

**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**

info@southgatemedallion.com
www.southgatemedallion.com

Office Closed:
December 26th and 27th
and January 2nd

**Provider
Anniversaries:**

The following
Providers opened their day
homes in December of the
year listed:

Khushbir Dheer	2010
Seema Farooqui	1995
Vera Halabi	2001
Maria Koenig	2010
Jiken Ngolet	1995
Koreen Penman	2010
Jennifer Sanchez	2005
Lily Shao	2010
Kirti Sharma	2010



**Seasons Greetings
from all of us to you!**



Southgate Medallion
FAMILY DAY HOMES

Tribute

Volume 30, Issue 12

December, 2011

Write to Santa



Santa Claus
North Pole
Canada
HOH OHO

He'll write back!



Norquest Students

Norquest College and Southgate Medallion are pleased to announce the following providers have open their homes to students to complete their practicum:

**Minal Gohil
Diana Bernard
Dusanka Misita**

Your experience and knowledge is valuable to students preparing to open their own day homes in the future.

A Child's Christmas Eve Dream

Last night I had a lovely dream,
But strange as it could be,
For on the hill beside our house
Stood a great Christmas tree.



Turkish lads are tasseled fez, (hat)
Tots from France and Greece and Poland,
Laughing as the children do
In the safety of a free land.

It glowed with lighted candles,
High at the top, a star,
And 'round it, dancing in a ring,
Children from lands afar.

Perhaps my dream's a prophecy
Of Christmases to be,
When little children everywhere
Can sing because they're free.

There were polite, little English girls,
Swiss boys with funny skis,
Dutch children in clunky wooden
shoes,
Joined hands with children Chi-
nese.



I surely wish with all my heart,
This day of Jesus' birth,
That peace and love and
happiness
Soon cover all the earth.

By: Ethel Van Deusen
Humiston



**Timesheets are required to be in to the office by Monday, January 2nd to avoid delay in provider payment. Please don't be late!
Look it over to ensure all spaces are filled in properly.**

TAKING CARE OF YOURSELF

Everybody feels stressed at some point in their lives. We live in a fast paced and overworked society. Some stress is good as it motivates us to work towards our goals. But if the stress is unmanageable or it persists over time it can have negative effects on our health, relationships, and attitude towards life.

There are plenty of events that can cause stress for a provider. A few examples are: a new child not settling in, or a child is leaving which impacts income, or a parent is coming late consistently and it disrupts your family life. Feeling stressed is inevitable. But we can make it manageable.

STRATEGIES TO DEFEND AGAINST STRESS:

- ⇒ **Plan ahead:** Planning brings an order in our life. Leaving things to the last minute causes undue stress. Make a list of things that you want to get done and then DO it. If a new child is starting prepare for that change.
- ⇒ **Get enough sleep:** Taking care of children all day requires lots of energy. Getting enough sleep will help you with not feeling exhausted.
- ⇒ **Get some exercise daily:** When you exercise it releases endorphins which make you feel good and happy. Providers have lots of opportunities to get exercise, along with the children daily: go for a walk, run around with children in the backyard, play in the snow, and dance to the music indoors with children.
- ⇒ **Take time for yourself:** If you know things are going to get crazy prepare for it by taking some downtime. Schedule time to do something that you enjoy. Read a book, listen to music, knit, or go out for coffee.
- ⇒ **Eat healthy food:** When we are under stress our body craves sweets, baked goods and comfort foods. They lower our energy. Eat healthy and hydrate often.
- ⇒ **Have realistic expectations:** Don't try to do too much every day. Have realistic expectations from yourself and others. It causes stress when we can not meet our expectations.
- ⇒ **Delegate:** If you feel overworked, delegate the work. Ask your family to assist you with household chores.
- ⇒ **Learn to say no:** Have priorities in life. Recognize your limitations. If something is not going to work for you, say NO. Don't take too much on yourself.
- ⇒ **Express your stress:** Write down what is causing you stress or talk to a friend or a family member. If you keep it yourself it keeps getting bigger.
- ⇒ **Ask for HELP:** If the circumstances reach a point that you can not handle don't hang on the idea that you have to do it alone. **ASK FOR HELP!**
- ⇒ **Celebrate the successes:** It gives you positive reinforcement. Take pride in your work. Embrace the good work that you do everyday.



Sources:

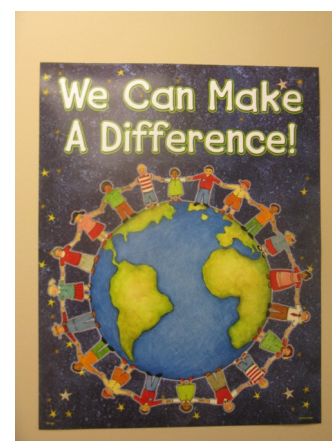
“Stress Defense” workshop by Michelle Cederberg, “Stress Management” Family Child Care Training Manual and “What You Can Do When Motivation Wavers” article Edmonton Journal, April 11, 2011

Tips to keep yourself motivated when you want to make a change:

- ◆ Commit to 21 days: It takes about three weeks to develop a new habit.
- ◆ Be clear about the changes you want to make in your life.
- ◆ Do it for yourself. If you are making a change to make someone else happy, after a while it will lose its importance for you.
- ◆ Start small. Trying to change everything all at once will discourage you.
- ◆ Have positive focus: Think about what you want to create instead of what you want to get rid of.
- ◆ Focus on becoming better, not perfect.
- ◆ Allow yourself to fail. Expect bumps along the way. Give yourself a break.



National Child Day Potluck Lunch



We enjoyed a lovely lunch, an entertaining workshop, and a chance to meet new colleagues!



Best Practices

Jody Merrick

The children in her home make the rules, and they write them down. When a child continued to disrupt another's play, Jody said, "It sounds to me like he wants you to stop." The boy responded appropriately each time.

Jody had a conversation with two boys about a gourd that was shellacked and dried. She asked, "What do you think is inside the gourd?" The boys answered, "Seeds". "What happened to the inside of the gourd?" The boys replied, "It evaporated".

Connecting to the community:

Crystal Meister and Lisa Haycock attend a music program called "Mainly Music" at Southgate Alliance Church

Barb Petrunia attends Yellowbird Community League Playgroup

Kathryn Elford attends community programs at:
 Rhymes That Bind at Holy Spirit Lutheran Church near Southgate Mall—free, offered by the Family Literacy Centre Monday 10:00-11:00
 Music Together of the Northern Lights—Old Riverbend Square
 Peanut Butter and Jam Playgroup—Brookside Community Centre
 Lois Hole Library Family Time-Tues or Thurs 10:30



