



Child Development Dayhomes

October 2025 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 October

Shaila Zulfiqar	12 years	Nazia Akhtar	6 years
Omnia Elghamrawy	10 years	Maris Cortes Minotta	6 years
Nazia Shahid	10 years	Regina Torres	6 years
Rema Barut	9 years	Monica Borhade	4 years
Cherryl Quiming Brine	8 years	Sumaira Chandio	4 years
Mishaal Paracha	7 years	Marites Ramirez	3 years
Anousha Bundhooa	7 years	Ravinder Kaur	3 years



Upcoming Statutory Holidays

(Dayhomes and office are closed)

Thanksgiving Day: October 13, 2025

Remembrance Day: November 11, 2025



Follow us on Social Media



Birth Announcement

Congratulations to Jeane Paul Bustamante and her family on the birth of daughter Reane Carmelotes Bustamante, born September 24, 2025!



Attendance Records Due:

Thursday, October 23 by 6:00pm

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

AECEA Econo Coop Program

We're excited to share a new AECEA member benefit! Professional and student members who own or operate a child care program (including a family day home) now have access to Econo Coop, a cooperative purchasing network designed to help child care programs save money and grow. Explore perks [here](#). Register [here](#).



Community Events

► Fall Fun Bucket List

Website Link: <https://www.familyfuncanada.com/edmonton/fall-fun-bucket-list/>



► Halloween Costume Swap at the Reuse Centre

Date: Saturday, October 18, 2025

Time: 10:00am - 3:00pm

Location: 6835 83St NW

Swap events focus on specific types of items, such as books, movies, and toys. Residents can trade items with each other at no charge in a fun and safe environment.



Rather than throwing them away, or letting them collect dust on the shelf, you can give them a second life and find something new for yourself! Bring up to five items to trade, free of charge.

► Edmonton Accessible Halloween Village

Date: Sunday, October 19, 2025

Time: 1:30pm - 4:30pm

Location: Summerside Grande Blvd SW

Tickets: [Here](#)

You're invited to Canada's largest neighbourhood event series championing accessibility and inclusion. Join us for this FREE and unforgettable house to house trick or treating experience. Made possible by Canadian Tire and the power of great neighbours and community.

► Halloween Haunt (St. Albert)

Date: Saturday, October 18, 2025

Time: 1:00pm - 4:00pm

Location: Servus Credit Union Place

Website: [Link](#)





Recipe Ideas

▶ Healthy Pumpkin Oatmeal Pancakes



See Page 7

▶ Vegetarian Bean Chili Recipe



See Page 9

Activity Ideas

▶ Light Projection Provocation



Link: <https://fairydustteaching.com/2018/04/magic-light-projection-provocation/>

▶ Loose Parts: Playing with Plastic



Link: <https://wunderled.com/blog/loose-parts-playing-with-plastic/>



Upcoming Educator Workshop

▶ Feeding Relationships

Date: Monday, Oct. 6, 2025

Time: 6:30-8:00pm

Location: Zoom

Presenter: Jennifer House, MSc, RD

Cost: \$50 and approved for PD Funding, and 1.5 hours of release time.

Register [here](#).

▶ Decolonizing Gender Workshop

Session 2: Two-Spirit/Indigiqueer Pasts, Presents, and Futures

Speaker: Rae Madge

Date: Thursday, Oct. 23, 2025

Time: 6:30-8:00pm

Address: 16430 97 Ave

RSVP to jennifer@childdev.com or your consultant.

Welcome New Educators!



September: Abby, Vandana

July: Meenu, Sandhiyadevi, Gurpreet

June: Maria

May: Maricel

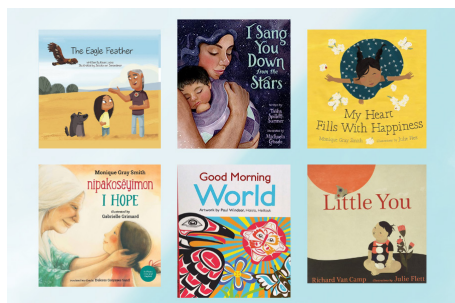
AECEA Self-Advocacy Toolkit

Developed to empower early childhood educators with accessible knowledge, strategies, and resources needed to advocate for yourself and your profession.

