



# Child Development Dayhomes October 2024 Newsletter

Information for Dayhome Educators and Families in High Level

## Activity Idea

### ▶ Numeracy Invitation to Play

All of the 10 loose parts chosen have vast potential for counting, patterns, sorting, and much more. I chose to create this invitation to play on a smaller table to encourage creating a learning space for small groups or even individuals. The book here is filled with images of numbers from unique items found outside, such as 8 from an iron fence! Loose parts in our community!



## Follow us on Social Media



## Upcoming Statutory Holidays

(Dayhomes and office are closed)

**Thanksgiving Day:** October 14, 2024

**Remembrance Day:** November 11, 2024

**Christmas Day:** December 25, 2024

**Boxing Day:** December 26, 2024

**New Years Day:** January 1, 2025

**Family Day:** February 17, 2025



## Parent Feedback Survey on CDDH Website



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

## Attendance Records Due:

**Sunday, October 20 by 6:00pm**

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

## Community Events

### ▶ **October Night Market**

**Date:** Saturday, October 5, 2024

**Time:** 6:00pm - 9:00pm

**Location:** Jubilee Park

Market, live music, campfire & smores, pumpkin spice coffee station, photo station, outdoor movies, haunted library and more!



### ▶ **High Level Seniors Centre Fall Supper**

**Date:** Saturday, October 26, 2024

**Time:** 6:30pm

**Cost:** \$25/plate

**Menu:** Sausage, perogies, cabbage rolls, roasted veggies & dessert

Tickets available at the Seniors Centre  
(10201 105 Ave)  
Monday-Friday 10:00am - 4:00pm  
E-Transfers: [hlgoldenrange@gmail.com](mailto:hlgoldenrange@gmail.com)

### ▶ **Shinny and Public Skating**

**Location:** High Level Sports Complex (10101 105 Ave)

**Days:** Mondays - Youth Shinny 3:35pm - 4:15pm      Fridays - Public Skate 3:00pm - 4:15pm  
Wednesdays - Youth Shinny 3:30pm - 4:45pm      Sundays - Public Skate 4:15pm - 5:45pm

### ▶ **The Village FRN High Level**

**Toddler Time:**

-Friday mornings 10:00am-11:30am. Location: The Village

**Infant Massage:**

-4 weeks of infant Massage sessions designed to reach you how to recognize your baby's cue's and respond to gentle touch. For babies 3weeks-12months. Childcare available for older children  
October 7th, 21st, 28th & November 4th 10:00am-11:00am. Register at [www.thevillagefrn.ca](http://www.thevillagefrn.ca)

**Play Zones:**

-This program is intended for parent-led play without structure. Program content provided by Village staff. Join us Monday Afternoons 1:30-3:30pm & Wednesday mornings 9:00am-11:30am.

### ▶ **Circle of Security (early intervention program)**

**Date:** Tuesday, starting October 1, 2024

(7 week program - in person in High Level & Virtual)

**Time:** 6:00pm - 8:00pm



**Community Halloween events to be announced. Please keep a lookout for posters or follow the Town of High Level's Facebook or Instagram Page for upcoming events.**



## Recipe Ideas

### ▶ Butternut Squash Curry

**Ingredients:**

- 1.5 lbs butternut squash, peeled and diced to 1"
- 1 cup onion finely chopped
- 1 cup tomatoes (pureed or chopped)
- 1 tbsp ginger (peeled and minced)
- 1 tbsp garlic (peeled and minced)
- 4 cups baby spinach (chopped, optional)
- 1 cup black eyed peas (optional or chickpeas/beans of choice (boiled/canned))
- 2 sprigs curry leaves (leave out if you don't have)
- 2 tbsp oil
- 2in cinnamon piece (optional)
- 1 tsp Kashmiri chili powder (or paprika)
- 1 ½ tsp coriander powder
- 1/2 tsp cumin powder
- 1 to 1 ½ tsp garam masala
- 1/4 tsp turmeric
- 1 tsp salt
- 3/4 cup cocount milk
- 1/2 cup water (use only as needed, lesser if you don't use beans)

**Directions:** <https://www.indianhealthyrecipes.com/butternut-squash-curry/>



### ▶ Tandoori Roti

**Ingredients:**

- 2 ¼ cups whole wheat flour (atta)
- 1/2 tsp salt
- 1/4 tsp baking soda
- 1/2 cup plain yogurt (fresh)
- 1 tbsp oil
- 1/2 cup water (+ more if required)

If your yogurt is sour or have only Greek yogurt, mix 1/4 cup yogurt with 1/4 cup milk and use.

**Directions:** <https://www.indianhealthyrecipes.com/tandoori-roti/>



## Standards

### FAMILY DAYHOME STANDARDS MANUAL FOR ALBERTA

This manual contains the standards for Dayhomes and Dayhome agencies to provide child care. Every month we will review a Standard.

#### **Standard 10C: Illness**

- If a program educator notices that a child exhibits any of the signs or symptoms listed below, the educator must ensure that:
  - the child's parent(s) arranges for the immediate removal of the child from the program premises; and
  - the child does not return to the program premises until the educator is satisfied that the child no longer poses a health risk to others in the program (e.g., the parents provide a physician's note, the parents declare that the child has been symptom-free for at least 24 hours).

Signs or symptoms of illness exhibited by a child include:

- a child vomiting, having a fever, diarrhea or a new unexplained rash or cough;

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- a child requiring greater care and attention than can be provided without compromising the care of the other children in the program; or
- a child having or displaying any other illness or symptom the educator knows or believes may indicate that the child poses a health risk to persons on the program premises.

