



Child Development Dayhomes

March 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 March

Samra Sohail	14 years	Nosheen Azhar	7 years
Cecilia Sibayan	11 years	Alelie Bautista	2 years
Edwina Sinuto	10 years	Shraddha Sor	2 years
Saba Maqbool	10 years	Crystal Anomasiri	1 year



Upcoming Workshop: Outdoor Play and Nature Connections

Date: Saturday, April 18, 2026

Time: 8:30am - 4:00pm

Location: Alfred H. Savage Centre

Address: 3909 Fox Dr. NW, Edmonton

Presenters: Dave Verhulst and Christina Pickles

Cost: \$147

2 workshops - 2.5 hours with each presenter.

More info and to register: [Here](#)

We all learn best through play. Come experience outdoor play and nature connection through hands-on sessions with Christina and Dave!

Upcoming Statutory Holidays

(Dayhomes and office are closed)

Good Friday: April 3, 2026

Easter Monday: April 6, 2026

Victoria Day: May 18, 2026



Welcome New and Returning Educators

[Tanankorn](#) in Walker (New)

[Xianghong](#) in Windermere (Returning)



Attendance Records Due:

Monday, March 23 by 6:00pm

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

CDDH Surveys

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

▶ **Family Survey**

▶ **Educator Survey**



Community Events

▶ Family Futures Drop-in Programs

Dates: Various dates, times, and locations

Website: [Link](#)

Programs include: Baby and Toddler Playtime, Busy Bodies, Coffee & Playtime, Drop in Playtime, Let's have a Playdate, Once Upon a Time, Playgroup and Coffee Drop-in, Youth Connections



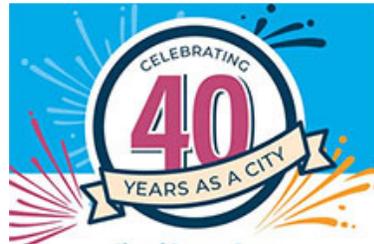
▶ Spruce Grove 40th Anniversary Celebration

Date: Sunday, March 1, 2026

Time: 3:00pm - 7:30pm

Location: Heavy Metal Place, Spruce Grove

Website: [Link](#)



▶ Build a Leprechaun Trap at the Home Depot

Date: Saturday, March 14, 2026

Time: 8:30am - 12:00pm

Location: Different Home Depot locations, please check website

Website: <https://www.homedepot.ca/workshops>



▶ Arts District Day

Date: Saturday, March 14, 2026

Time: 11:00am - 4:00pm

Venues: The Citadel Theatre, Art Gallery of Alberta, Winspear Centre

Cost: Free

Website: <https://www.youraga.ca/whats-on/arts-district-day>



Enjoy free activities between the Art Gallery of Alberta, Winspear Centre, and The Citadel Theatre. Move between all three venues and take part in the events and fun we have planned.



Recipe Ideas

▶ Lucky Leprechaun Healthy Green Smoothie for Kids

See page 5

▶ Healthy Carrot Cake Muffins

See page 7



Activity Ideas

▶ Exploring Signs of Spring

Website: [Link](#)



▶ Spring Science: Observing Seasonal Changes in Nature

Website: [Link](#)



Reading Ideas

▶ Ramadan Books

Website: [Link](#)



Learning Story

▶ Sea Animals

By Uzma Tariq, Dayhome Educator

Today the girls decided to play with sea animals but without water.



They explored sea animal toys during playtime, using their imagination to bring the animals to life without water. They picked up, named, and moved the animals around the play space, creating their own stories and interactions.

Insiya was busy taking care of the fish family which included the daddy, mommy, brother, sister and a baby fish. I was wondering if she had her own family in mind when she was doing this because she has older siblings.

Ore was exploring the colour, size and texture of them. While she moved a fish, she whispered “slow, slow, fast, fast”. Kinza started singing the song “Baby Shark” and was moving her fish in a playful way. Insiya also joined her and started going.



YIELD: 4 SERVINGS

Lucky Leprechaun Healthy Green

Smoothie

Start St. Patrick's Day off right with this bright and festive healthy green smoothie your kids will love! It's delicious, nutrient-dense, and so easy to make!

PREP TIME

5 minutes

TOTAL TIME

5 minutes



Ingredients

- 1 banana
- 2 cups of spinach leaves
- 2 cups frozen light-colored fruit (peaches, pineapple, mango, etc.)
- 1 cup milk
- 1 cup orange juice
- 1/2 cup plain Greek yogurt
- Optional add-ins (*see note)

Instructions

1. Combine all ingredients in blender and mix until combined. Easy peasy!
2. Depending on how awesome your blender is (or not), you may have to stir and blend some more to make sure that all the frozen chunks get ground up.
3. Pour into glasses and ENJOY!

