



## Southgate Medallion Tribute Parents Edition



### Welcome to the July/August Parent News Letter

This month the agency is excited to welcome a new consultant, Tadelech!

*“My Name is Tadelech Midaksa. I have two beautiful children who put a smile on my face. I have worked in childcare for 12 years as early childhood educator. Proud is how I feel when I share with you that I was a recipient of 2018 for Prime Minister's Award for Excellence in Early Childhood Education. I have experience in coaching and mentoring educators to help encourage children's social- emotional development. I enjoy being outdoors, playing volleyball, meeting new people, and going on walks.”*

**We will also be sending out the Ages and Stages Questionnaires in July, so keep an eye on your email!**

**At the end of the News Letter we have posted and responded to the Parent survey results. Thank you to everyone who participated!**

### Coordinator Corner

#### **Agency Statement on Residential School Discoveries**

Southgate Medallion Family Day Homes Agency is deeply shocked by the news of the mass grave found on the site of the Kamloops Indian Residential School and continues to be shocked and saddened by ongoing revelations relating to such travesties.

Being part of the Early Learning and Child Care sector, the agency recognizes the injustices that have occurred and believes that this profession has no place for hate—or any form of racism, discrimination, intolerance, and bigotry.

The agency recognises that the early years are the most important years in a child's development. During this time children develop an understanding of tolerance, diversity and inclusion. As an agency we encourage educators to practice self-awareness, challenge assumptions and create a program that recognises the unique and diverse families in which we serve.

As an agency we are always reflecting on how we can improve and do better, and we are currently reviewing how we share to our educator's understandings of First Nations and Indigenous culture in a way that is inclusive, sensitive and invites a practice of care and education that is multi-cultural and diverse.

Please use the links below for further information.

[One Was Too Many -- Kamloops 215 \(CCCF\) | Association of Early Childhood Educators of Alberta \(aecea.ca\)](#)

[Encouraging Aboriginal Cultural Identity in Child Care \(cccf-fcsge.ca\)](#)

Emma Dajavs  
Coordinator

**Upcoming Holidays: July. 1st: Canada Day. August 2nd: Heritage Day.**

## Upcoming Community Events

- **Jul 6 – Jul 7: Imagine Van Gogh** – An unforgettable immersive exhibit at the Edmonton Expo Centre. <https://exploreedmonton.com/event-calendar/imagine-van-gogh>



- **Jul 1 – Aug 1: Whyte Avenue Art Walk** – Check out this indoor gallery, which is the perfect opportunity to pick up a uniquely Edmonton piece of art
- **Jul 22 – Aug 1: Taste of Edmonton** – Nibble and sip your way through the entire city at the ultimate dine-around
- **July 1 – Aug 29: Family Yoga in the Park** -Various parks, Edmonton area.

### Summer Vacation

**Reminders:** As summer vacations are here, please have a conversation with your day home educator if you are planning any time away.

**Please note:** According to our Parent/Educator agreement, the fee is being paid in order to reserve a space in the day home, therefore, if the child is away from the day home because of illness, vacation or any other reason whatsoever, the fee is due and owing on the same terms and conditions as if the child was present.



Check out our Facebook page at:

<https://www.facebook.com/southgatemedallion/>

# Educator Spotlight

## Congratulations Rajni!

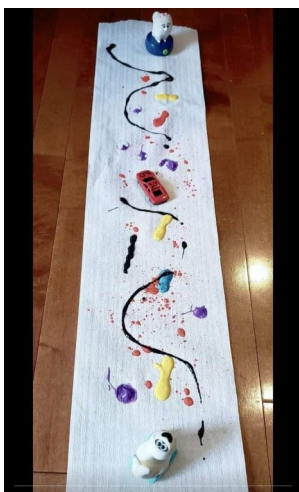
Rajni has been featured on AECEA Website after being nominated by 2 Families.

Click here to see the post on AECEA's Facebook page.  
<https://www.facebook.com/aecea.ca/posts/1233588790413011>

“Rajni is unbelievably creative and comes up with fantastic activities that my child loves but also learns from. We are so lucky to have Rajni as our ECE for our daughter.”

