

CHILD DEVELOPMENT DAYHOMES



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Promoting Sensitive Interactions & Emotional Intelligence with Children

Learn more about caregiving and intelligence that comes from the heart. Developing emotional intelligence in children may be the most important thing we can do for them. Join us for an informative workshop to discover how your sensitive interactions with children can enhance children's emotional intelligence giving them more self-confidence, greater physical health, better cognitive performance and healthier social relationships.

Speaker: Lynn Nickel from Further Education
Thursday January 19, 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

New Years Day
Monday January 2, 2012

Family Day
Monday February 20, 2012

Good Friday and Easter
Friday April 6, 2012
Monday April 9, 2012



Mark Your Calendar

Attendance Records Due
Monday January 23, 2012
Please ensure each parent has signed the attendance record and initialed each day of care.

Workshop
Thursday February 16, 2012

Happy Birthday

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

Crystal A.	January 28
Yasmin A.	January 5
Perveen A.	January 15
Rose A.	January 3
Aklima A.	January 1
Gopa D.	January 7
Rukhsana E.	January 20
Carol Lynn F.	January 1
Fatima H.	January 29
Sakina H.	January 29
Saima H.	January 12
Alice H.	January 5
Pamela H.	January 5
Zaineb J.	January 16
Chandrani J.	January 14
Martha J.	January 1
Jessica M.	January 25
Naila N.	January 10
Masarrat N.	January 18
Zenab R.	January 1
Tami L. consultant	January 9

Welcome New Providers



Kelly J.
Julia M.
Carol Lynn F.



Congratulations

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

1 year

Beena A.
Lydia F. Nargis H.
Suchitra M.
Delanie V.
Lesley H. consultant

3 years

Azar A. Naomi B.

4 years

Suaad S.

5 years

Rafia J. Shaista K.

14 years

Elsie H. consultant



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

To register
for the conference
Call the office
403 230-2233

Payment can be made
through payroll
deductions.

March 10th 2012



Laraine's Corner

2012 is bringing two events that I am looking forward too. The first one being the opening of Devonian Gardens downtown, the second one being the opening of the Penguin enclosure at the Calgary Zoo. Hopefully you can take advantage of these two great experiences with the dayhome children as much as I plan too in the New Year. Have a great and exceptional New Year and enjoy every minute of being a Dayhome Provider, I know I will.
HAPPY NEW YEAR!!!!

Laraine



Happy New Year

Wishing you much success,
joy and happiness in the New Year

From all of us at
Child Development Dayhomes

Safety

For more information on advisories, warnings and recalls check out this **Health Canada** website
<http://hc-sc.gc.ca/cps-spc/advisories-avis/index-eng.php>

Health Tips with Crystal

Rev up your metabolism

What is metabolism? It is the chemical process that takes place in your body to sustain life. Your resting metabolic rate RMR refers to the number of calories you burn at rest just to keep your vital organs functioning. Skipping breakfast affects your metabolism. It's like driving a car with no fuel. You won't get very far. We eat for fuel and that fuel gives us energy to work and play all day. It's important for children and adults alike to get a good healthy start to their day. Here is a great breakfast recipe to start off your day.

French Toast

2 eggs
2 cups milk
2 tsp vanilla
2 tsp orange zest
1/2 tsp cinnamon
16 slices whole grain bread
Fresh fruit
Yogurt

Whisk eggs and milk.
Add vanilla, orange zest and cinnamon.
Heat a flat frying pan over medium heat.
Dip bread in egg mixture and cook on pan for 2-4 minutes on each side or until golden brown.
Top with fresh fruit and yogurt for a healthy alternative to maple syrup.

