

**Southgate Medallion
Family Day Homes**

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**ANNOUNCEMENTS &
UPCOMING EVENT**

Office Closed:

Thanksgiving Day
Monday, October 10th

**Provider
Anniversaries:**

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

Prabha Colomboge	2010
Swati Hayatnagarkar	2006
Sajeeda Hussain	1999
Halima Khan	1983
Charu Sabharwal	2009

Remember: Children should
not be given hard or chewy
candies to eat at Halloween.

**Timesheets should be
faxed in to the office on
Monday, October 31st to
avoid delay in provider
payment.
Look it over to ensure all
spaces are filled in
properly.**



Food Handling Awareness Workshop

Saturday, October 29th, 2011

Ermineskin Neighbourhood Centre - 3058—106 Street

9:00 am—12:00 pm

A program designed for day home providers.

This awareness program was designed to provide information based on the most current legislation in the Province of Alberta. With research from a public health inspector, we put together a list of topics that need to be addressed, including Microbiology, Cross Contamination, Cleaning & Sanitizing and Personal Hygiene.

We have a list of eleven topics that we discuss over a three-hour session. It is interactive, informative and fun. We encourage you to ask lots of questions and be involved in the learning.

After the awareness session is over you will understand the Flow of Food and how it relates to your household. You will know why it is important to have a thermometer and how this can prevent illness.

The most important things to do to protect the children from food borne illness.

Please call the office to register, or email wkosteriva@southgatemedallion.com

Upcoming Events

Little Warriors Workshop on Wednesday, October 19 from 6:00-9:00pm at Ermineskin Neighbourhood centre (3058 106 St) . Fee is \$15.00. Please register through our office.

National Child Day is an occasion to promote the welfare of children. Most importantly it's a day to remember that children need support, encouragement and respect to grow to their full potential and that we each have a part to play.

National Child Day is celebrated every November 20 to mark two historic events:

- The 1959 signing of the United Nations Declaration of the Rights of the Child, and
- The adoption by Canada of the United Nations Convention on the Rights of the Child in 1989.

Please join us in our **National Child Day celebration** for all providers on Saturday, November 19, 2011 @ 11:30am. at Brookside Community Hall 5320 143 St.

We look forward to your participation in a potluck lunch and Mini Workshop "Songs, Stories and Rhymes".
Call the office or email wkosteriva@southgatemedallion.com

Welcome Lisa Lawrence!



I was born in Alberta and have lived here most of my life. I am married and have three children, aged 11, 6, and 2. I am interested in travelling, ongoing education, the visual and performing arts, and most topics relating to children. I have a Bachelor of Arts degree in Romance Languages (Spanish & Italian), and a Master of Arts degree in Italian Studies. I taught Italian and worked as a translator before earning my Bachelor of Education degree. My focus shifted to Early Childhood Learning, and I began teaching in a preschool and eventually became a day home provider with Southgate Medallion Family Day Homes. I am now excited to work with children, their parents, and providers as a consultant.

Toddler Development

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 3-year old friend can walk down the stairs on her own so must I be able to. My 5-year old brother can pour the juice on his own, so must I be able to.

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 during free-play time. Toddlers love books and music but do not expect a story or circle time 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.



Nipissing Developmental Checklist

Your Nipissing checklists are a great resource to learn more about the developmental milestones of all age groups. If at any time you are wondering about a child's developmental progress, do not just compare to other children. Children develop at different rates in different areas at a time. Observations are the best way to know what skills a child is doing. Over a period of time, such as a week, write down what you see the children doing. Use those observations in any discussions you have with the parents and your consultants.

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."

Terrific Twos

When toddlers are egocentric — be patient.

When toddlers want to dress themselves — give them time.

When toddlers are curious and want everything they see — be sure it is safe.

When toddlers are running all over the place — run with them.

When toddlers are defiant — don't take it personally.

When toddlers want only you — hold on to them and enjoy each moment!

-Kate Dust, EduKids Education Director

Nap Time

Children must have their own bed, mat, or playpen to sleep on each day. Providers must supply these items.

Blankets, sheets and pillows must be stored separately so they are not touching each other. One provider stores them in Wal Mart re-useable bags before hanging them up in a closet. Storing altogether in a playpen is not acceptable.

Sheets must cover each sleeping surface.

Wash bedding weekly. Wipe sleeping mats weekly or if it is soiled.

Sleeping mats should be placed 6 inches or more apart on the floor.

Infants should not use pillows and should not be put to bed with a bottle!

Use a monitor so you can hear young children sleeping. Check on sleeping children often.

Playpens must be approved before using them! Show your Consultant the manual that states your playpen is safe for naps. Record the date of manufacture and model number.

Best Practices

Charu Sabharwal organized a Halloween fun week last October with various activities throughout the week. Activities included making pumpkin puppets, footprint ghosts, candy witches. They played games such as ghost bowling, scavenger hunt, pin the nose on pumpkin and spider web crawl. It all culminated in a Halloween party on the final day where kids dressed up and played their favourite games.



Breezy Divino found a puppet pattern online. She cut the animals out of felt, sewed them together and placed them on craft sticks.

The kids helped her paint the styrofoam base of the farm corral and build the fences. She involved them in gluing some of the pieces of the animals too. She uses these puppets under careful supervision as they sing "Old MacDonald had A Farm", She allows the children to pick their animals, take turns in calling out the animal's name and make the sound.



