



# Southgate Medallion Tribute *Parents Edition*



## Welcome

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

Thank you for participating in the Ages and Stages Questionnaires (ASQ) sent out in January. We will be responding with your results and suggested activities soon.



## Coordinator Corner

I would like to introduce the **Southgate Medallion Family Day Home Office Staff:**

Board of Directors – Nancy P, Adam K, David B

Coordinators – Diane, Emma

Reception – Lisa K, Jessie P

Accounting – Nancy P, Lynne K

Consultants – Jessica, Jennie, Megan, Kirandeep, Emma, Diane

### Home Visits for February and March 2021

With the ongoing COVID pandemic – Consultant Home Visits for February and March will be conducted by phone and/or ZOOM. We want to ensure continued safety within our day home family.

### Working Family Benefit

The Working Family Benefit provides a payment of \$561.00 per child to parents who used licensed or unlicensed childcare between April and December 2020. Parents can apply March 1 – 31, 2021.

More information about eligibility and application process is available at:

<https://www.alberta.ca/working-parents-benefit.aspx>

### Privacy Breach

The Agency has been working diligently on enhancing the security of personal information. The Agency has implemented a policy that all office work is to be done on encrypted SharePoint or encrypted USB drives. We took this situation very seriously and are committed to protecting your information. We hope this never happens again.

**Upcoming Holidays: March: Spring break. 27th-4th.**

**April: 2nd Good Friday. 5th, Easter Monday.**

**Let your provider know if you will need care on April. 5th or extra hours during Spring break.**

## Upcoming Community Events

### Flying Canoë Volant

Where: Mill Creek Ravine, 8327  
95A St NW Edmonton, AB T6C  
1B9

When: March 1, 2021 To March 6,  
2021 780-463-1144

Price: Free



### Hop to It Easter Monday at the Edmonton Valley Zoo:

When: Easter Monday, April 22, 2019

Time: 12 pm – 4 pm

Where: Edmonton Valley Zoo, 13315 Buena  
Vista Road, Edmonton

Cost: General Admission rates apply

Website: [www.edmonton.ca](http://www.edmonton.ca)



### **Standard Review:**

This edition we will be reviewing Std. 9 of the day home standards: Child Guidance.

“Providers must use a positive approach to child guidance. The approach is discussed with the child’s parent(s). The child guidance methods used by the provider are consistent with both the parent handbook and agency policies and are explicitly communicated in a written statement to the: Parent and child, when developmentally appropriate.

Any child guidance action taken is to be reasonable given the circumstances and must never:

- Inflict or cause to be inflicted any form of physical punishment, verbal, physical degradation or emotional deprivation;
- Deny or threaten to deny any basic necessity; or
- Use or permit the use of any form of physical restraint, confinement or isolation.



Check out our Facebook page at:

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



# Educator Spotlight

## Loose Parts

Loose parts encourage children's creativity and are a child focused resource. They allow the children to play with the materials in what ever way they wish and encourage play to occur naturally.

Here are a few examples of loose parts our own educator Nasima provided last month!



Here you can see egg cartons, containers, paper towel tubes, boxes, etc. The children are all participating in different ways.



Nasima set up an obstacle course with some loose parts!



The Children rolled marbles through a paper towel roll into a container.

Follow this link for more information on Loose parts!

Reference:  
<https://extension.psu.edu/programs/betterkidcare/early-care/tip-pages/all/loose-parts-what-does-this-mean>

## What is Co-regulation and How to Co-regulate?

**Co-regulation** – is one of the key relational skills you need. And it’s a tough one to master! It’s a fancy psychological term for responsive atonement and emotional support that is achieved through the sharing of your calm with someone who can’t access their own.

### Steps for Offering Co-Regulation

Using your presence and calm to reset your child's distressed brain

- 1 **Regulate yourself** 
- 2 **Get close** 
- 3 **Make eye contact** 
- 4 **Listen** 
- 5 **Be curious & seek to understand** 
- 6 **Show empathy** 
- 7 **Listen again** 
- 8 **Offer warm affection (with consent)** 

### Scripts for Co-regulation

- “Tell me all about it.”
- “Get your feeling out.”
- “I understand.”
- “I’m right here with you.”
- “You’re safe.”
- “That does sound hard.”
- “We’re in this together/we’ll figure it out together.”
- “I see that you are upset right now.”

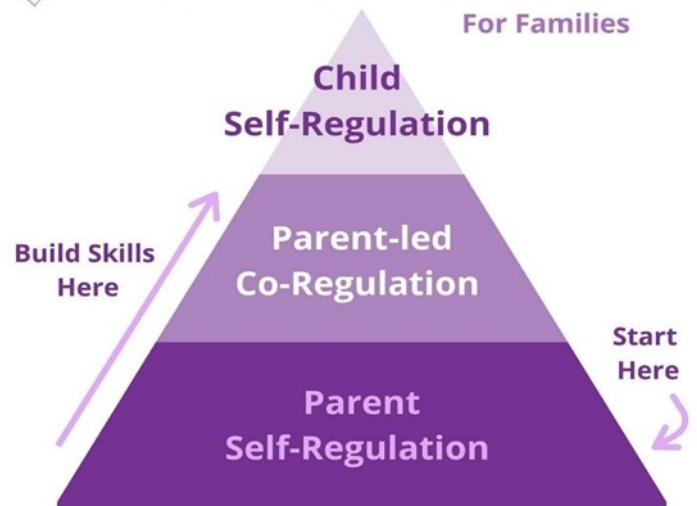
You may know that self-regulation is only learned through the consistent experience of co-regulation. This means that our children legitimately need our help to reset when they are dysregulated!

In order for your child to learn how to regulate their own emotions and behaviours, they need to consistently experience co-regulation from you and witness you modeling self-control and coping skills. In other words, co-regulation is the foundation of all self-regulation skills!



### Stages of Regulatory Support

For Families



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