

CHILD DEVELOPMENT DAYHOMES



FEBRUARY 2012

www.childdev.com Volume 12 Issue 02

The Magic of Music

Join us for a fun, interactive and informative workshop about the "magical power" of using songs throughout the day.

Singing is an incredible & FUN tool for learning, emotional well being, transitions and to soothe and calm.

Make a magic song bag and take home a resource that requires absolutely no talent! Just a little magic.



Speaker: Megan St. Goddard

Thursday February 16, 2012

7:00—9:00 pm

Marlborough Community Association

636 Marlborough Way NE Upstairs

On site supervised child care will be available.

Child care cost is \$2.00 per child

Please RSVP 403 230-2233



Statutory Holidays

Family Day

Monday February 20, 2012

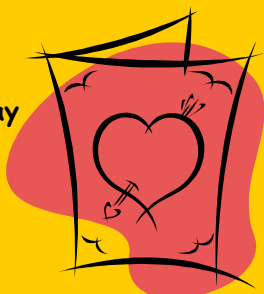
Good Friday and Easter Monday

Friday April 6, 2012

Monday April 9, 2012

Victoria Day

Monday May 21, 2012



Mark Your Calendar

Attendance Records Due Early

Saturday February 18, 2012

Please ensure each parent has initialed each day of care and signed the attendance record.

You Make A Difference

Provider Conference

Saturday March 10, 2012

Glenmore Inn



Happy Birthday

To all of our caregivers and staff celebrating their birthdays this month

Beena A.	February 8
Tanya B.	February 17
Sara B.	February 18
Irma G.	February 16
Elise H.	February 22
Rukhsana M.	February 15
Andrea M.	February 10
Aisha N.	February 2
Bonnie P.	February 14
Lita R.	February 17
Angie S.	February 29
Cherilyn S.	February 7
Shehnaz S.	February 3
Shala V.	February 24

Welcome New Provider



Jelena B.



Congratulations

To caregivers and staff celebrating their "Anniversaries" with Child Development Dayhomes

1 year

Tanya B. Riffat B.

2 years

Rossana .

3 years

Naghmana M.

4 years

Dody B.

5 years

Fatheih A. Veronica P.

9 years

Crystal S.



Family Child Care Training

Congratulations

Marla-Lee L.

Upon completion of **Module 1, 2 & 3** of the Family Child Care Training Program

Congratulations

Hina C.

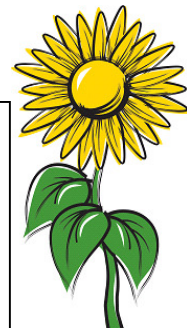
Upon completion of **Module 3** of the Family Child Care Training Program

You Make A Difference

Alberta Family Child Care Association
Calgary Region
Presents

A Conference for Family Child Care Professionals

Presenting Charlotte Diamond,
Canadian Juno Award winning children's performer
and recording artist



March 10th 2012

Register before
February 17, 2012

To register call the office
403 230-2233

Payment can be made
through payroll deductions.

Laraine's Corner

Children love Valentine's day. It gives them a chance to make something special for their friends and family. Gather some red and pink construction paper and some white doilies and encourage the children to create some Valentine masterpieces. Help the children turn their masterpieces into Valentine cards. Make lots so the children can give them to all the people they love, parents, grandparents, brothers, sisters, aunts.... Another lovely idea would be to take a photo of each child and glue it onto a heart. Write several things the child loves to do around the heart. "I love my dad and I love to jump and sing and dance and eat bananas." Then display the artwork at the children's eye level in the playroom.

Laraine



Car Seat Safety

Contact Lavonne Reis to arrange for your own private car seat clinic.

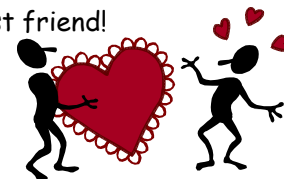
Cost \$20

Includes installation and inspection.

www.keepinbabysafe.ca

Valentine's Poem

Today we're making Valentines
with scissors, paint and glue.
When yours is dry and ready,
I'll be sending it to you!
I'll put it in an envelope,
I'll write your name in red!
I'll sign it hugs and kisses
from your very best friend!



Health Tips with Crystal

Understanding Nutrition Labels

A nutrition label is found on food boxes, cans and bottles. It tells the serving size, how many calories per serving, the content of sugar, fat, salt, protein, carbohydrates and vitamins.

Be careful on your purchases. Read the nutrition label carefully. Sometimes when a food is advertised as "low in fat" there is a high sugar or salt content. Some "fat free" yogurt has 2-3 times the amount of sugar per serving than regular yogurt. One bottle of powerade, gatorade and some other beverages including ice tea and lemonade are packaged in 16 ounce bottles. A serving size is 8 ounces and so if you drink the whole bottle you are consuming twice the calories and twice the sugar. NOTE: We should not be serving our children these types of beverages, but I just wanted to give an example to show how important it is to read nutrition labels carefully.