Notes

There are lots of options for add-ins that will boost the health-factor of your smoothie. I often add protein powder, oats, chia, or flax seed to bump up the nutrition and make the smoothie a bit more filling.

Mom Tip: Use any leftover smoothie to make healthy popsicles! My kids think I'm the coolest mom ever when I hand them popsicles for a snack on a sunny day, and I just smile to myself knowing all the vitamins and minerals they are happily eating.

© Meg

CUISINE: breakfast / **CATEGORY:** Recipes

<https://themanylittlejoys.com/lucky-leprechaun-healthy-green-smoothie-for-kids/>

Healthy Carrot Cake Muffins



4.96 from 250 votes

These are delicious served warm soon after baking, at room temperature or even chilled, so see what your family prefers. They are naturally dairy-free and can be made gluten-free and egg-free as well. See the Notes section for details.

Prep Time 10 mins	Cook Time 16 mins	Total Time 26 mins
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Course: Breakfast Cuisine: American

Servings: 12 (Makes 24 mini muffins or 12 servings) Calories: 119kcal

Author: Amy Palanjian

Equipment

- Mini Muffin Pan
- Mixing Bowl
- Rolled Oats

Ingredients

- $\frac{3}{4}$ cup whole-wheat flour
- $\frac{1}{2}$ cup rolled oats
- $\frac{1}{4}$ cup brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- 1 cup applesauce
- 1 cup grated carrots
- 2 large eggs
- 3 tablespoons canola oil (or melted coconut oil)
- 1 teaspoon vanilla extract
- $\frac{1}{4}$ cup raisins (I prefer golden raisins, but any kind will work)

Instructions

1. Preheat the oven to 350 degrees F and coat a 24-cup mini muffin tin with nonstick spray.

2. Add all ingredients to a medium bowl and stir together to combine thoroughly but gently.
3. Add a heaping 1 tablespoon of the batter to each prepared muffin cup and bake 18-22 minutes or until lightly golden brown around the edges and a cake tester inserted into the middle comes out cleanly.
4. Remove from oven, cool in the pan for 2 minutes, and use a paring knife to loosen the edges as needed. Tilt in the pan to allow air to circulate underneath or transfer to a wire rack to cool.
5. Serve warm, at room temp, or chilled.

Notes

- To store, place in an airtight container and store at room temperature for 3-5 days. Reheat slightly to serve if desired. Or, place cooled muffins into a zip-top freezer bag, remove as much air as possible and seal. Store in the freezer for up to 3 months. Thaw overnight in the fridge or in the microwave in 10- to 15-second increments.
- I like to use golden raisins because the flavor and color is nice here, but regular ones work just fine.
- Add 1/4 teaspoon ground ginger to add even more flavor.
- **Egg-free:** Omit the eggs and add 1 tablespoon ground flaxseed meal and use 1/2 teaspoon baking soda (up from 1/4 teaspoon in the recipe). Let mixed batter sit for 5 minutes before adding to the pan. Bake for about 2 additional minutes, or until a cake tester inserted into the center of a muffin comes out cleanly. (Or you can use a store bought egg replacer like the one from Bob's Red Mill.)
- **Gluten-free:** Use gluten-free cup-for-cup flour and certified gluten-free rolled oats.
- For best results with the texture, grate the carrots yourself. OR use kitchen shears to roughly chop store-bought grated carrots into slightly smaller pieces. (Right out of the bag, the grated carrots are often in long pieces that will be hard to fit in mini muffin cups.)
- These work best as mini muffins. To bake as standard-size muffins, increase the oven temp to 375 degrees F and bake for 18-22 minutes or until a cake tester inserted into the center comes out cleanly.
- Be sure to grease the pan well and use a paring knife around the edges as needed to prevent the muffins from sticking to the pan.

- When checking for doneness, look for the edges to be golden brown, the tops of the muffins to be firm to the touch, and a cake tester or toothpick inserted into the center of a muffin to come out clean—not with wet batter stuck to it.

Nutrition

Serving: 2mini muffins | Calories: 119kcal | Carbohydrates: 18g | Protein: 3g | Fat: 5g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Trans Fat: 1g | Cholesterol: 27mg | Sodium: 79mg | Potassium: 130mg | Fiber: 2g | Sugar: 7g | Vitamin A: 1828IU | Vitamin C: 1mg | Calcium: 37mg | Iron: 1mg

Thank You! <https://www.yummytoddlerfood.com/healthy-carrot-cake-muffins/>