

Southgate Medallion
Family Day Homes
#209, 11 Fairway Drive
Edmonton, Alberta T6J 2W4
Phone: 780 438-4012
Fax: 780 435-6605

**Emergency
After Hours
phone numbers:
780-245-3097
or
780-245-3507**

**Agency Office
will be closed:
Jan 2
in lieu of
New Year's Day**

**Family Day
Monday, February
20th**

Please inform Esther of any changes to your direct withdrawal amount 5 business days before the end of the month so we can ensure the correct amount is withdrawn.
ehillman@southgatemedallion.com

When terminating child care, you are required to give your provider 2 weeks written notice.

Check out our Child Care Chatter Blog at:

<http://southgatemedallion.blogspot.com/>

Add your email address at the bottom of the blog and become a follower.



Southgate Medallion
FAMILY DAY HOMES

Tribute

for the Parents

January/February 2012

Alternate Care for Sick Children

It is a parent's responsibility to have a back up plan in place in case your child is too ill to attend your day home. Providers may refuse care if your child is feverish, coughing, has thick mucous discharge, diarrhea, vomiting, rash, or a communicable disease. If your provider gets ill, she will need to take days off too which also affects her income.

Other parents in the day home appreciate your efforts to keep your sick child at home too.
Thanks for being considerate of others.

Positive Parenting Course

For parents of children aged 2 to 12 years
Learn how to turn challenges into opportunities for success.
This course is designed to help you:

Feel comfortable in your parenting skills
Learn what you can expect for your child's age and stage
Plan ahead for difficult situations
Develop positive strategies for dealing with misbehaviour

Tuesdays from February 7 to March 20, 2012
7:00pm — 9:00pm

Cost: \$20.00 Register at www.strathcona.ab.ca/fcs or phone 780-464-4044
Location: #200, 501 Festival Avenue, Sherwood Park
Offered by: Strathcona County Family and Community Services

The Family Centre

Parenting Toddlers/Preschoolers

Topics: Development from 18 months to 5 years of age, communication with young children, importance of play, nurturing self-esteem, guiding children (discipline), and self care for parents.
Jan 20 and 21, or March 23 and 24, or June 1 and 2, or August 17 and 18 or November 2 and 3
Length: 2 days Fridays 7:00—10:00 pm and Saturday 9:00 am —5:00 pm

Parenting School Aged Children

Topics: Development: Five years to 11 years, effective communication, guidance, teaching your child problem solving skills, nurturing self-esteem, self care for parents.
Feb 10 and 11, or July 20 and 21, or October 12 and 13
Length: 2 days Fridays 7:00-10:00 pm and Saturday 9:00-5:00 pm

Getting to "Yes" with Your Teen

Topics: Development: 12 years and up, parenting styles, communication strategies, problem solving for win-win solutions, family meetings, nurturing self esteem, guidance, self care for parents.
March 16 and 17 or July 13 and 14, or December 7 and 8.

**Courses cost \$100.00 for an individual or \$165.00 per couple. Subsidies available.
Phone: 780-497-7536, or email: education.services@the-family-centre.com**

Preventing Child Injury in the Home

Injury Control Alberta magazine has recently published an article that shows the shocking statistics of physical child mistreatment in Canada. It was found that “in more than the 15,000 cases substantiated each year, the parent was the person who struck, shook, or pushed the child in an attempt to punish the child.” More than half of these cases of physical maltreatment occurred when a parent was attempting to discipline a child.

It is a common parental misconception to think the child has intended to do wrong. Children do not intentionally do wrong to make a parent angry. They are learning right from wrong and often make mistakes. They need a parent’s support/guidance to learn.

The parent emotionally reacts to a child’s misbehavior in a violent way that drives them “to teach, correct or deter the child” through physical punishment. Parents who physically harm their children often “do not intend to do so”. Parental emotion can intensify if the child resists. The child could be hurt in a variety of ways—spanking, slapping, kicking, choking, pushing and punching. Striking a child greatly increases their likelihood of injury.

Controlling your own frustration, outburst and anger can be difficult. It absolutely terrifies a child to be placed in physical danger at the hands of someone they trust and love. Stop and think about how a child feels.

If a parent was also parented this way, “it can be difficult to envision parenting” in any other way. There are violence prevention programs available, and parenting support programs that can teach parents a better way to deal with child misbehavior. Find a program that encourages parents to understand the child’s behaviours/ motivations and teaches how to listen, think, and deal with conflicts in a constructive way. Positive interactions with your child, discussions, and finding solutions that work for both of you is more rewarding and develops a better relationship between you and your child. This teaches “self-discipline, empathy and respect for others”.

Think of parenting as a problem solving process. Find ways to back up and breathe when angry. Distance yourself until you are ready to talk. You may need time to think of solutions, so it is okay to say, “I need some time to think about this”. Remember that you are a role model for your children. They will act as you do.

Stop using the “punishment” process and start using the “problem –solving” process.

Organizations that can help:

Parent Link Centres, The Family Centre, Alberta Health Services, and The Support Network in Edmonton

Source: Injury Control Alberta magazine, Vol 14, No. 2 (October 2011 issue) University of Alberta, School of Public Health

Helmets for Winter Sports

Risks:

**Brain injury, skull fracture, cuts and bruises to head and face and broken teeth can be caused by:
Falling on ice, into boards or another skater.
Being hit by pucks, sticks, ringette rings or balls.**

What to look for when buying a helmet:

Look for the CSA mark
Follow manufacturers’ sizing charts and fitting instructions.
Buying a used helmet is NOT recommended.

It is recommended that children wear helmets when tobogganing!

Bike and ski helmets are not designed for ice sports injuries. No hats under helmets.

Do you need a new helmet? You do if:

- the helmet has been thrown onto the floor or ice
- if an injury to the face or head occurred while wearing the helmet
- it has cracks, dents or damage
- missing screws, or clips
- helmet lining has been cut, shaved, is worn down broken or cracked.

www.hockeycanada.ca/safety or call 780-408-LINK for information.