



# Child Development Dayhomes April 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 April

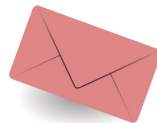
Uzma Arshad	12 years	Faiza Shamas	3 years
Mays Alhasnawi	11 years	Tanya Bennett	3 years
Arlene Hermogenes	4 years	Dianne Newberry	1 year
Marivic Rey	4 years		



## CDDH Surveys

Let us know how we are doing!

- ▶ Family Survey
- ▶ Educator Survey



## Happy Birthday to the following Educators!

Najia, Cassia, Darunee,  
Ritha, Sumaira, Brenda



## 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 generated and emailed to them. Please see the [link](#).

## Welcome New Educators



[Kibinesh](#) in Downtown  
[Nancy](#) in Eagle Ridge



## Attendance Records Due:

**Tuesday, April 21 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)

**Good Friday:** April 3, 2026

**Easter Monday:** April 6, 2026

**Victoria Day:** May 18, 2026



## Community Events

### ▶ Inclusion Burger Day

**Date:** April 2, 2026

**Time:** 8:00am - 10:00pm

**Locations:** A&W locations

Event by Autism Society of the Regional Municipality of Wood Buffalo

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



### ▶ Autism and Neurodiversity Awareness Training

**Date:** April 27, 2026

**Time:** 6:00pm - 8:30pm

**Location:** 10019 MacDonald Ave Unit 218

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



## Upcoming Workshops / Professional Development

### ▶ Holding Space for Nature Connections in Early Learning Settings

**Date:** April 25, 2026

More details to follow, stay tuned!

### ▶ Autism Awareness

**Free Online Event - See poster, page 6**

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

## Educator Professional Learning Highlights

**Possibilities for Practice (PFP):** Mary Jane Castro

**Honoring Big Feelings:** Maria F

**Supporting Children's Regulation:** Maria F, Virgie

**Early Childhood Educator Level 2:** Letty, Portia



## Flight Focus

This month, we invite you to think about how you plan experiences for children. FLIGHT reminds us that “curriculum is a living and relational process.” This means programming grows from your daily interactions with children. Take a moment to reflect on how you noticed children’s interests, how you responded to their ideas, and how you supported their learning through play. Small observations can guide meaningful next steps in your dayhome.



## 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

### ▶ Pretend Camping and Grilling Marshmallows

By Geraldine Reyes, Dayhome Educator

They enjoyed roasting marshmallows on the campfire.

A: “Be careful, the fire is hot!”

B: “The marshmallows are so yummy!”

A: “So yummy!”

G: “ I having so much fun!”

S: “ I love camping! “





Pretend camping and grilling marshmallows boosts toddler development by fostering imagination, creativity, and social skills like turn-taking. It enhances fine motor skills through manipulating “food” and strengthens cognitive abilities such as problem-solving, planning, and emotional regulation in a safe environment.



**Social & Emotional Growth:** Children practice cooperation, negotiation, and teamwork by setting up camp, sharing roles and managing emotions in a safe, imaginative setting.

**Cognitive & Language Skills:** The activity promotes storytelling and language development, as kids narrate their adventures and plan their camping scenarios. It also strengthens problem-solving, such as deciding how to build a fire pit.

**Fine Motor Skills:** Using fork to “roast” marshmallows and manipulating props helps improve hand-eye coordination and dexterity.

**Safety Awareness:** It provides a controlled, safe way to learn about fire safety and rules.

# Autism Awareness

## Free online event

March 30 – April 2, 2026

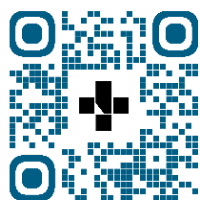
For parents, caregivers and those working with children



Trusted information to support your neurodivergent or autistic child

Register for webinars

[ahs.ca/pedrehab](https://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

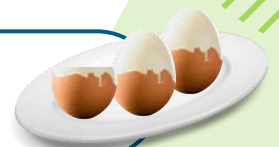
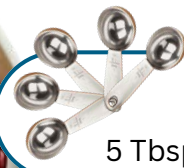
**Guide** recommends 1/4 of the plate as protein foods



### 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](http://healthyeatingstartshere.ca)