Look for foods with:

- high fibre (greater than 5 grams per serving),
- low sodium (50-100 mg per serving),
- low sugar (4-8 grams per serving), and
- high protein (5-25 grams per serving)



Serve children,
water, milk or
100% fruit juice
with no added
sugar.

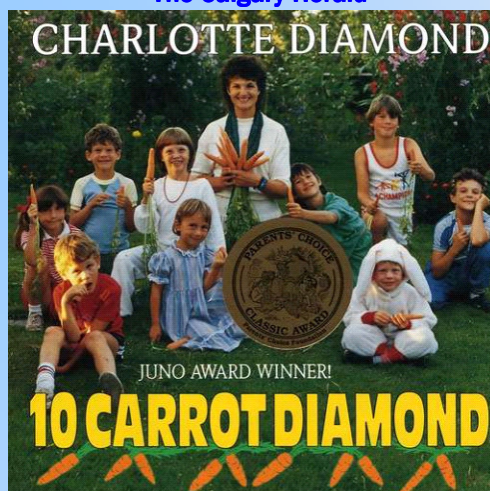
Remember that 4 grams of sugar equals 1 teaspoon and one tablespoon of fat (regardless of what kind) is about 120 calories. Children need 50-75 grams of protein per day and adults need about 100 grams per day.

Crystal S.

Charlotte Diamond Family Concert

“Diamond has one of the prettiest voices in the Canadian kid’s entertainment field.”

The Calgary Herald



www.charlottediamond.com

Date:	Sunday, March 11th, 2012
Cost:	\$12 general admission. Children under 2 years old are free!
Location:	Glenmore Inn, Calgary, AB 2720 Glenmore Trail SE
Time:	1:00pm - 2:00pm. (Doors open at 12:30pm)
Tickets:	Call Child Development Dayhomes for Tickets 403 230-2233



Brought to you by:
Alberta Family Child Care Association
Calgary Region



Statutory Holidays For Dayhomes

Dear Parent;

Most Dayhomes are closed on the following Statutory Holidays. Please check with your Provider to confirm which Statutory Holidays will be honored. If your Provider chooses to provide care on a Statutory Holiday please be advised that the Provider may charge an additional fee to be paid directly to the Provider.

Child Development Dayhomes office will be closed on the following days:

New Year's Day	January 2, 2012
Family Day	February 20, 2012
Good Friday	April 6, 2012
Easter Monday	April 9, 2012
Victoria Day	May 21, 2012
Canada Day (July 1)	July 2, 2012
Heritage Day	August 6, 2012
Labour Day	September 3, 2012
Thanksgiving Day	October 8, 2012
Remembrance Day (Nov 11)	November 12, 2012
Christmas Day	December 25, 2012
Boxing Day	December 26, 2012
New Year's Day	January 1, 2013

If you have any further questions regarding Statutory Holidays please contact the office at 230-2233.

Sincerely,

Michelle Tamashiro
Agency Coordinator





February 2012



Sun

Mon

Tue

Wed

Thu

Fri

Sat

Winter Fun



Here's a great big hill.
With snow all over the side.
Let's pull our sleds up to the top.
And down the hill we'll slide.

Find a small hill in the neighbourhood and go tobogganing.

1 Make a hearty winter soup. Ask older children to help cut up vegetables.



2 Dip pine branches into white paint and make a snowy picture.



3 Drive little cars through white paint on a dark piece of paper.



4 Make a large snowman out of paper. Tape to the wall. Play "pin the nose on the snowman."

5

Feelings



6 Play Fred Penner's "Happy Feet" and paint with your feet while you listen to the happy music.

7

Read "Love You Forever" by Robert Munsch.



8

Teach your little one's how to blow a kiss.



9

Sing or chant this song:
I love somebody, yes I do.
I love somebody, yes I do.
I love somebody, yes I do.
I love somebody and it might be you!



11

Sing "If you're happy and you know it clap your hands..."

12

Valentines



13

Bake heart shaped cookies and decorate.



14

Color sugar with red food coloring. Let dry. Drizzle glue onto heart shaped paper. Sprinkle with the red sugar.

15



16

Magic of Music
7-9pm
Marlborough Community Association

17

Attendance Records Due Early

18

Cut sponges into heart shapes. Dip into red, pink and white paint and press onto paper.

19

Family



20

Statutory Holiday

Office Closed

Family Day

21

Invite the children's grandparents to share a snack at the Dayhome.

22

Make a large family tree to put up on the wall. Draw pictures of all family members or use photos and tape them to the tree.



23

24

Plan a potluck dinner with your Dayhome families. Everyone can bring a dish to share. Ask permission first, and then take photos of the families to post on your dayhome family tree.

25

26

Winter Getaway



27

Get out some summer dress up things... shorts, sun hats, sun glasses, camera, little suitcases, empty bottles of sunscreen, small lawn chairs, summer blanket....

28

29

Make hula skirts with long strips of paper. Play Hawaiian music and do the hula dance.

Yellow Attendance Records and Pink Hour Sheets due on the last working day of each month.

Make a fresh fruit salad with a coconut topping.



Child Development Dayhomes

Peace of Mind www.childdev.com