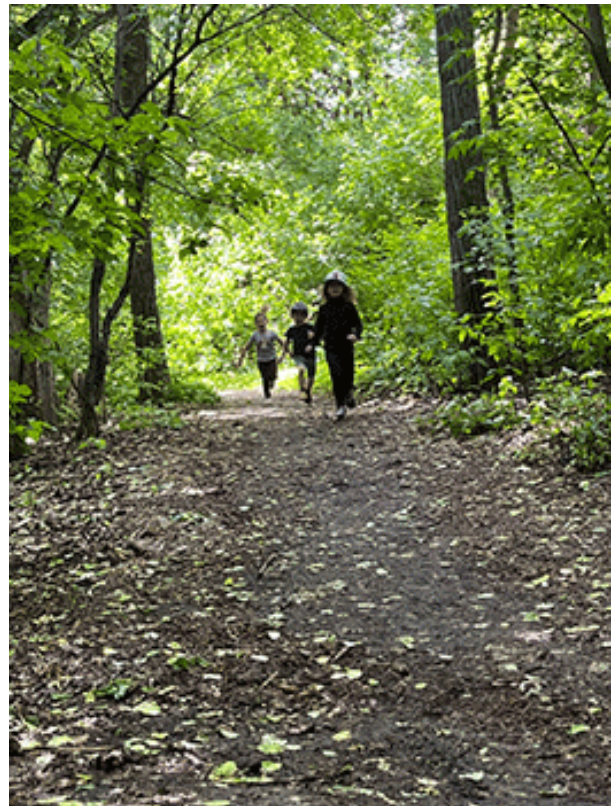
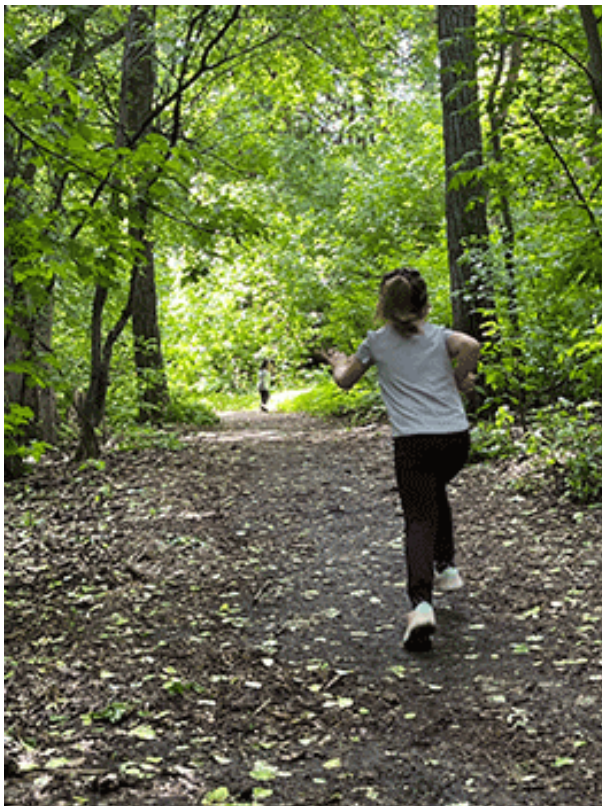
▶ Nature's Playground

By Kathy McCallum, Dayhome Educator

Sticks are by far the most desired tool in our program. There are so many different ways to use them. For example, to dig holes, to measure how deep a puddle is, to write or draw in the dirt or to build shelters with.

They spark children's imagination when they become wands, fishing rods or cooking spoons to make mud soup with. We've seen them being used as drum sticks, hammers, saws and claws. The possibilities are endless.

Not only are sticks amazing for imaginative play, they are also great for developing fine and gross motor skills. The children's muscles are constantly engaged by moving, lifting, dragging and holding sticks. Furthermore, the children are learning to be aware of their personal space because they are now responsible for handling their stick in a safe manner which includes to look out for other children around them.





