



# Child Development Dayhomes January 2026 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 January

Noreen Sajjad	12 years
Ruthchel Solatorio	4 years
Elisabeth Campion	1 year
Mary Jane Castro	1 year



## CDDH Surveys

Let us know how we are doing!

- ▶ Family Survey
- ▶ Educator Survey



## Happy Birthday to the following Educators!

Admire, Gul Jana,  
Najma, Amna



## Welcome New Educators



[Rizza Mae](#) in Thickwood  
[Analyn](#) in Thickwood  
[Obehi](#) in Eagle Ridge



## Follow us on Social Media



## Upcoming Statutory Holidays

(Dayhomes and office are closed)

**New Years Day:** January 1, 2026

**Family Day:** February 16, 2026

**Good Friday:** April 3, 2026

**Easter Monday:** April 6, 2026



## Attendance Records Due:

**Wednesday, January 21 by 6:00pm**

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



## Community Events

### ▶ **Golden Girls: The Laughs Continue**

**Date:** Thursday, Jan 15, 2026

**Time:** 7:30 PM

**Location:** Keyano Theatre, 8115 Franklin Ave

**Tickets:** [VividSeats](#)



Miami's sassiest seniors return for one more hurrah in an all new show. Story by Robert Leleux. Directed by Eric Swanson. Imagine what the gals would be doing today if they were still alive. Get ready for the hilarious shenanigans.

### ▶ **WinterPLAY Festival and Shootout on the Snye**

**Date:** February 20-24, 2026

**Location:** Downtown Fort McMurray & Snye Point

**Shootout on the Snye:** Early Bird Registration: \$40 + GST (Jan. 8-21), Regular Registration: \$50 + GST

**Activities:** ice sculptures, skating, family games, fireworks

**Website:** [Link](#)



### ▶ **Lego Friends Candy Shop**

**Date:** Wednesday, January 7, 2025

**Time:** 5:00-7:00pm (select a 30min. time slot: 5, 5:30, 6 or 6:30)

**Location:** Staples Fort McMurray Store 145

**Cost:** Free

**Ages:** 6+

**Website and to reserve a spot:** [Link](#)



This hands-on event invites kids to unleash their creativity as they design and build a candy themed masterpiece using LEGO bricks. Step into the colorful world of LEGO Friends and create your very own candy shop! This hands-on event invites kids to unleash their creativity as they design and build a candy-themed masterpiece using LEGO bricks.



## Upcoming Workshops / Professional Development

### ▶ Income Tax for Educators

**Date/Time/Location:** January 14, 2026, 6:30-8:30pm, Online.  
Presented by Ian Griffiths. **Please RSVP to your consultant.**



### ▶ Non-Violent Communication Workshop

**Date:** January 17, 2026  
**Time:** 10:00am - 2:30pm  
**Location:** Quality Inn Hotel  
**Presented by:** Hope Moffat, CNVC

PD Funding and release time funding - lunch included

Nonviolent Communication is based on the principle of Ahimsa — the natural state of compassion when no violence is present in the heart.” ~ Marshall Rosenberg, founder of NVC. The purpose of Nonviolent Communication is to fully value everyone’s well being, and to create a certain quality of connection where everyone’s needs can be met through natural giving.

### ▶ AECEA Presentation for Educators

**Date:** January 27, 2026  
**Time:** 6:30pm - 8:00pm  
**Location:** Online [link](#), **Presented by:** [AECEA](#)



### ▶ Speechified Workshop

**Date:** January 28, 2026  
**Time:** 6:30-8:00pm  
**Location:** Online Event  
**Cost:** \$60 (workshop is approved for 1.5 hours of release time funding)

- A 1.5 hour, live, engaging learning session with a specialized speech-language pathologist
- Video case studies, video self-analysis and Q &A time included in this session
- A digital BluePrint or guidebook to assist you in your learning
- 1 x one-on-one video coaching consult after this online learning

### ▶ AECEA Professional Development Workshops

**Dates:** January 2026 (specific sessions posted monthly)  
**Online Listings:** [AECEA PD](#)

### ▶ ARCQE Professional Development Sessions

**Dates:** January 2026 (dates vary by topic)  
**Online Listings:** [ARCQE PD](#)





## Educator Professional Learning Highlights

**Decolonizing Gender** - Arlene R.

**Autism and Neurodiversity in Early Childcare** - Mary Jane



## Flight Focus

In the FLIGHT curriculum, child guidance is a collaborative practice where educators and children co-construct learning.



