



Southgate Medallion Tribute *Parents Edition*



Welcome

Welcome to the November/December 2021 edition of the Southgate Medallion Family Day Home Agency parent newsletter.

Knowing the holidays are around the corner the agency would like to wish you all a Happy Holidays in advance!

Whatever you are doing, the agency hopes that you have a safe, fun and happy celebration.



Recent Staff Changes

Hello Nicole

This month the agency is happy to introduce the new Consultant, Nicole. Please see her introduction below:

My name is Nicole. I graduated from Bow Valley College in Early Learning and Childcare and have over 6 years of experience working with children as an Early Childhood Educator.

I'm excited to be a Day Home Consultant as I enjoy meeting people, sharing my experience with providers, building relationship with parents, so we can all work collaboratively to enhance children's development and to maintain Children's Services standards in our day homes.

Goodbye Jessica

The agency also would like to wish all the best for our wonderful consultant, Jessica who is going on maternity leave.



Here she is arriving at her recent Surprise Baby Shower.

The Agency staff had a pampering afternoon at Creative Nails Salon who were kind enough to supply snacks, drinks and some much needed pampering!

Good luck to Jessica who will be welcoming a baby boy into the world in early December.

Coordinator corner

Hello Parents and Families,

As we turn our thoughts and focus to Fall and Winter, I hope that you are enjoying the transition and the turning of the seasons.



A question that is often being asked is related to restrictions around travel when returning to Canada from a different country.

I would like to make it clear that the Agency is following the current directive from the Federal Government, which is that any child under 12 who is travelling from outside of Canada with vaccinated family **MUST NOT** enter the day home for 14 days upon arrival.

A fact sheet is available online that clearly states that this is **mandatory**.

Please refer to the link below:

<https://travel.gc.ca/travel-covid/travel-restrictions/exemptions>

I have also included a screen shot taken from the Government of Canada website that clearly states this.

When planning to travel abroad, please take this restriction into consideration as I appreciate that two weeks is a substantial amount of time to have to arrange alternative care for your children.

Children or dependents

▼ Unvaccinated children under 12 years of age

If you qualify as a fully vaccinated traveller, your unvaccinated children must follow specific requirements when you return to or enter Canada. This applies to unvaccinated children under 12 years of age who are accompanying a parent, step-parent, guardian or tutor who qualified as a fully vaccinated traveller when they entered Canada.

For the next 14 days, the children:

- must take **pre-entry, arrival and Day-8 tests** (unless under the age of 5)
- can't attend school, camp or daycare
- can't attend large crowded settings, indoors or outdoors, such as an amusement park or sporting event
- can't take buses, subways, trains or other crowded transportation must follow all the requirements in the children's handout provided at the border

[Handout: Requirements for unvaccinated children under 12 years of age](#)

If you have any questions, please contact your Consultant.

Best wishes for the next two months.

Emma

Reminders: some educators may have their own holiday policy. Please find out if they do, what it is and what this will look like for coming months.

Educator Spotlight

Tracing play foods!



The children were very surprised to see the poster charts and food bucket on the floor. I asked them to sit down around the poster chart. I took the food one by one and encouraged to share anything they want about that food. When I picked up bread, child A said, “(her brother) loves to eat bread.” Child B shared, “strawberries are my favorite.” Later, I gave them turns one by one to use the tong to pick up the food and place it on poster chart.

Child C was very excited when it was his turn. He used both of his hands to hold the tong and pick the food. Child B was really gentle and ask Child D for help when it was her turn. When they all finish doing that, I provided them some markers to trace the food toy that they place on the poster. C picked up a marker and said, “Yellow”.



I helped him find a yellow marker and he started tracing with it. Two children also came back from school and join the activity. They also picked their favorite food from the bin and placed it on the poster for tracing.

This activity helped children gain knowledge about the food and color of the food. The children also enhanced their fine motor skills while using the markers to trace and color.

By Nadia Merchant

How to handle children's emotion?

Why emotional understanding is important for your child?

Helping your child to grow emotionally involves teaching them to recognize certain emotional responses in themselves to express those feelings appropriately. Developing skills in this area will help your child to relate better to others, manage his or her behavior, and cope with situations of all kinds. As parents, we can't insulate our children from the ups and downs of life. What we can do is teach them to navigate those experiences in a way that grows their personal character as well as preserves and enhances the relationships in their lives.



What is emotion coaching?

Emotion coaching is the practice of tuning into children's feelings, and helping kids learn to cope with — and self-regulate — uncomfortable emotions like fear, anger, anxiety, sadness, etc.

Emotion coaching represents a very different approach.

Parents who adopt an emotion coaching philosophy perspective of their children's bad moods see opportunities to empathize, connect, and teach.

They take time to see things from the child's perspective, and make the child feel understood and respected. They talk with kids about emotions, and help children put their own feelings into words. They also help kids come up with strategies for dealing with negative emotions, and the situations that trigger such emotions.

You can inspire your child to cooperate without over-powering them into compliance

- *Use your relationship to see that your child is doing their best, even when they're having a hard time
- *Use your calm presence to help your child calm down and think clearly
- *Use your deep care and curiosity to listen what your child really feels and needs
- *Use play to help your child remember that you're on the same team

How does emotion coaching work?

- Try to notice signs of emotion before your child's feelings become intense.
- Listen, validate, and show empathy.
- Help your child find verbal labels to describe his or her emotions.
- If your child is in the grip of strong emotions, allow for them to calm down
- If needed - and when your child is ready - you can also focus on problem-solving strategies.



References: <https://parentingscience.com/emotion-coaching/>
<https://www.imom.com/6-steps-helping-child-handle-emotions/>

Upcoming events

19 NOV

Winter Wonder Forest

Longriders RV Park, 23136 Secondary Highway
643, Gibbons

November 19, 2021 To January 9, 2022

Price:\$17.50 - \$77.90



20 NOV

All Is Bright Festival

124 Street, Edmonton

November 20, 2021

780-898-9984

Price:Free

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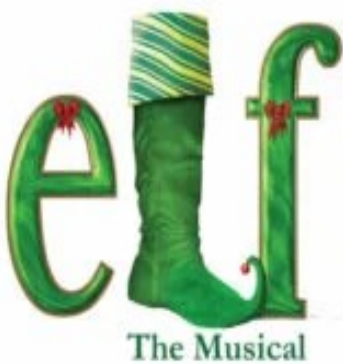
Elf – The Musical

Festival Place, 100 Festival Way, Sherwood Park

December 11, 2021 To December 28, 2021

780-464-2852

Price:\$28 to \$45



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Southgate medallion family day homes.



Check out our Facebook page at:
<https://www.facebook.com/southgatemedallion/>