Link: <https://aecea.ca/self-advocacy-toolkit>

Day Home Start Up Pilot Program for Métis ECE's

17 Heartwarming Children's Books by Indigenous Authors



Link: <https://bridgewaycentre.ca/play-idea/17-heartwarming-childrens-books-by-indigenous-authors-illustrations/>





Learning Story

► Exploring Nigerian Culture

Presented by Foyeke Akinyemi, a parent at Ling's Dayhome

A big thank you to Elyana's mom, Foye, for visiting us and sharing different aspects of her culture! Foye and her family are from Nigeria, and she taught us the song Head, Shoulders, Knees & Toes in Yoruba. We had so much fun, and it was so interesting and beautiful to learn. Since then, the children have been asking almost every day to sing and dance to this song. In addition to the song, Foye told us more about Nigeria, including the traditions and holidays they celebrate and the many languages spoken there. The children were curious to hear about the diversity in Nigeria and excited to learn the song. Learning about different cultures helps children develop an appreciation for diversity and encourages them to be curious and respectful of others.





Yoruba

Flag of Nigeria



Yoruba

Country of Nigeria



Yoruba

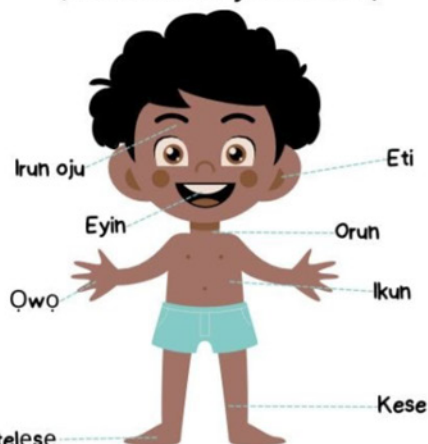
Awon ẹya ara (Ah-wawn Eh-yah Ah-rah)



Parts of the Body

Yoruba

Awon ẹya ara (Ah-wawn Eh-yah Ah-rah)



Parts of the Body

Song in Yoruba language: [Youtube Link](#)





Healthy Pumpkin Oatmeal Pancakes



Deliciously fluffy healthy pumpkin oatmeal pancakes made with pumpkin puree, oats, pumpkin pie spices and naturally sweetened with a touch of pure maple syrup. This perfect, healthy pumpkin pancake recipe is gluten free and can be made right in your blender!

Course	Breakfast, Dairy Free, Gluten Free, Nut Free, Pancakes
Cuisine	American
Keyword	gluten free pumpkin pancakes, healthy pumpkin pancakes, pumpkin oatmeal pancakes
Prep Time	5 minutes
Cook Time	10 minutes
Total Time	15 minutes
Servings	3 servings
Calories	258cal
Author	Monique Volz of AmbitiousKitchen.com

Ingredients

- ¾ cup pumpkin puree
- 2 large eggs
- ⅔ cup unsweetened vanilla almond milk (or milk of choice)
- 2 teaspoons vanilla extract
- 1 tablespoon pure maple syrup
- 1 ½ cups old fashioned rolled oats, gluten free if desired
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon allspice
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ground ginger
- 1/4 teaspoon salt
- Olive oil, for cooking

Instructions

1. Add all of the ingredients to a blender and blend on high until completely smooth, about 30 seconds to 1 minute.
2. Lightly coat a griddle with coconut oil, vegan butter or olive oil and place over a medium heat. Once the pan is hot, add about 1/3 cup of the batter to the griddle for each pancake; the batter may be thick so you'll need to use a spoon to spread out the batter a bit. It will get thicker as it sits so be sure to cook these pancakes immediately after blending. Cook for 2-4 minutes until pancakes slightly puff up and you see a few bubbles along the edges.