Learning Story

► **Obstacle Course With Pool Noodles and Tires**

By Chitra Bohara, Dayhome Educator

I created pool noodles obstacle course in the backyard and the kids had so much fun running around. They LOVED it and spent a long time crawling, running, and jumping around. So much fun and great for building coordination and gross motor skills. Later on, the older children kicked the ball through pool noodle tunnels. One child kicked the ball from one side and another one caught it from the other side of the tunnel.

I put tires in front of the pool noodle tunnels to let them jump on it. They took their turns crawling through the tunnels and then jumping from one tire to another. Such a great day!!!

Goal: Play and playfulness

Facet: Playful Exploration and problem solving

Descriptor: Children learn about the properties of objects through

- Playfully exploring and investing properties of objects,
- Experimenting with action reaction, cause and effect by throwing balls through tunnel



Upcoming Workshops

▶ **How to Teach Picky Eaters to Try New Foods Without a Battle**

The class will be held on Monday, **September 16th**, from 6:30-8:00 pm via Zoom.

This workshop is approved for 1.5 hours of release time from the Alberta Childcare Grant Funding Program, and you will receive a certificate of attendance.

Please register in advance using the link below. After registering, you will receive a receipt and confirmation containing information about joining the Zoom meeting. Register [here](#).

▶ **How to Feed and Educate Children to Create a Positive Relationship with Food**

The class will be held on Monday, **October 16th** from 6:30 to 8:00 p.m. via Zoom. Attending the class will earn you 90 minutes of release time paid through the Alberta Childcare Grant Funding Program.

Please register in advance using the link below. After registering, you will receive a confirmation email containing information about joining the meeting. Register [here](#).

▶ **Supporting Neurodiversity Through An Emotional Regulation Approach - presented by Children's Autism Services**

Date: September 23, 2024

Time: 6:00 pm to 8:00 pm

Location: Online

Presenter: Kelsey Penney

Approved for PD funding

**RSVP to your consultant
by September 6, 2024**

Practices in early childhood and education settings have shifted and a key learning for all educators working with any age group is, compliance is not the goal. This session will explore the move from behaviour management to emotional regulation and will provide attendees with a toolbox of strategies to ensure all children have a story that values their unique profile. Strategies will focus on changes to the learning environment and the adult interactions that support child development to teach concepts such as emotional awareness, safety for all, and building a foundation of trust. This session is designed for any person working with children of any age, and will include an open discussion format to allow for sharing of strategies and ideas.



Minister's Awards of Excellence

in Child Development

Overview

Early childhood professionals make life better for children and families and support government's commitment to high quality child care choices that are responsive to and inclusive of all children.

Nominate an individual, team, or program where early childhood educators work with children in child care programs licensed by the Alberta government.

Nomination guidelines

Alberta's government will administer the Minister's Awards of Excellence in Child Development according to these guidelines, and will consider nominators and nominees who agree to or sign the nomination form to have read and agree to abide by these guidelines and requirements for participating in the awards nomination process. Nominations that do not comply with these guidelines may be disqualified.

Nomination deadline: August 30, 2024

Award categories

Individual (three awards)

An early childhood educator working with children in an eligible program licensed in Alberta.

Team (three awards)

An early childhood educator working with children in an eligible program licensed in Alberta.

Program (three awards)

An early childhood educator working with children in an eligible program licensed in Alberta.

Award criteria

Nominees must demonstrate professional excellence in at least one, or a maximum of two, of the following award criteria areas.

Highlight these criteria throughout the nomination, illustrating how the nominee demonstrates excellence in each area in ways that support children's learning and development.

Innovative programming

Translate unique, research-based knowledge into creative actions that support learning and development.

Family/parent support

Demonstrate open, collaborative relationships, family-oriented support and programming.

Continuous improvement

Participation in training, professional development of staff is a priority; active pursuit of professional growth.

Community building

Develop partnerships and advance supports within the community to complement children's learning.

Inclusive practices

Demonstrate practices that include special needs, explore learning and cultural diversity.

Leadership

Training, coaching and mentoring professionals, colleagues to ensure quality child care.