



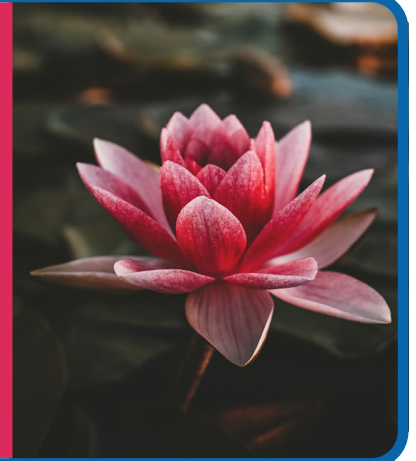
Child Development Dayhomes April 2026 Newsletter

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 April

Soheli Hossain	33 years	Chamini Bulumulla	4 years
Shahida Nasreen	14 years	Tatiana Cazacu	4 years
Maria Sheikh	11 years	Sumera Farooq	2 years
Tahira Khan	11 years	Cecil Bangcal	2 years
Parveen Sharma	9 years	Inderpreet Kaur	2 years
Karen Dano Ibale	7 years	Gifty Anthonia Kwofie	2 years
Jinny Graveline	5 years	Stacie Moore	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](#)



▶ Autism Awareness

Free Online Event

Dates: March 30, 31, April 1, 2, 2026

See poster on page 6

Birth Announcement

Congratulations to Andrea Allen and family on the birth of their son Blake Brian Allen, born March 2!



Congratulations to Kehinde who completed her Early Learning and Child Care Diploma (Level 3)



Attendance Records Due:

Wednesday, April 22 by 6:00pm

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

Community Events

▶ Family Futures 2026 Camps

Location: Various locations in Edmonton

Website: [Link](#)



Family Futures Resource Network is excited to offer week-long Summer camps for children ages 6-11! Join us for themed activities, arts and crafts, games and a mix of engaging indoor and outdoor activities designed to keep children active, creative, and having fun. Camp is offered full days from 9am– 4pm.

▶ Playgrounds in Edmonton

Website: [Link](#)



▶ Easter Egg Hunt in Stony Plain

Date: April 4, 2026

Time: starting 9:00am

Location: Pre-selected public parks and trails around town. The park locations will be released on the website at 9am, April 4th.

Website: [Link](#)



▶ Annual Griesbach Easter Egg Hunt

Date: April 5, 2026

Time: 10:30am - 1:00pm

Location: To be determined

Website: [Link](#)



▶ Egg Hunt at Sherbrooke Community League

Date: April 5, 2026

Time: 11:00am - 2:00pm

Location: 13008 122 Ave NW

Website: [Link](#)





Recipe Ideas

▶ 3 Protein-Packed Recipes

See page 7



Activity Ideas

▶ Earth Day DIY Play Dough Tray

Supplies:

Appetizer Tray

Twigs

Small wooden dolls

Rocks painted green and blue

Green and blue play dough

Green and blue gem stones

Website: [Link](#)



Reading Ideas

▶ Books for Kids About Earth Day & Recycling

Website: [Link](#)



Learning Story

▶ A Splash of Joy: Celebrating Holi with Colour

By Gurpreet Kaur Dayhome Educator

In our bright learning space, the children gathered around a large white canvas to celebrate Holi, the festival of colours and new beginnings. As an educator, I integrated this celebration into our dayhome to foster cultural appreciation and fine motor development through a unique sensory technique: cotton ball stamping.



The children were eager to explore, with another calling out, “I want to mix blue!” as they dipped their cotton balls into the vibrant palettes. We discussed how Holi marks the arrival of spring and the triumph of love and friendship. “I’m going to mix all the colours to make a rainbow!” a child suggested, their concentration transforming into pure excitement as each stamp left a beautiful, fuzzy burst of colour on the paper. By replacing traditional brushes with cotton, the children practiced the delicate pincer grasp, turning a simple art project into a high-level coordination exercise.

As the activity progressed, the collaborative spirit of the festival truly came to life, influencing how the children interacted with one another. They shared paint trays and pointed out how their stamps overlapped to create entirely new shades, a perfect metaphor for the social play and unity Holi represents. When we combined blue and yellow, the children were delighted to see it transform into green, with one excitedly noting, “It’s making green!” Others were curious about the different tools, asking, “Whose cotton is this?” as they worked together to fill the canvas.

