

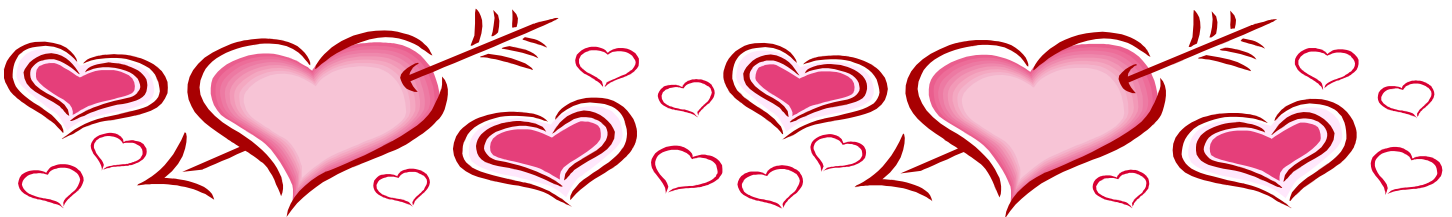


# February 2009



**Welcome New Caregivers to  
Child Development Dayhomes**

**Kavitha Sellaperumal**



Happy Valentines Day!

### *Valentines Day Quotes*

*What the world really needs is more love and less*

*paper work.*

*Pearl Bailey*



*Gravitation can not be held responsible for people falling  
in love.*

*Albert Einstein*

### **Hellos and Good Byes**

Please join us in Welcoming **Alison Rinas**.

Alison was formally a licensing officer for the Child and Family Authority. She is joining the Fort McMurray Office in Feb. Alison looks forward to meeting everyone.

With a heavy heart Leslie Ross has decided to leave the agency. She will be in and out of the office in Feb. She wishes everyone good luck and will miss everyone.

## **2009 Alberta Child Care Professional Awards of Excellence Program**

**Recognizing child care workers who model professional excellence in their day-to-day work with Alberta's children and families.**

Nomination forms are available at Child Development Office or online at [www.child.alberta.ca/chilcare](http://www.child.alberta.ca/chilcare) or by calling (780) 422-1092 can be accessed toll free by first dialing 310-0000

**Nominations must be submitted by March 6, 2009**

# February is Heart Month

Here are some ideas on how to keep your child's Heart Healthy!



## Tips for Healthy Kids

- Remember that your children's health involves more than their physical safekeeping. Talking with your children daily to find out what they are thinking and doing is one of the most important ways to keep them healthy.
- Keep your children active. Research studies show that more than half of Canadian children and youth are not active enough for optimal growth and development.
- Keep the environments in which your children live, play and learn safe. For example, keep dangerous products, such as matches and products that contain poisons, in a locked cabinet.
- Take your children for regular medical checkups. Always talk to your physician if you have any concerns about your children's health. Instill lifetime of healthy eating habits by following [Canada's Food Guide](#).
- Encourage your children to be smoke free for life.
- Set a good example yourself by living an active healthy lifestyle.

## Special Dates in Feb

- Feb 2 -Groundhog Day—will he see his shadow?
- Feb 9 - Lunar Eclipse
- Feb 13- Random Act of Kindness—focus on the spirit of hope and goodness [www.kindacts.net/](http://www.kindacts.net/)
- Feb 14—Valentines Day—don't forget your special sweetheart
- Feb 16—Family Day



## Tips and Pointers:

**Providers :** Are you getting your time sheets sent back because they aren't filled out properly? Make sure parents initial and sign the time sheets before they come to the office

**Parents::** Please remember to initial every day and sign your time sheet at the end of the month. This is how your provider gets paid and shows the times your child attend.





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