



**Southgate Medallion Family Day Homes**

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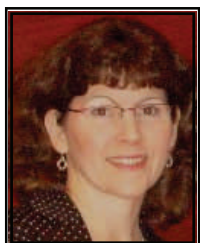
**Announcements and Upcoming Events**

**Holiday Reminder**

Canada Day  
Thursday, July 1st

SMFDH office is closed on all holidays.

**Karen Dalmer** will also be leaving the agency at the end of June. She is returning to front line care as a pre-school teacher in the fall. We thank Karen for her numerous contributions to agency projects and will miss her energetic work ethic and infectious smile. Her future pre-schoolers are fortunate to be in her company.



*for the Parents*



*Southgate Medallion Family Day Homes wishes to announce the retirement of our Coordinator, Sarah Williams, at the end of June. Sarah has been with the agency since 1994. She is highly respected by providers, parents and staff members who appreciate her genuine warm welcomes, careful listening, and respectful responses to any situation that comes her way. She has been known to reach out to each person in the room, making connections as she acknowledges everyone. Never rushed, she always has the time to put her own work aside to talk or solve a problem together and empower the person she is speaking to. We thank Sarah for her years of heartfelt devotion to quality child care. We acknowledge her outstanding contributions to the child care field and the agency's success while she has guided us. We wish Sarah love and happiness as she moves forward on life's journey!*

**Joyce Sillito—Coordinator**

With Sarah's retirement on June 30th, there will be administration changes in the office, I will be taking on the responsibilities of the Coordinator beginning in July. We will all miss the leadership and talents of Sarah. Even though staff come and go and other changes happen, the purpose of and the reason for the agency remains the same—supporting families and giving quality child care.



I look forward to working with the dedicated staff and the capable providers that are part of the Southgate Medallion Family Day Homes Agency. Looking ahead, In a few months we will be preparing for re-accreditation. Isn't that great! Re-accreditation gives us an opportunity to check-up on ourselves, such as where we can improve, what are better ways to do things and how we can help children thrive..

**Terri Kearn—Supervisor**

Terri has worked as a Consultant for 8 years. She earned her Bachelor of Science with an emphasis on Early Childhood Development at Brigham Young University. She has earned a certificate in teaching English as a Second Language from Oxford Seminars.



Growing up, her mother operated a day home which led to an interest in and love for young children. Terri was a stay-at-home mom while raising her own six children and still found time to direct a children's performing group called "Sunshine Generation", comprising of 100 children aged 3-12 years.

She feels it has been a privilege to collaborate with so many excellent providers in their dedicated work with children. She is impressed with the providers' capacity to love, to nurture and to bless the lives of such precious little spirits. It is truly a gift from above. Her focus will be to continue to support providers in family day home settings in their efforts to offer quality care.

Brenda Proctor and Jennifer Yakymishen have joined our staff as Consultants during the month of June. More to come in the next newsletter.

# Southgate Medallion Tribute

## WAYS TO PROTECT YOUR SELF AND THE CHILDREN WHEN IN THE SUN:



### 1. Cover Up

One of the best ways to protect your family from the sun is to cover up and shield skin from UV rays. Ensure that clothes will screen out harmful UV rays by placing your hand inside the garments to make sure you can't see it through them.

### 2. Use Sunscreen Consistently

What matters most in a sunscreen is the degree of protection it provides from UV rays. It is important to: apply sunscreen about 30 minutes before kids go outside so that a good layer of protection can form. Don't forget about lips, hands, ears, feet, shoulders, and behind the neck. Lift up bathing suit straps and apply sunscreen underneath them (in case the straps shift as a child moves).

Reapply sunscreen often, approximately every 2 to 3 hours

Apply a waterproof sunscreen if kids will be around water or swimming. Water reflects and intensifies the sun's rays, so kids need protection that lasts.

### 3. Make sure these simple rules are followed

- Dress children in cool, lightweight clothing, loose-fitting shirts with sleeves, and capris or long pants. These provide more sun protection than tank tops and shorts.
- Make sure your child has a hat with a wide brim that shades the ears and neck.
- Provide your child with sunglasses labelled "100% UV protection." Polycarbonate or impact-resistant lenses are safest. Teach children to wear sunglasses when they are outdoors, and to store their sunglasses properly after playtime.
- Children have tender skin and can easily become sunburned. It is recommended that you apply sunscreen labelled SPF 30 to all areas of exposed skin.
- Encourage children to drink plenty of water.
- Be a role model! These recommendations apply to both children and adults!

## CHECK THE PLAYGROUND

### BEFORE YOUR CHILDREN PLAY:

- ⇒ Choose a playground with a deep, soft surface instead of one with a dirt or grass surface.
- ⇒ Dig the heel of your shoe into the surface to see how deep it is. It should be at least 6 to 12 inches (15 to 30 centimetres) deep. If the surface has worn away at the bottom of a slide or under a swing, you can push more of it into place with your shoe.
- ⇒ Good examples of soft surfaces are: pea gravel, wood chips, rubber crumb, or soft rubber mats. These will help protect children if they fall.
- ⇒ If the surface in your playground is not deep and soft, keep children on equipment that is close to the ground.
- ⇒ Before you let your child use any equipment that they could fall off of, make sure it has good handrails, barriers and railings to prevent falls.
- ⇒ Watch out for areas where a child's head or neck could get stuck. Spaces might be big enough for your child's body but might trap his head or neck. Safe spaces are smaller than 3 ½ inches (9 centimetres) and larger than 9 inches (22.5 centimetres). Places to check include the spaces between the steps on a slide and spaces between railings.
- ⇒ Check for broken glass, garbage, sharp edges, and bolts that stick out. Pick up any glass or garbage before the children play. If a child is old enough, teach him/her to stay away from sharp edges or bolts.
- ⇒ Watch a young child closely to prevent him from bumping into sharp edges.



*Have a safe and enjoyable summer with your family!*