



Southgate Medallion Family Day Homes

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for the Kids and You!

Volume 29 Issue 10

RUNNING YOUR FAMILY DAY HOME

Providers often ask about setting their own fees. As a self employed provider you are able to set your own fees. Below are guidelines for you to think about if you decide to set your own fee schedule.

- Decide what you would like to charge and why. Then if a parent asks you why you are charging more than the agency suggested fee schedule, you will be prepared to answer.
Your fee schedule should be consistently applied to each family in your day home.
Write out your fee schedule so it is clear as to what you are charging.
Give a copy of your fee schedule to your consultant.
If you are increasing your fees, give the parents 30 days written notice. Increase only once in a year.



Above all, be consistent, fair, ethical, above board, and considerate. This is your business. If you are always professional in your dealings it will serve you well.

ANNOUNCEMENTS & UPCOMING EVENTS

Thanksgiving Day
Monday, October 11th
Office closed
Workshop: Creating Environments of Wonder: Play Spaces for Infants and Toddlers
Saturday, October 23
10:00 am—12:00 pm

Timesheets are due in the office October 29th, 2010. Please ensure your timesheets are filled out properly.

Interactive Newsletter

Your input to the newsletter is welcome. Please send your information to:
jcyre@southgatemedallion.com

Inside this issue

Table with 2 columns: Topic and Page Number. Topics include Child Centered Guidance, Child Guidance Options Chart, Guidance vs. Punishment, Best Practices, NorQuest Training, and Web Planning.

Creating Environments of Wonder: Play Spaces for Infants and Toddlers Workshop



Saturday October 23, 2010

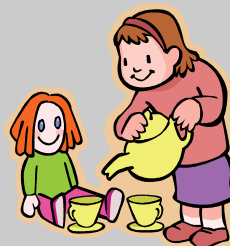
10:00 am—12:00 pm

Ermineskin Neighbourhood Centre

3058—106 Street

Presenters: Jennifer Aumais and Kris Mitchell

How can caregivers create opportunities to explore, learn, and grow by enhancing the play environment? Let's create inviting and inspiring environments for infants and toddlers. Providers will understand their role as facilitator in children's play.



All providers should attend. Please call the agency to reserve your space.

Multicultural Calendar

October 2010

- October
Women's History Month
Canada
October 2
Ghandi's Birthday
India
October 8
Navratri
Hindu
October 11
Thanksgiving Day/
Columbus Day
Canada/USA
October 12
Dia De La Raza
Mexico
October 16
Chung Yeung Festival
China/Hong Kong/ Taiwan
October 17
Dussehra
Hindu
October 22
Abu Simbel Festival
Egypt
October 27
Karva Chanth
Hindu
October 31
Halloween

Child Centered Guidance

Child centered guidance refers to the way you respond to children's behaviour. Guidance is not just about helping children stop inappropriate behaviours. It is about helping children learn appropriate behaviour.

Child centered guidance is respectful of children, creating an environment where children learn:



- **To respect themselves and others**
- **To think for themselves**
- **To accept responsibility for their own actions**
- **To communicate effectively with others**



Positive child guidance encourages self control, and teaches the child how to make thoughtful choices. Children, usually curious and creative, are likely to surprise parents and caregivers with their actions and reactions. Effective adults encourage appropriate behaviour. Less time and effort is spent correcting children's misbehaviours.

3 Categories That Influence Children's Behaviour:

A Provider's own attitudes towards child guidance:

Learn how and when to use skills needed that encourage children to act in appropriate ways

Focus on children's positive attitudes and behaviours

Encourage children often

Be a good role model for children to learn from (body language, tone of voice) and stay in control of your anger and frustration.