“Rajni is amazing with children! I trust her completely with my little one. She teaches him so much through art and play. She genuinely loves and cares for the children in her home. She wants and encourages growth and knowledge. My mind is consistently at ease knowing my little one is nurtured and cared for by such a wonderful individual.”

**We would also like to thank all the Educators who participated in the Art Contest! Your ideas were inspiring!**



## How to discipline children without destroying their self esteem

As parents, we love our children more than anything else in the world, we don't want to hurt their feelings, instead we just want them to start behaving better. Sometimes, we might avoid dealing with our children's challenging behavior because we worry so much about their self-esteem. In fact, children need to learn from their mistakes, they need to understand the way their actions affect other people, and which behaviors others will and will not tolerate. Children need our help to walk them through this process. How do we discipline our kids without feeling we are the "bad guy" and without destroying their self-esteem? The map below will help you to accomplish this:

**Discipline with Confidence**

Effective discipline is not a quick fix. It's about having reliable access to the skills you need to think clearly enough to get through stressful moments so you can practice skills when everyone is calm and receptive to learning.

<b>Before</b>	<b>Set Up</b> Identify needs Practice skills Prepare for challenges	
<b>During</b>	<b>Follow Through</b> Calm self and others, support feelings Play to connect and help child reset Set limits to focus only on task at hand	
<b>After</b>	<b>Follow Up</b> Identify missing skills Collaborate on solutions Teach necessary skills	

### **OUR GOALS FOR DISCIPLINE ARE:**

- To teach. Relies on connection and respect
- To build compassion, trust and life skills
- To focus on responsibility
- To prioritize the child's needs and feelings
- To underlie the belief: children are good and need my help to reset
- To recognize child's development and the big picture
- To teach intrinsic motivation

### **10 HEALTHY DISCIPLINE STRATEGIES**

**Reward good behavior-** Acknowledge good behavior is the best way to encourage your child to continue it.

**Natural consequences-** When your child does something wrong and you let your child experience the result of that behavior, "If you break the toy, then you will no longer have that toy to play with"

**Logical consequences-** It's similar to natural consequences but involves describing to your child what the consequences will be for unacceptable behavior.

**Communicate your discipline plan-** To children who are old enough to understand, during a planned discussion (not in the heat of the moment), explain the technique, why you are using it and what you hope to accomplish.

**Be respectful of your child-** If you show your child respect-even when disciplining-your child is more likely to respect you, other family members and other people in their life.

**Be consistent-** Any technique will fail if you don't follow through or enforce consequences consistently

**When it's done, it's done-** After the consequence is done, help your child return to an appropriate activity

**Understand what's appropriate for your child's development-** Make sure your child did understand what you asked them to do

**Look for "Why" behind the behaviors**

**Know when and where to go for help**

Reference: <https://www.zerotothree.org/resources/1777-it-takes-two-the-role-of-co-regulation-in-building->

## **Survey Results**

The agency would like to thank all parents who took part in our recent annual survey. It is so useful for the agency to gather feedback in order to make positive changes and improvements. All of your comments, suggestions and answers have been carefully reviewed and we would like to make you aware of two changes we have put into place:

**Question 10** asked how often you would like to receive a copy of your Educator's Profile.

The majority of parents who responded have asked to view their educator's profile 2 times a year. Your consultant will now be sending this out with your parent notes during the months in which we conduct our biannual safety checks. If you would like to receive this more often you can request one from your consultant at any time.

**Question 11** asked if you would like a digital copy of the day home menu every time it is updated. The majority of parents who responded have said they would. In response to this the agency will be asking Educators to send this information to you via email or text.

### **Parent comments:**

*\*All names have been removed to protect confidentiality.*

"Very pleased with our Educator. She's gone above and beyond with taking care of our son and we feel very fortunate to have her."

"Our Educator is an excellent caretaker. She is an amazing staff with so much heart and caring mindset. It's wonderful seeing our daughter get excited about going to daycare here. Definitely made the right choice by choosing this place!"

