

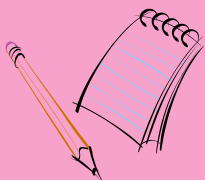
**Southgate Medallion
Family Day Homes**
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Announcements and Upcoming Events

**Office will be closed
Labour Day
Monday, Sept 5th
and
Thanksgiving Day
Monday, October 10th**

Please inform the of-
fice 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amount is withdrawn.



**When terminating
child care, you are
required to give
your provider 2
weeks written no-
tice.**

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

September/October 2011

Immunization Records

Agencies are now required to collect immunization records for each child enrolled in a day home. Please send us a copy of your child's record and continue to send in updated records as your child is immunized in the future. You may leave a copy with your provider, or send/fax/ scan/ email to the office or your consultant. Include your child's name on the document.
Thank you for your cooperation in this matter.

Parent Link Centres

Parent Link Centres provide information and support for parents and caregivers on how to assist your child's learning development and health.

They offer a **website** full of information and further links, as well as centres where parents can attend drop in play groups with their children, take parenting classes, find parent support, borrow activity bags and books, meet new families, programs for children and their dads, and more. **www.parentlinkalberta.ca**

On the website you will find information about becoming a parent, promoting a healthy pregnancy, locating and using child care, various health issues, communication, discipline/guidance. Also included is a section called **Ages and Stages** that outlines developmental milestones so parents can learn what is appropriate for their child's age.

The **Talk Box** section of the website outlines speech and language development milestones a parent can use as a guide.

Parent Link Centre **Locations** in Edmonton and across the province can be found in the top right corner of the web page.

Be sure to click on the parent link centre websites to find programs in your area.



Separation Anxiety

Separation anxiety is a perfectly normal part of childhood development, but it can be unsettling to the child and parent.

Understanding what your child is going through and having a few coping strategies can help both of you get through it.

Babies adapt well to other caregivers. Parents probably feel more anxiety about being separated than infants do! As long as their needs are being met, most children adjust easily to other people.

Sometime between 4-7 months, babies develop a sense of object permanence and begin to learn that things and people exist even when they're out of sight. This is when babies start playing the "dropsy" game — dropping things over the side of the high chair and expecting an adult to retrieve it (which, once retrieved, get dropped again!). The same thing occurs with a parent. Babies realize that there's only mom or dad, and when they can't see you, that means you've gone away. Infants don't yet understand the concept of time so they do not know if or when you'll come back. Whether you're in the kitchen, in the next bedroom, or at the office, it's all the same to your child. You've disappeared, and your child will do whatever he or she can to prevent this from happening. Between 8 months old 1 year old, kids grow more independent, yet they are even more uncertain about being separated from a parent. This is when separation anxiety develops, and a child may become agitated and upset when a parent tries to leave. Whether you need to go into the next room for just a few seconds, or drop off your child at your day home, your child might now react by crying, clinging to you, and resisting attention from others.

Keep in mind that your child's unwillingness to leave you is a good sign that healthy attachments have developed between the two of you. Eventually, your child will remember that you always return, and that will be enough comfort while you're away. Bring items from home that will give your child comfort in your absence.



Practice: Practice being apart from each other, and introduce new people and places gradually. If you're planning to leave your child with a new day home provider, then visit her home in advance so they can spend time together while you're in the room. Make a few visits there together before a full-time schedule begins. Start with leaving your child with a caregiver for short periods of time so that he or she can get used to being away from you.



Be calm and consistent: Create an exit ritual during which you say a pleasant, loving, and firm goodbye. Stay calm and show confidence in your child. Reassure him or her that you'll be back — and explain how long it will be until you return using concepts your child will understand (such as after lunch) because your child can't yet understand time. Give him or her your full attention when you say goodbye, and when you say you're leaving, mean it; sneaking out or coming back will only make things worse.

Remember that this phase will pass. If your child has never been cared for by anyone but you, is naturally shy, or has other stresses, it may be worse than it is for other children. Talk to your provider about it and work together.