Show warmth, patience and understanding so children feel unconditionally loved

Respond promptly to a child's needs so the child feels special and secure

Set reasonable and fair limits so the children understand expectations and can follow the rules

A Provider's Understanding of Child Development:

Know what is typical for each child's age and stage of development

Set acceptable limits and expectations that indicate you understand the child's level of development

Ex: Infants do not "act up". Infants cry to communicate their needs (hungry, tired or bored)

Ex Toddlers have difficulty taking turns because they have a limited sense of time and cannot wait five minutes for a turn. Have duplicate toys or use distraction for a short time. Be involved in the play so you can prevent incidents.

For information on child development refer to your Family Child Care Training Manual and text books. Also use the Nippissing Developmental Screen found in your Provider Handbook.

A Day Home Environment and Routines:

Children need opportunities to "do what kids do". Children need lots of space to move!

Plan an environment where you will not need to say "No" or "don't" continually.

Infants need to explore a safe environment with their senses—see, feel, smell, hear and touch.

Too much stimulation of the senses can upset a child -too much noise, color or action. Offer quiet time while holding the child and rocking in a chair.

Routines should not be hurried since time is still a difficult concept for toddlers and preschoolers.

Ensure your home is set up for all kinds of play such as crafts, blocks, books, sensory play, gross motor play, music, and dramatic play so children stay involved for longer periods of time. Boredom creates undesirable behaviours.

Is the child really doing something wrong? Is there a real problem?

Yes, the child is misbehaving

↓

Is the child actually capable of doing what you expect?

↓

Did the child know at the time that he/she was doing something wrong?

↓

The child knew the behaviour was wrong, and intentionally disregarded a reasonable expectation. Take the time required to change the behaviour.

No, I'm just tired and out of patience today

→


No

→

No



→

If there is no real problem, release your stress away from the child



if you are not being realistic, re-evaluate your expectations.

If the child did not realize the behaviour was wrong, help the child understand what you expect, why you expect it, and show the child how to achieve it.

Providers:

Do you know what to do when you give back up care or take a day off during the last week of the month? Call the office to let us know so we can make adjustments to your cheque for the current month.

ORIENTATION COURSE FOR CHILD CARE WORKERS

Child Development Assistant Certification (Level 1) can be obtained at NorQuest College.

Admission Requirements:

- Verification of Canadian citizenship
- Currently employed in a licensed child care program—agency monitored day homes included.
- Must be 16+ years of age

Funding: FREE to those who qualify

Access: NorQuest College Edmonton Downtown Campus. Free parking evenings and weekends.

Dates: September and January

Saturdays 9:00– 4:00 (nine classes)

Register: 780-644-6000

More info: 780-644-5875 or evenings@norquest.com

The Difference Between Guidance and Punishment	
Guidance	Punishment
Teaches the child to listen to and trust his own feelings about right and wrong, good and bad.	<i>Teaches the child to value only the opinions and ideas of others.</i>
Allows the child to discover what she has done that may not be acceptable.	<i>The adult makes judgments and imposes a penalty. It is judgmental, manipulative, and controlling.</i>
Allows the child to be responsible for own behaviour and make appropriate changes.	<i>Responsibility for change is taken on by the adult, arouses feelings of anger, resentment, frustration.</i>
Leaves the child's dignity and self esteem in tact.	<i>Promotes lack of self confidence in a child's own abilities.</i>
Shows unconditional love for the child.	<i>Child perceives love is conditional on meeting the adult's expectations.</i>
Encourages compassion, joyfulness, independence, cooperation, pro-social development.	<i>Encourages dependence, boredom, lack of cooperation, and other unacceptable behaviour.</i>

Best Practices

Diana Bernard plans wonderful new experiences for the children to participate in.

She created a letter Bingo game to teach the alphabet. They worked together to make letter and number posters

Diana allows the children to move the play dough to the kitchen centre.

She bought coloured lights that can be worn on the children's fingers for use during fun dance sessions.

Connie Filice prepares whole turkeys, hams and chickens on the weekend. She packages the meat into useable portions and freezes them. She adds the meat to her homemade soups, pasta sauces, and sandwiches for day home lunches. She tops off the meal with vegetables grown in her garden.

Southgate Medallion Tribute