"Still displeased about the whole situation regarding the loss of personal information. Still contemplating leaving the agency but my provider is the only reason I am staying at this point."

*We are also devastated that one of our staff members experienced this traumatic event. Under the guidance and advice of the Privacy Commissioner, the agency has taken all necessary steps to increase security to ensure this doesn't happen again.*

"We have been with the same Dayhome for 6 years now between 2 children and are very happy with the educator and her home, our educator is an important part of our family. I have noticed a difference in the agency contacts over the years, some contacts have been phenomenal in communication and others have had much less communication with parents. Overall I continue to be very happy with the choice to work with Southgate Medallion Dayhomes."

*We are happy to hear you enjoy your Educator and have had positive interactions with the agency. The agency does its best to ensure communication with parents is consistent and professional. We are sorry to hear you have not always experienced this. The agency is aware of the situation and have made adjustments to remedy this.*

"It would be nice to receive updates from the provider as to developmental concerns and / improvements on a more regular basis. As educators often feed children off the menu, I would prefer to be given a list of what else he has been fed during the day this is outside of the set menu so I can monitor reactions or negative digestive issues and provider feedback. More outdoor time would be preferred. It would be great to be given a list of screen-time shows that they are approved to be regularly shown. I would like to be given a list of cleaning agents (brands) used in the home on my child and their dishes. There were a few minor instances of which issues were brought to our attention that I believe could have been handled with us differently or better.

*As mentioned in the Provider/Parent agreement, the agency encourages providers and parents to meet through out the year to discuss the child and bring up any concerns either of you may have. If you have not been receiving these meetings we would first suggest speaking to your Educator to set one up.*

*Any changes to the menu should be posted for parents to see daily. If this is not happening you can bring it to your Educators attention and let your consultant know.*

*The agency discourages the use of screen time during dayhome hours and asks Educators to limit it to 30 minutes a day maximum for children over 2 years old. When TV is used we ask Educators to only show educational age appropriate shows, yoga, or other physically encouraging programs. As a standard, Educators should also be taking children outside 2 time a day, weather permitting. If this is not the case, please speak to your consultant so she can work with your Educator.*

*For a list of cleaning products please speak to your Educator as all homes may use different products. Bleach for cleaning toys, washrooms and tables is the only standard.*

*I'm sorry to hear that you feel some situations were not dealt with in the best manner. Please reach out to your consultant so she can follow up on these concerns.*

“Communication with the agency has been really lacking however our provider is excellent!”

*We are happy to hear you are happy with your Educator! The agency will respond to all emails and voicemails within 24 hours. If a situation arises after hours you can call the afterhours line at: 780-245-3097.*

“This might be Educator specific, but I'd like to get a better sense of what the children do everyday (general schedule). With my older child's day care, we always knew (roughly) what they did each day and it gave us something to talk about with our child. We could also support their learning at home, e.g. if they were reading a certain book, we could read it at home, or learning a new skill (e.g. scissors, hula hoop) we could incorporate it into our play at home. We can also volunteer more effectively (e.g. when the day care was planting a garden we donated pots, seeds, soil and helped with planting—obviously this was prior to covid 19 pandemic, but only one example)

*We value good open communication between providers and parents to provide consistency for the child. If you are having a hard time communicating with your Educator please speak to your consultant so she can work on her communication skills.*

“I am satisfied with service which are providing to children. Keep it up.”

“Our Educator is a great loving and passionate educator. We always amazed by the learn through play games that she runs for the kids. Throughout the dayhome, I have visited hers is the cleanest and most organized. She even had white sofa being a dayhome. She is multi talented in musical instruments as well like piano and Zhu Zheng. She teaches kids hip hop, Latin dance and yoga. My son has been going there since he was a 12 month old baby. He loves going there. I will not hesitate recommend her to anyone. It is a blessing we found her!”

“Our provider is awesome we are very happy.”

“Always been very satisfied with the dayhome! Seem to go through a lot of consultants though.”

