

Southgate Medallion  
Family Day Homes  
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Announcements  
and  
Upcoming Events

**Office will be closed  
Friday, April 22nd  
and Monday, April  
25th  
for  
Good Friday  
and  
Easter Monday**

Parent Surveys  
were given out in  
February. Please  
complete yours  
and send it to  
the agency.



**Interactive  
Newsletter**

Parental input is welcome.  
Please send your infor-  
mation, questions, com-  
ments, topic ideas, work-  
shop ideas and day home  
stories to:  
jcyre@southgatemedallion.com



Southgate Medallion  
**FAMILY DAY HOMES**

*Tribute*

*for the Parents*

March/April 2011

## Workshop: Children's Five Love Languages

Learn the five love languages, which are the different ways love is communicated and understood from person to person. These love languages include **words, touch, quality time, gifts, and acts of service**. Learn your child's love language so that you can connect and communicate better. Based on the book by Gary Chapman.

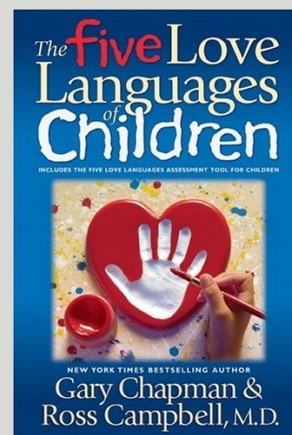
**Saturday March 5th**

**2:00– 4:00 pm**

**Edmonton Public Library Branch:**

**Whitemud Crossing**

**Register at [epl.ca](http://epl.ca) and click on Programs and Events.**



## Poison Prevention

Medication is the leading cause of poisoning in children. Small amounts of adult medication can be fatal to your child. Other causes of poisoning are household cleaners and personal care products, such as mouthwash or nail polish.

An estimated five children age 14 years and under die every year in Canada from poisoning, and another 1,280 are hospitalized for serious injuries. Many children have swallowed poisonous products that were not stored properly or were taken out of their original container.

Whether it's medication on your dresser, cleaning products under your sink, cosmetics in your bathroom, or carbon monoxide from gas appliances in your home, you must take simple steps to ensure the children in your home are safe.

- Lock all medications, herbal remedies, and vitamins in a locked box, or locked cupboard. Day home providers are required to lock medications.**
- Store all cleaning products out of reach of children—a high shelf works well**
- Store personal products such as mouthwash, nail polish and remover out of reach.**
- Install a carbon monoxide detector in your home.**

## Is Your Behaviour Hurting Your Child?

Like most parents, you probably want to be the best parent possible to your child. How a parent treats their child is directly related to how they were parented and whether or not they had painful experiences as a child. Parents do not mean to upset their child and in some cases do not realize they have upset the child. This can lead to future problems for the child.

Children who have been hurt by things their parents say or do feel unsure about whether or not they can count on their parents for protection.

### Children might show their hurt in these ways:

#### Aggression:

Hurt children let their anger out by destroying things, being cruel to other people and animals. Some children pull out their hair, bang their heads, hit or bite themselves even from the time they are babies.

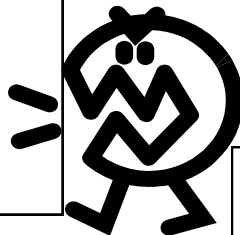


#### Emotional and Behaviour Problems:

Some hurt children “space out” and daydream for long periods of time. Others say “no” to everything you ask and instead do the opposite. Some hurt children cannot sit still or have trouble sleeping due to stress.

#### Trouble Relating to People:

Hurt children may not be able to make or keep friends, or get along with adults. Some may boss other people around and some may be shy and helpless.



#### Difficulty in school:

Hurt children do not do well in school and have behavior problems

#### Poor self esteem:

Hurt children do not feel good about themselves

#### Difficulty dealing with unpleasant feelings:

Hurt children cannot find good ways to deal with challenging feelings like anger, sadness, jealousy, and fear.

### Five Adult Behaviours that Hurt Your Child and What to Do Instead:

#### 1. Tone of Voice

Loud, sharp, angry voices-no one likes to be yelled at. Whispers, high-pitched, squeaky or strained voices and growling are frightening to children

**Instead:** Look your child in the eye and watch for signs that they are uncomfortable or afraid. Speak with a soft, loving voice. Your child will feel safe and respected.

#### 2. Not comforting an upset child.

Ignoring a crying child says “I don’t care how you feel.” Laughing at a crying child may help you feel better but your child feels hurt by this. Teasing or mocking your child does not help your child feel safe or loved. Saying “cry baby” will not calm your child it will only make them feel worse.

**Instead:** Hold your child and speak softly.

#### 3. Being in a Child’s face

-Interrupting your child while they are talking  
-Taking items from children that are playing happily  
-Throwing your child into the air, tickling or being too rough.  
**Instead:** Watch your child for signs inviting you to play. Sit on the floor while playing. Move back when the child moves away from you. Observe your child as he/she plays.

#### 4. Not Being there for your Child

Not responding to your child’s needs because you are worried about other things, exhausted or feeling empty.  
**Instead:** Focus your attention on your child’s needs until they are met then take a moment for yourself.



#### 5. Making your child worry about you.

Asking your child for affection, attention, advice or reassurance.  
**Instead:** Offer your affection to your child and know that you are responsible to take care of your own feelings.