



Child Development Dayhomes October 2025 Newsletter

Information for Dayhome Educators and Families in Fort McMurray

Congratulations!

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

Saadia Nawaz	12 years	Bernadette Guerrero	5 years
Aysha Aamir	10 years	Maria Balasa	3 years
Ruthchel Verma	6 years	Letty Lumhod	3 years
Bhartiben Patel	5 years	Gemma DeCastro	3 years



AECEA Self-Advocacy Toolkit

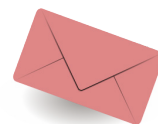
Developed to empower early childhood educators with accessible knowledge, strategies, and resources needed to advocate for yourself and your profession.

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

CDDH Surveys

Let us know how we are doing!
Click the links below.

- ▶ Family Survey
- ▶ Educator Survey



Happy Birthday to the following Educators!

Josephine, Seema, Angel, Meagan,
Arlene R, Bernadette, Arlyn, Elisabeth



Welcome New Educators

Dally, Amanda, and Glenda

AECEA Econo Coop Program

Attendance Records Due:

Wednesday, October 22 by 6:00pm

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

Upcoming Statutory Holidays

(Dayhomes and office are closed)

Thanksgiving Day: October 13, 2025

Remembrance Day: November 11, 2025

Christmas Day: December 25, 2025

Boxing Day: December 26, 2025





Community Events

► Caregivers Coffee

Date: October 1 and 15, 2025

Time: 9:00am - 11:00am

Location: 28-117 Millennium Gate

Website: [Link](#)



Come enjoy a cup of coffee and a light snack while connecting with parents and caregivers of neurodiverse children/adults.

► Pizza Pigout 2025 Presented by United Rentals

Date: Saturday, October 4, 2025

Location: The Canadian Brewhouse

Facebook [Link](#)



► Kids Fun Run YMM - In support of CIBC Run for the Cure

Date: October 5, 2025

Time: 9:00am - 9:30am

Location: Doug Barnes Cabin (Tamarack Way)

Website: [Link](#)

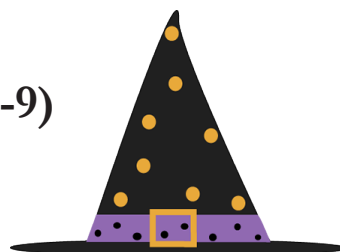


► Witches and Wizards Kids Yoga (ages 5-9)

Date: October 19, 2025

Time: 1:30pm - 2:30pm

Facebook page: [Link](#)



► YMM Pumpkins and Planes

Date: October 25, 2025

Time: 12:00pm - 3:00pm

Facebook page: [Link](#)



► Autism and Neurodiversity Awareness Training

Date: October 30, 2025

Time: 6:00pm - 8:00pm

Location: 10019 MacDonald Ave Unit 21B

Facebook page: [Link](#)





Community Events

▶ A&W Inclusion Burger Day

Date: October 3, 2025

In celebration of Canada's Autism Awareness Month in October, all A&W locations in Fort McMurray will donate \$1 to the Autism Society of the RMWB for every Teen Burger sold. To pre-order or any inquiries, please call 780-531-0746



Upcoming Workshops

▶ Feeding Relationships

Date: Monday, Oct. 6, 2025

Time: 6:30-8:00pm

Location: Zoom

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

Register [here](#).