*We are so happy to hear you are happy with the day home. The agency hopes the transi-*

*transitions between consultants is smooth and you can have some consistency moving forward.*

“She is amazing and doing great job. Thank you.”

“Our Educator is wonderful. We are very happy with everything she does for our son.”

“Very happy with the care provided. It’s not easy caring for a 4 year old, we appreciate the provider’s patience.”

“Please suggest them to speak English only at day home not any other language. Thanks.”

*As an agency we encourage diversity and the use of children and providers languages in the day home. Early exposure to other languages encourages understanding and acceptance of others. If you are having a hard time communicating with your Educator or feeling the use of another language is becoming excluding, please speak to your consultant. Providers should be communicating in your language at pick up and drop off times.*

“We love our provider- she is so good to our children.”

“We love our dayhome lady. I feel my son is safe and loved there.”

“My baby is very happy to go to her day home every time I drop her off. Our Educator accommodate all our needs whenever we need services. We are very satisfied with our care.”

“I am very satisfied with how my child is taken care of. My educator and consultant are very nice. I just want to be aware of the food that she is given everyday. That would be nice to know so I can plan the kind of nutrition she is getting at home. I don’t want to repeat what she is getting at the dayhome.”

*Your Educator should be posting her menu at the entrance to the day home and letting you know of any changes daily. We have started asking our Educators to let parents know of any changes to the menu electronically and to verbally inform parents at pick up time of any changes as well.*

“Very happy with the care my child is given.”

“Have the educator confirm if they are or are not open on quasi holidays.”

*Every Educator can make this choice for themselves. Just like any other day, if they are not available and you need care, they can help you find back up care for the day. Please speak to your Educator to see if she is open or not.*

“Keep encouraging outdoor and develop educative guided playtime. See a lot of progress through comments, very happy with the healthy menu’s, thank you to the care giver. Would love to see some thematic activities organized (seasons, mother-father day, holidays...).”

*That is great to hear. With regard to thematic planning, the agency supports and encourages Educators to develop planning based on children’s interests instead of pre-planned themes. This is in line with Alberta’s Early Childhood Curriculum: Flight Framework. Please feel free to check out this video the agency has created explaining Flight and the philosophy behind our planning. <https://www.youtube.com/watch?v=uuQoXLabqbg>*

“I’m very happy with my experience so far, and I am very grateful of (My Educator) and her family who has been taking care of my child.”

“We have a great educator. She is part of our family and we are so fortunate.”

“We just adore our Educator. She is a fantastic educator and our children love going to see her.”

“We are so pleased with our day home provider/educator! We have been with her so long now that we consider her and her family as part of our own family. We would also like to thank the agency for appropriately amending certain policies during these times as there are continuous changes that need to be made, which more often require a lot more work, but we know it’s all to help keep our children and families safe.”

“The agency and my dayhome provider is amazing! I feel so blessed to have found her!”

“We are getting proper feedback, only thing is if dayhome educator are using their own blanket if kids does something they shouldn’t be giving to parents to clean and educator must be good mood while dealing with kids or parent not upset why kid is cranky or whatever.”

*We would request that you reach out to your consultant so we can support you in this matter. Educators are responsible for their own materials and should not be sending blankets home with parents to wash. We would also always expect professional conversations.*

“We are extremely happy with the level of care our child receives. Our educator is amazing.”

“Our child’s Educator is a person with great personality, a big heart for kids and very professional.”

“It would be nice to see more structured activities like craft, painting, building something, but I understand that that would be hard to do with kids at different age groups.”

*We encourage Educators to provide open ended art experiences based on the children’s interests. If you haven’t noticed any art exploration, we would suggest speaking to your Educator to see what she is offering. It may not be something that can’t be sent home. If so, she can create some documentation for you to see.*

“Our Educator is absolutely fantastic with the kids and we have really seen our child flourish over the past 8 mo. He has 9 mo old twins at home and I know that going to Day home has been the best thing for him. <3”

**Thank you to everyone who participated in the Parent survey! If you have any outstanding questions or concerns please reach out to your consultant, she would be happy to help.**