



Child Development Dayhomes

January 2026 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 January

Sabra Tirmizi	17 years	Khushbir Dheer	7 years
Teresita Macugay	16 years	Huma Ijaz	6 years
Roopali Bali	14 years	Ameera Arsalan	6 years
Mahbuba Sultani	12 years	Maya Shmait	4 years
Ruchika Sharma	11 years	Breezy Divino	3 years
Nasim Butt	10 years	Mandy Tsvikovski	3 years
Jennifer Lopez	10 years	Anshika Kapoor	2 years
Maria Victoria Soria	7 years		



Upcoming Statutory Holidays

(Dayhomes and office are closed)

New Years Day: January 1, 2026

Family Day: February 16, 2026



Follow us on Social Media



Attendance Records Due:

Thursday, January 22 by 6:00pm

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

Upcoming Workshop

► Income Tax for Educators

Date: January 14, 2026

Time: 6:30pm - 8:30pm

Location: Online ([link](#))

Presenter: Ian Griffiths



Please RSVP to your consultant.

► AECEA Presentation for Educators

Date: January 27, 2026

Time: 6:30pm - 8:00pm

Location: Online ([link](#))

Presented by: [AECEA](#)





Community Events

► Chiseled

Edmonton's International Ice Carving Competition

Date: January 15-17, 2026

Location: Ice District Plaza

Website: <https://wintercityedmonton.ca/event/chiseled/>

Edmonton's International Ice Carving Competition is back! Watching carvers transform blocks of ice into works of art! Each team is allotted 15 blocks of ice and three days (34 hours) to bring them to life. Visit daily to watch their progress, or, if you can't make it, check out the displays over the coming weeks — as long as temperatures cooperate!



► Deep Freeze: A Byzantine Winter Festival

Date: January 17-18, 2026

Location: 90-95 St & 118 Ave

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

Celebrate winter, tradition, and the Olde New Year at Deep Freeze: A Byzantine Winter Festival—where art and culture shine in the heart of Edmonton.



► Flying Canoe Volant

Date: January 28-31, 2026

Time: 6:00pm - 10:00pm

Location: Millcreek Ravine

Website: <https://www.lacitefranco.ca/flying-canoe-volant>

The Flying Canoe Volant Festival is a creative and interactive cultural celebration inspired by French Canadian, First Nations and Metis traditions, designed to engage local history and all that's great in a long winter night.





Recipe Ideas

▶ **Blueberry Carrot Muffins**

See page 5



▶ **Banana Oatmeal Pancakes**

See page 6



Activity Ideas

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

Click [here](#).



▶ **World Braille Day Activities**

Click [here](#).

CDDH Surveys

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

▶ **Family Survey**

▶ **Educator Survey**



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](#).





Learning Story

► The Most Wonderful Snowman

By Cherryl, Dayhome Educator

Last week, we read a book called “The Big Snowball,” and we’ve been eagerly waiting to build our own.

Today was the perfect day—the day we’ve been waiting for to make a snowman. I made three small snowballs and gave one to Liam, one to Hannah, and one to Oliver. Just like in the book, the children enjoyed rolling the slushy snowballs on the ground. They kept going until they created a big, big, and even bigger snowball.

Next, they helped each other to connect the snowballs. Liam, being the strongest, was able to carry the bigger snowball. They connected the three snowballs together. We looked around to search for the eyes, nose, mouth, and arms. We used leaves, branches, and dried flowers to create our snowman. And we created the most wonderful snowman ever! It was a great day to build a snowman.



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.



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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/>