

**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:  
Remembrance Day  
Fri, November 11th  
and  
Mon, December 26th  
and  
Tues, December 27th  
and  
Mon, January 2nd**

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to your direct withdrawal amount 5 business days before the end of the month so we can ensure the correct amount is withdrawn.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.**

**Upcoming Family Events**  
**Nov 19:** Christmas on the Square Holiday Light Up at Sir Winston Churchill Square  
**Dec 4:** Jingle On –Indoor Santa Clause Parade  
**Dec:** Candy Cane Lane 148street between 92 Ave and 99 Ave  
www.candycanelane.ca  
**Dec 31:** First Night Festival

www.edmonton.ca  
or call 311 for info



# Southgate Medallion FAMILY DAY HOMES

## Tribute



*for the Parents*

*Season's Greetings from all of us!*

November/December 2011

## Contracted Hours of Care

**Please be aware of the hours of care you have contracted for with your Provider.**

If your hours are 8:00 am to 5:00 pm on your contract, you are committed to dropping off no earlier than 8:00 and picking up by 5:00. Please talk to your provider about special circumstances in advance. Extra hours of care are \$10.00 per hour to be paid directly to your provider.

**Please let your provider know when your child will not be attending.**

## MyHealth.Alberta.ca

Alberta Health and Wellness and Alberta Health Services has created a new website with information on 8,750 health topics and reliable information on tests, treatments, medications, and local health alerts. It offers tools to help parents make important decisions concerning their family's health. Information on key health concerns like asthma, allergies, and immunizations are also included on the website.

The content on the website has been reviewed by a panel of clinical experts to ensure it is accurate and meaningful to Albertans.

## Parent Link Centre Workshop

### Goodbye Mealtime Struggles

For families who are having difficulty feeding their children at mealtimes. This workshop will provide ideas to help encourage your child to eat. Facilitated by an occupational therapist.

In partnership with Alberta Health Services.

Child Care available.

Wednesday, November 23  
6:30-8:30 PM

West Edmonton Parent Link Centre  
Main Site 16811-88 Ave  
Call 780-489-2243 to register

[www.jasperplace-cfrc.com](http://www.jasperplace-cfrc.com)



## Parent –Provider Partnership

**Are you and your provider able to talk openly and honestly about your child's needs?**

**Are you able to talk about uncomfortable topics?**

Your child's development and well-being relies heavily on the relationship you and your provider share. Take the time to talk to your provider about your child, and the day home events. Both parent and provider should equally share the responsibility of communicating about home events and day home events. **Parents are encouraged to participate in your child's day home** in ways that are meaningful to your child. Sending your child's favourite (healthy) food for all to share one day, bring photos of your family, or a recent vacation (souvenirs too), a favourite CD of children's music, or a bedtime story your child has enjoyed.

**Are there more ways you can participate?**



## Infants and Toddlers

### Infants

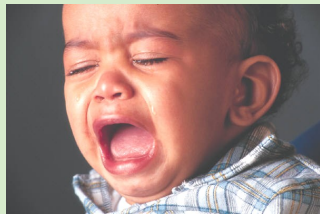
Physical development is orderly and occurs in predictable sequence. The motor sequence (order of new movements) for infants involves the following orderly sequence:

- \*Head and trunk control (infant lifts head, watches a moving object by moving the head from side to side - occurs in the first few months after birth).
- \*Infant rolls over turning from the stomach to the back first, then from back to stomach - four or five months of age.
- \*Sit upright in a high chair (requires development of strength in the back and neck muscles)-four to six months of age.
- \*Infant gradually is able to pull self into sitting positions.
- \*Crawling - occurs soon after the child learns to roll onto the stomach by pulling with the arms and wiggling the stomach. Some infants push with the legs.
- \*Hitching - infant must be able to sit without support; from the sitting position, they move their arms and legs, sliding the buttocks across the floor.
- \*Creeping - As the arms and legs gain more strength, the infant supports his weight on hands and knees.
- \*Stand with help - as arms and legs become stronger.
- \*Stand while holding on to furniture.
- \*Walk with help with better leg strength and coordination. Pull self up in a standing position. Stand alone without any support. Walk alone without any support or help.

### Communication: Crying

Infant's initial communication is through crying. A general cry brings attention to their needs. Later the cry changes and becomes different and more specific to identify what the baby needs or wants. The cry develops into gestures, and the beginning stages of language such as babbling, then monosyllables such as "ba" and "da" later to single words put together to make a meaningful sentence.

You can observe that infants also communicate through their motor actions. As they grow, they kick and use their arms to reach for people and things that are interesting to them. They respond to voices and seek to be picked up by reaching out. Infants make a very important learning discovery - that through their actions of reaching, making sounds, or crying, they cause others to respond in certain ways. **It is very important that parents and other caregivers nurture and respond to the infant's actions, to hold, carry the infant, sing to the infant, play with the infant, and meet his needs in other responsive and nurturing ways.**



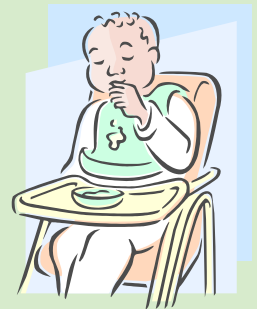
### Toddlers

The age from 2 to 3 is a wonderful age of discovery and adventure. Toddlers have grown to a place where they have more control over their own body and they are observant enough to see what others can do. A toddler notices a 3-year old friend can walk down the stairs on her own, so he will try too.

Toddlers need to be given many opportunities to try things on their own in safe environments. They can be very determined and adventurous but they do not have a sense of self-preservation. They have a poor ability to see danger or what could happen.

### Encourage Self-Help Skills:

**Toddlers are able to feed themselves.** To ensure success and minimize frustrations for them and yourself: put only a small amount in a cup, less soup or cereal in a bowl, use a small jug and allow the child to pour some themselves, serve food bite-sized.



It may take twice as long to get ready but **let a two-year old put on their own shoes and jacket.** You can start with some assistance by opening shoes wide or laying out an un-zipped jacket. Then as they master a skill add another step. Toddlers are also able to **help tidy toys.** It is easy and less frustrating to put toys away onto open shelves.

A toddler's attention span is only about 10 minutes. Ensure that there are a number of free choice activities available at home. Toddlers love books and music but do not expect this interest to last any longer than ten minutes. A toddler will struggle and likely misbehave if expected to wait for any length of time. Have small activities, rhymes, and games ready in your bag if ever in that situation.

### The Toddler's Creed

"If I want it, it's mine.  
If I give it to you and I change my mind later,  
it's mine.  
If I can take it away from you,  
it's mine.  
If I had it a little while ago,  
it's mine.  
If it's mine, it will never belong to anybody else, no  
matter what.  
If we are building something together, all the pieces  
are mine.  
If it looks like mine,  
it is mine."