This experience was more than just a joyful mess; it was a sensory-rich lesson that taught the children to value diversity and community. By the end of the session, our “Happy Holi” sign was surrounded by a rainbow of dots, each one representing a child’s unique voice and their growing understanding of a world filled with different traditions and shared love.





Learning Story

▶ **The Great Voyager**

By Mahira Zeeshan, Dayhome Educator

Jackson, I could see that you had great memories of your travel experience, which inspired you to become a ship builder.

You gathered the big wooden blocks and made a frame for the ship. Next, you put Lego blocks on top and said, "We were sitting on the boat." I wondered if everyone was going on a special mission, and you replied that they were going snorkelling.

I could see that you had connected your real-life travel experiences to your creative work and were developing associative thinking.

You added sharks, and Fletcher helped you put in all sorts of scary creatures in the ocean.

I think you used great imagination and experimented with balance and structure to make a safe boat, and, in storytelling, explained where the boats were going and what the people would do, showing that you understand the sequence of travel.



Autism Awareness

Free online event

March 30 – April 2, 2026

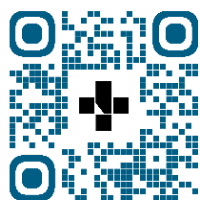
For parents, caregivers and those working with children



Trusted information to support your neurodivergent or autistic child

Register for webinars

ahs.ca/pedrehab



Hosted by healthcare professionals.
Open to all Albertans.

Monday, March 30

- 10 am [Toe walking in children](#)
- 12 pm [Sleep troubles](#)
- 7 pm [Sensory processing](#)

Tuesday, March 31

- 12 pm [Autism and motor skills](#)
- 7 pm [Emotional regulation](#)

Wednesday, April 1

- 12 pm [Helping children thrive with routines](#)
- 7 pm [Building early social interactions](#)

Thursday, April 2

- 12 pm [Your child's diagnosis](#)

Additional options are available.
Select the topic and time that works for you.

Prepared by Edmonton Zone Public Health Dietitians for Child Care Providers

The Power of Protein

Protein is an amazing and tasty part of a complete meal or snack. Protein helps to build and maintain muscles and keep the whole body healthy. Read on for tips and ideas on kid-friendly, protein-rich recipes.

Which foods have protein?

There are many foods high in protein!

- Meat, like beef, pork, and chicken
- Fish, like salmon and light tuna
- Dairy, like yogurt, milk, and cheese
- Fortified soy beverages
- Eggs
- Lentils
- Chickpeas
- Beans
- Nuts
- Seeds

Fun Fact

Children aged 1-3 need 13 grams of protein each day, and ages 4-8 need 19 grams.



Yogurt Parfait

Yogurt parfaits are a great way to pack in protein. Plus, you can change up the taste with different fruits and toppings! Check out this [parfait recipe!](#)

Tip: Use Greek yogurt to add extra protein.



Flatbread Pizza

Flatbread pizza can be a fun way to add a rich protein source into a meal. You can also add any vegetables you like! Check out this [flatbread pizza recipe!](#)



Tip: Add black beans to the recipe for more protein!

Black Bean and Corn Salad

Some kids struggle to accept the texture of meat when learning to eat. Vegetarian options, like beans, are a great way to offer easier textures while they learn! Check out this [black bean & corn salad recipe!](#)

Tip: Mix in another protein like chicken!



Canada's Food

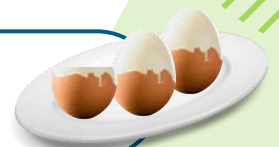
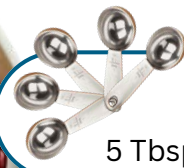
Guide recommends 1/4 of the plate as protein foods



Fun Fact In Practice

15 grams of protein looks like:

5 Tbsp of chicken or 2 1/2 eggs or 75 grams (~1/2 can) light tuna



SHARE WITH PARENTS:

For more information and simple ideas for cooking with plant-based proteins, click below.

[Canada's Food Guide - Cooking with plant-based proteins](#)

Want more information on healthy eating?

healthyeatingstartshere.ca