▶ Vision & Values

Date: Thursday, October 2, 2025

Time: 6:30-8:30pm

Place: Doug Barnes Cabin

Come join us for a fun and creative evening with our pedagogical partner! We will make vision boards together with other dayhome educators. A vision board is a special poster that shows your goals, dreams, and ideas. You can use pictures, words, and colors to share what is important to you. We will give you all the materials, you can bring extra magazines, scissors, special wording that you might want to use etc. **Snacks and drinks will be provided. Let's relax, share ideas, and make something beautiful together. We are excited to see you there!**

▶ Decolonizing Gender 2-Session Workshop

Becoming Conscious Allies

Date: Thursday, October 30, 2025

Time: 6:30pm - 8:30pm

Online [Zoom Link](#)

Two-Spirit / Indiqueer Pasts, Presents, and Futures

Date: Thursday, November 27, 2025

Time: 6:30pm - 8:30pm

Online [Zoom Link](#)

**RSVP to jennifer@childdev.com
or to your consultant**



Educator Professional Learning Highlights

Little Hands, Big Impact: Nurturing Fine Motor Skills in Early Childhood - Michelle

History of Residential Schools in Canada - Manal

Poison Prevention - Manal

Positive Discipline - Manal

Allergy Awareness - Manal, Ruthchel V, Bhashini

History of Residential Schools in Canada - Manal



Managing Routines Part 2 - Hamidah, Vandana

When Biting Happens - Vandana, Cassia, Sona

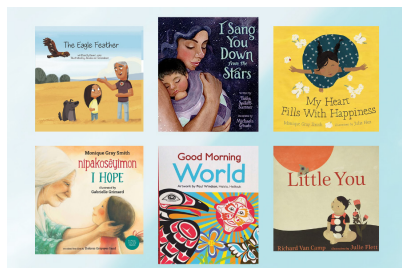
Outdoor Play is Too Dangerous and Other Early Childhood Myths Dispelled
- Michelle, Hamidah

How to Teach Picky Eaters to Try New Foods Without a Battle - Eva, Hamidah

Experience Math Through Nature - Michelle

FASD in Early Years - Cassia

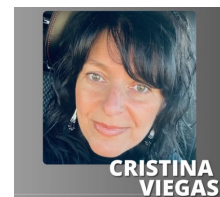
17 Heartwarming Children's Books by Indigenous Authors



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

Announcement

Congratulations to Cristina Viegas for joining FuseSocial's Leadership Wood Buffalo program, a cohort of community-minded individuals, dedicated to strengthening their leadership capabilities and becoming advocates for healthy communities.



CRISTINA VIEGAS

Flight Focus: Your Role as an Early Learning and Child Care Educator

Your role as co-learner, co-researcher, co-imaginer of possibilities calls for a playful and seeking spirit, a willingness to participate, persist, and care, even when it is challenging. As well, your role is made more dynamic through imagining, creating, and inventing possibilities. FLIGHT Pg 50





Recipe Ideas

▶ Healthy Pumpkin Oatmeal Pancakes



See Page 7

▶ Vegetarian Bean Chili Recipe



See Page 9

Activity Idea

▶ 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/>



Learning Story

► How do Educators Support Children in Risky Play?

Story By Janet Huffman, Childcare Consultant

Dayhome Educator: Anthoniette

Back in July, I visited Anthoniette's to complete my ministry check, which we complete 6 times a year, however they were not at home! Anthoniette, Antron and Scarlett were enjoying the play space at St. Anne's school so I joined them there!! How lucky I was as I was able to watch this amazing interaction between Scarlett and Anthoniette.

Scarlett, you so wanted to climb up the steps and get higher, like you could see other children doing. You were very intent on climbing up the steps but getting yourself over the edge caused you some challenges. You asked Anthoniette to come and help you and when she came over she didn't just help you do it, she supported you with encouraging words and guidance. I watched as you listened to her and placed your feet and then your hands to pull yourself up. Anthoniette told you that she was right behind you with support if needed, but that you could do it! and you did!! you were so happy with yourself and the rest of the time at the park you kept practicing working towards mastering a new skill and Anthoniette was there for you the whole time.

What I take away from this interaction is that Anthoniette sees Scarlett as a mighty learner- capable and competent in reaching her goals. I have tagged some of the learning tags that this interaction highlights for me. Scarlett as capable and competent and Anthoniette in the Co-Researching role, supporting Scarlett to find successful ways!!





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.

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/>

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