- Page 26 (Section 2.1: Image of the Child): “Children are mighty learners and citizens — strong, resourceful, and capable of co-constructing knowledge and contributing to their communities.”
- Page 32 (Section 2.2: Educator’s Role): “Educators co-learn, co-research, and co-imagine with children, families, and colleagues, engaging in responsive and intentional practices.”
- Page 45 (Section 3: Responsive Environments): “Responsive environments invite children to collaborate, negotiate, and care for one another, supporting their identities as citizens.”

Guidance is not about control but about reflection, respect, and shared growth between children and educators.

## Wood Buffalo Community Resources



Click [here](#).

## Econo Coop

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](#).

The **Métis Dayhome Program** aims to support Métis Albertans in opening licensed day homes, made possible in partnership with Apeetogosan Métis Development Inc. Successful applicants will receive a one-time \$20,000 grant. For more information and how to apply, click [here](#).





## Activity Ideas

### ▶ 10 Fun and Creative Snow Activities for Kids

Click [here](#).



### ▶ World Braille Day Activities

Click [here](#).

## Recipe Ideas

### ▶ Blueberry Carrot Muffins

See page 7



### ▶ Banana Oatmeal Pancakes

See page 8



## Prime Minister's Awards

The nomination period for the 2026 Prime Minister's Awards is now open! Nominate an early childhood educator. The deadline to nominate is January 14, 2026. More information [here](#).



## Car Seat Info Session

Offering the session online! Dayhome educators can register, pay a \$25 fee, and complete the session at their own pace. At the end of the session, participants will complete a 12-question knowledge check. Upon successful completion, a certificate is automatically generated and emailed to them. Please see the [link](#).





## Learning Story

### ► Yummy Ice Cream

**Story By Chitra Guillermo, Dayhome Educator**

Ryle eagerly joined the pretend-play ice cream shop, excited to take part in the imaginative experience. In front of him were several “flavours” to choose from—blueberry, blackberry, and cheesy ice cream—each represented with food colouring.

After carefully looking over his options, Ryle chose the blueberry flavour, pointing to it with interest. He then politely asked the shopkeeper for one cup, demonstrating his growing confidence in using language during social play.

As he waited for his order, Ryle smiled with anticipation, fully engaged in the role-play scenario. Through this simple yet meaningful activity, he practiced decision-making, communication, and imaginative thinking—important skills nurtured through pretend play.



# Healthy Blueberry-Carrot Muffins



Recipe courtesy of Food Network Kitchen



*We weren't afraid to include oil in these healthy fruit-and-veggie muffins. We used coconut oil, which contains high levels of lauric acid, a saturated fat that has been shown to raise levels of good (HDL) cholesterol. It also adds richness and tenderness, meaning that the recipe is still delicious even with less sweetener.*

Level: Easy

Total: 1 hr

Prep: 15 min

Inactive: 20 min

Cook: 25 min

Yield: 12 muffins

## Ingredients:

Cooking spray

1 1/2 cups blueberries

2 cups whole wheat pastry flour or white whole wheat flour

2 teaspoons baking powder

1 teaspoon ground cinnamon

1/2 teaspoon fine salt

1/2 cup 2-percent lowfat milk

1/2 cup melted virgin or extra-virgin coconut oil

1/2 cup packed light-brown sugar

2 medium carrots, shredded and squeezed dried

2 large eggs

1 teaspoon finely grated lemon zest

1 teaspoon pure vanilla extract

1 tablespoon turbinado sugar

## Directions:

**1** Position an oven rack in the middle of the oven and preheat to 350 degrees F. Line a 12-cup muffin pan with paper liners and spray the liners lightly with cooking spray.