A family day home program must be temporarily closed if an educator's own child's symptoms fit the criteria described above.



## Flight Focus

**National Child Day** is celebrated on November 20th, 2024 and we would like to take some time in October to discuss what this means, in preparation to celebrate in November.

- What does it mean for you and I to be a citizen in Canada? What does democracy mean and what does it look like?
- What does it mean for a child to be a citizen in Canada?
- How can we co-create a sense of democratic citizenship in your dayhome?



## Learning Story

### ► Welcome Fall

**Story By Janet Huffman, Childcare Consultant. Photos from Cristina at Kiddo's Kare Dayhome.**

My curiosity was peeked when I saw the pictures that were shared from Kiddo's Kare Dayhome. I wanted to know more about the provocations that were being explored. Where did this interest start? What learning do we see? What dispositions do we see in the children? What will happen next?

I met with Cristina from Kiddo's Kare dayhome and we talked through all of the above and how our role as educators to make the learning visible to families and community.

Outdoor play is a big part of the day for the children in the dayhome. They explore the trails, the greenspace and meet friends at the park regularly. In Flight we look at this under the holistic play-based goal of diversity and social responsibility. The children are learning to appreciate the natural world and recognize patterns and changes in nature. In speaking with Cristina at Kiddo's Kare Daycare, she spoke about how the children were noticing the changes in colours and she was curious how she could bring the outdoors in to expand on the learning and discovery. One child in her care told me the trees were getting cold and when they get cold they change colours. What a reflection for a 4 year old!

Last week the children did a scavenger hunt while out for their walk. Cristina spent time with them to create a container to hold the treasures. What a great way to incorporate math skills (matching) and problem solving (finding more than 1 of an object) while enjoying the outdoors!





When playing at the park, Cristina made a spiral in the ground. One child spent time and gently filled the spiral with leaves. What persistence they demonstrated in starting and finishing a project!



Back in the dayhome Cristina prepped over the weekend with some fall objects at the store. She set up the provocation in her tuff tray for the children. Using the natural fall colours she supported exploration to occur and added to the interests when the children wanted to paint. There was so much happening to support the development of children: fine motor activities, perhaps discovery of new words and objects, participating with each other and of course all through play.



This little exploration into a few photos really highlights for me how we as educators do many things in our practice, but we don't always have the language to connect it to learning or Flight.

When I look through the Flight lens, I reflect that Cristina sees the children as Mighty Learners and citizens and that they are capable and competent to lead their learning. She walks alongside them as the co-learner and co-researcher and then demonstrates the co-imaginer of possibilities when she expands on the provocation.

On a regular basis we see the dispositions to learn from the children: Playing and playfulness, persistence, participation, caring and seeking. When we scaffold these dispositions to the holistic play-based goals of Well-being, Play and playfulness, Communication and Literacies and Diversity and Social Responsibility we see childhood and learning through a different lens. We highlight the capabilities of children and how they learn when it is meaningful and engaging.

Thank you Cristina for sharing your photos and experiences. Thank you for following the children's needs and interests and basing your planning on their curiosities, because when children are curious, children will learn.

## Child Development Dayhomes' Illness Policy: Children

If your child has this symptom, do not bring the child to the dayhome	Please stay home until...
<p>Fever/Chills</p> <p>*According to the Canadian Pediatric Society, normal temperatures for children are below. Anything higher is considered a fever. • Rectal: 36.6-38.0°C (97.9-100.4°F)</p> <ul style="list-style-type: none"> <li>• Mouth: 35.5-37.5°C (95.9-99.5°F)</li> <li>• Underarm: 36.5-37.5°C (97.7-99.5°)</li> <li>• Ear (not recommended in infants): 35.8-38.0°C (96.4-100.4°F)</li> </ul>	<p>The child has been fever-free for 24 hours without fever-reducing medication</p>
<p>Cough/Shortness of Breath</p> <p>Nausea/Vomiting/Diarrhea</p> <p>Congestion/Sore throat/Painful Swallowing</p> <p>Unexplained Loss of Appetite/Lethargy/Unable to participate.</p> <p>Muscle/Joint Aches/Headache</p>	<p>If the symptom is improving after 24 hours, they may return to the dayhome if well enough to do so and it has been at least <b>24 hours</b> since the symptom started.</p>
<p>Pink Eye – Bacterial</p>	<p>24 hours after treatment has started or the eye no longer has discharge.</p>
<p>Pink Eye - Viral</p>	<p>When symptoms are cleared.</p>
<p>New/unexplained rash</p>	<p>After seeing a doctor and/or calling 811 for advice to ensure it is not contagious to others. <b>A physician's note may be required.</b></p>
<p>Head Lice</p>	<p>When first treatment is completed, and bugs and nits are picked from the child's hair so hair is clear. Complete head checks of all members of the household. Please complete the second treatment 7-10 days after first treatment.</p>
<p>Runny Nose</p> <p>Please make your best judgement when deciding to send your child to the dayhome.</p>	<p>Your dayhome educator may ask you not to bring the child or to pick up the child if the runny nose is consistent throughout the day and needs to be consistently wiped and/or it interferes with daily routines and caring for other children.</p>

*The child cannot return to the dayhome premises until the dayhome program educator is satisfied that the child no longer poses a health risk to others in the program (e.g., the parents provide a physician's note, or the parents declare that the child is symptom-free).*

*There are no reductions in fees when your child is absent from the dayhome due to illness. You must arrange for your child to be picked up immediately if notified by the dayhome educator that your child has fallen ill or is showing symptoms at the dayhomes.*