3. Flip cakes and cook until golden brown on underside. If you find that pancakes are browning too quickly, then you need to lower the heat. I normally start on medium heat, then reduce to medium low later so that my pancakes don't burn. If at any point your griddle starts smoking, it means your pan is way too hot. Wipe skillet clean and repeat with more oil and remaining batter. Makes 6 pancakes total. Serves 3, 2 pancakes each.

Notes

Feel free to replace the spices with 1 1/2 teaspoons of pumpkin pie spice.

See the full post for tips, tricks & freezing instructions!

Nutrition

Serving: 2pancakes | Calories: 258cal | Carbohydrates: 39.6g | Protein: 9.8g | Fat: 6.8g | Saturated Fat: 0.8g | Fiber: 6.3g | Sugar: 8.8g

Vegetarian Bean Chili (Big Batch)



5 from 14 votes

When serving this to a little one, I like to drain off much of the broth.

This makes it a little easier (and less messy) for them to eat. If your family likes spice, add in a dash or two of cayenne pepper.

Prep Time	Cook Time	Total Time
10 mins	40 mins	50 mins

Course: Soup Cuisine: Mexican

Servings: 8

Calories: 299kcal

Author: Amy Palanjian

Ingredients

- 2 tablespoons neutral cooking oil (like coconut or canola)
- 6 cups diced vegetables (Including sweet potato, onion, sweet bell pepper, celery, and carrot. You can use as much or as little of each as you like, though do include the sweet potato since the flavor is so nice in the mix!)
- 2 garlic cloves (peeled and minced)
- 1 28- ounce can diced tomatoes with juices
- 3 14.5- ounce cans beans such as black, pinto, or kidney (rinsed and drained)
- 1 teaspoon salt
- 3 teaspoons cumin
- 1 16- ounce bag frozen corn
- 1 quart reduced-sodium vegetable or chicken stock
- 1/4 cup lime juice

Instructions

1. Warm the oil in a large pot over medium heat.
2. Add the vegetables and stir to coat. Cook, stirring frequently, until they are just starting to soften, about 10 minutes.
3. Stir in the garlic, tomatoes, beans, salt, cumin, and corn. Add the stock and bring to a boil.
4. Reduce to a simmer and let cook for about 30 minutes, or until the vegetables are completely cooked through.

5. Stir in the lime juice. Serve warm topped with shredded cheese, sour cream, hot sauce, and/or avocado.

Notes

- **To store:** Let cool completely and store in the fridge in airtight containers for up to 5 days or in the freezer for up to 3 months. Thaw overnight in the fridge before using.
- **To make this in the slow cooker:** Skip Step 1 and add all ingredients to the slow cooker except the corn and lime juice. Cook on LOW for 7-8 hours. Stir in the corn and lime juice. This will have more liquid (since none will evaporate during cooking) so you may want to add an extra can of beans.
- Cut the veggies roughly the same size so they cook evenly.
- Use sweet potato or butternut squash to add some natural sweetness.
- Omit the onions and garlic if they are no-gos with your kids.
- Serve with toppings your kids like to round out the meal.
- If you want to make the adult portions spicy, add cayenne pepper, crushed red pepper flakes, or hot sauce to your bowl.
- Use precut butternut squash, shredded carrots, and a teaspoon of garlic powder instead of fresh to eliminate all chopping.

Nutrition

Calories: 299kcal | Carbohydrates: 54g | Protein: 12g | Fat: 6g | Saturated Fat: 1g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 3g | Trans Fat: 1g | Sodium: 531mg | Potassium: 1008mg | Fiber: 11g | Sugar: 10g | Vitamin A: 14447IU | Vitamin C: 18mg | Calcium: 95mg | Iron: 4mg

Thank You! <https://www.yummytoddlerfood.com/big-batch-veggie-bean-chili/>