**2** Reserve 1/2 cup of the blueberries for garnish. Place the remaining blueberries in a large bowl and lightly crush them with the back of a fork (crushing keeps them from sinking to the bottom of the muffin batter during baking). Add the flour, baking powder, cinnamon and salt to the blueberries and stir to combine. Whisk together the milk, oil, brown sugar, carrots, eggs, lemon zest and vanilla in another bowl, whisking until no clumps of brown sugar remain. Fold the milk mixture into the flour mixture until just combined (don't worry if there are a few lumps).

**3** Divide the batter evenly among the prepared muffin cups. Press the reserved blueberries into the tops of the muffins. Bake for 10 minutes. Remove the pan from the oven and sprinkle the tops of the muffins with the turbinado sugar. Rotate the pan and continue to bake until the muffins are golden and a toothpick inserted in the centers comes out clean, 20 to 24 minutes. Cool the muffins in the pan for a few minutes, then transfer the muffins to a rack to cool completely.



Copyright 2014 Television Food Network, G.P. All rights reserved.

# Favorite Banana Oatmeal Pancakes ★★★★★

4.98 from 90 votes

Very ripe (with brown spots) bananas will give these Banana Oatmeal Pancakes the best flavor. Dice them up or serve whole, according to how the kids prefer to eat them.

Prep Time	Cook Time	Total Time
10 mins	15 mins	25 mins

Course: Breakfast   Cuisine: American   Servings: 6   Calories: 256kcal

Author: Amy Palanjian

## Equipment

- Mixing Bowl
- Green Pan Non-Stick Pan
- Maple Syrup

## Ingredients

- 2 very ripe medium bananas (about 2 cups sliced)
- 1½ cups whole wheat flour
- ½ cup rolled oats
- 1½ teaspoons baking powder
- 1 teaspoon cinnamon
- 3 eggs
- 1 cup milk (dairy or nondairy)
- 1 teaspoon vanilla extract
- 2 tablespoons butter

## Instructions

1. Mash the bananas until smooth.
2. Add bananas to a bowl with the rest of the ingredients except the butter. Gently stir together.
3. Warm a nonstick or cast-iron skillet over medium heat. Add a small bit of the butter, melt, and spread it around the pan.
4. Drop 1/4 cupfuls of batter onto the pan and spread out thinly to about 1/4-1/2 inch thick. Cook for about 3 minutes or until you see bubbles on the surface on the pancake. Flip and cook for an additional 2-3 minutes.



5. Continue to cook the rest of the batter.
6. Serve warm with Caramelized Bananas, maple syrup, yogurt, nut butter, or any toppings you like.

## Notes

- To store leftovers, let pancakes cool and store for up to 3 days in the fridge in an airtight container. Or freeze up to 3 months in a zip-top freezer bag with as much air removed as possible.
- **Gluten-free:** Use certified gluten-free rolled oats and gluten-free cup-for-cup flour blend.
- **Dairy-free:** Use nondairy milk and oil in the pan instead of butter.
- **Egg-free:** Omit the eggs and add 1 T chia seed to the batter and an additional 1/4 cup milk. Spread thinly to ensure they cook through.
- Use very ripe bananas with brown spots for optimal sweetness.
- Mash the bananas smooth for a smooth final texture.
- Spread the batter out in the pan so the pancakes are fairly thin. This helps them to cook through.
- Let cook on the bottom until you see bubbles form around the edges and the edges appear set. Then carefully flip over.
- If the pancakes are browning faster than they are setting up, turn the heat down a smidge.

## Nutrition

Calories: 256kcal | Carbohydrates: 38g | Protein: 9g | Fat: 9g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Trans Fat: 1g | Cholesterol: 96mg | Sodium: 190mg | Potassium: 362mg | Fiber: 5g | Sugar: 7g | Vitamin A: 330IU | Vitamin C: 3mg | Calcium: 137mg | Iron: 2mg

Thank You! <https://www.yummytoddlerfood.com/banana-oatmeal-pancakes/>