Makes 8 servings

1 serving (2 slices)

Calories 200/serving

Fibre 4 g/serving

Protein 11 g/serving



Cheryl's Famous Spinach Artichoke Dip

1 cup mayonnaise
2-3 cloves garlic
1 can artichoke hearts, drained
1/3 cup shredded parmesan cheese
Dash of lemon juice
2/3 c shredded mozzarella
1/3 of a red pepper diced
2/3 cup frozen spinach chopped

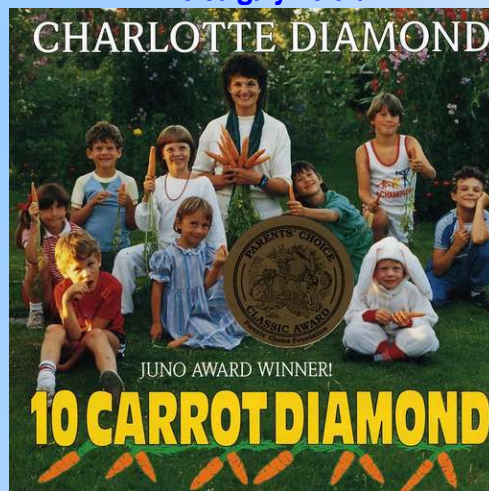
Combine all ingredients (except red pepper) and puree in blender or use a hand blender.
Add red pepper.
Heat 2-3 minutes in microwave.
Serve with crackers, tortilla chips or sourdough bread.



Charlotte Diamond Children's 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





January 2012



Sun Mon Tue Wed Thu Fri Sat

1 	2 Statutory Holiday Office Closed In lieu of New Year's Day	3 Accreditation Child Development Dayhomes has been an accredited agency for almost six years and it's once again time for our three year review. Our accreditation site visit will be in February. The calendar this month contains ideas to help you prepare for the Accreditation review. Included are tips to freshen up your dayhome, ideas to keep things new and interesting for the children, and things to do to help them learn about diversity and inclusion.	4	5	6	7
8 Diversity 	9 Read to children daily. Create a comfortable place for children to look at books on their own. Make sure you always have some books out that have pictures of people of different cultures, races, ages, gender and abilities.	10	11 Introduce new dramatic play items. Dolls of various cultures, saris, scarves, towel turbins, glasses...	12 Allow children to choose a piece of skin toned paper. Give each child a mirror. Ask them to look in the mirror and then draw what they see.	13 	14 Pretend to be Japanese calligraphers and make some fancy black strokes on white paper.
15 A Fresh Start for the New Year	16 Wash toys and walls. Let the children help. Or take a weekend to repaint the playroom in bright colors.	17 Put up some new children's artwork. To prevent paper from curling, place masking tape along all four edges on back of paper. Make a photo collage of the children. Hang at children's level so they can enjoy looking & talking about photos.	18	19 Workshop 7-9pm Marlborough Community Association	20 "Out with the old. In with the new." Rotate your toys at least once every month.	21 Rearrange your playroom. Create new play spaces. Use a couch to separate the block play from the quiet reading area.
22 Front Entrance 	23 Attendance Records Due Chinese New Year	24 Have one bin per child in the front entrance for each child's winter clothing. Make name tags to put on bins.	25 Post your weekly menu and activity plan in your front entrance. Keep it current.	26 Purchase a clip board for attendance records. Attach a pen, so it's easy for parents to initial every day.	27 Post fire drill record and evacuation plan in front entrance. Practice your fire drill early this month.	28 Set up messy play/art area. Arrange art materials so that children can be independent and help themselves.
29 Create Good Habits 	30 Talk to children about germs and how we can wash them away with warm water and soap. Explain why it's important to wash our hands before meals and after we use the bathroom and to always use a separate towel or paper towel.	31  Purchase 6 different colored towels and six shower hooks. Clip shower hooks to towel rack and hang towel by the tag. Or simply attach a loop of elastic to the corner of each towel and hang.	Inspect indoor and outdoor spaces daily, prior to children's arrival and ensure all areas used by children are safe and hazard free.	Keep your disinfecting spray and wipes out of reach of the children, but in a place that's easy for you to access.		