



# Southgate Medallion Tribute *Parents Edition*



## Welcome

Welcome to the November/December 2020 edition of the Southgate Medallion Family Day Home Agency parent newsletter.

The agency would like to wish you all Happy Holidays! We hope you enjoy some time with Family, stay safe and warm.



## Ways to connect with your child

Since Covid-19 has changed the way we typically spend time with our children we have compiled some fun and safe ways you can connect with your little ones in a Covid-19 safe manner! Check out page 4.

## Community

On page 3 One of our providers, Nasima, spotlights her fall fun activities!

## Covid-19 Symptoms

See page 2 for a list of Covid-19 symptoms from AHS and a link to the AHS Self Assessment tool. You can use this tool to see what AHS requires for the symptoms you or your child are experiencing. You can also call Health Link at 811 for more information.

Please inform your Provider if your child is ill or if there has been contact with a positive case of Covid-19.



## Reminder

Please remember to bring winter clothing daily:  
-Snow pants    -Coat    -Toque    -Mitts.

**After hours agency number: 780- 245-3097**

## Upcoming Holidays

**November.11th: Remembrance Day    December.25th: Christmas Day**

## Important Reminders - please read

**As of Nov.2 2020 AHS states the following guidelines for children under 18 years of age.**

**Core Symptoms:**

- Fever
- Cough
- Shortness of breath
- Loss of smell or taste

A child with one or more of these symptoms must isolate for 10 days. They can return to day home earlier if they have a negative COVID-19 test, are not a close contact of a positive case AND symptoms are gone.

**Other Symptoms:**

- Sore throat/painful swallowing
- Runny or congested nose
- Feeling unwell/fatigued
- Nausea, vomiting or diarrhea
- Loss of appetite

- Chills
- Pink eye
- Headache
- Muscle/joint aches

A child with only one of the “other symptoms” must stay home and be monitored for 24 hours. If the symptom is improving, they can return to day home when they are better.

A child with 2 or more of the “other Symptoms”- or 1 symptom that is getting worse– must stay home until symptoms are gone or he/she has a negative Covid-19 test result.

**Please check AHS for most current information and next steps.**

**<https://myhealth.alberta.ca/Journey/COVID-19/Pages/Assessment.aspx>**

## Upcoming Community Events

### Telus World of Science – Free Admission

Families have the opportunity to enjoy an evening of FREE admission to the new early childhood development gallery, made possible by our friends at TD Bank Group. For more details check out the Telus World of Science link below:

<https://www.todocanada.ca/city/edmonton/event/td-family-nights-twose/>

### Check out the new Stanley Milner Library – Downtown Edmonton

The Stanley Milner library in downtown Edmonton is now open to the public. It is open 7 days a week and a great feature for families is the main floor and children’s areas. Along with a magnitude of books, games and dvds available for borrowing there are play spaces, computer tables and a makerspace room for kids to have fun playing.

**Location:** 7 Sir Winston Churchill Square, Centennial Plaza, Edmonton

**Library hours:** Monday, Tuesday, Friday Saturday and Sunday: 9:00 Am – 6:00 Pm Wednesday and Thursday: 9:00 Am – 9:00 Pm:

The children’s makerspace area has fun activities for the kids including games, robotics, a huge assortment of Legos, a 3D printer and more.



Check Out Our Pinterest Page:

**Southgate medallion family day homes.**

**<https://www.pinterest.ca/93c10bd05bc7bb7f3110595647b70c/>**

# Educator Spotlight

## Fall Activities with Nasima Begum!



Nasima Taped out a spider on the floor. She placed bowls of loose recyclable parts out. The children decorated and filled the spider together. This activity promotes group work, spatial awareness and creativity!



Nasima and the children collected leaves from outside. Nasima put out a long piece of paper, cup of glue and bowl of leaves for each child. The children glued and pasted their



Fall is such a fun time to get outside and explore nature. The smells the sounds and the colors!





# Ways to connect with your child

Life Is busy! And your children need to feel connected to you.

Sometimes, you get to the end of the day and you realize you really haven't spent some meaningful times with your kids. Many parents feel worried that they don't play enough with their children, wondering if this will lead to developmental delays.

Don't worry. We found the solution for you! Here are 30 simple and joyful ways to connect with your child throughout the day:

<b>Give your child a hug and say "I love you"</b>	<b>Gardening/Shovelling the snow</b>	<b>Bake together</b>
<b>Leave a surprise note or drawing</b>	<b>Add a smiley face to their next meal</b>	<b>Have a dance party</b>
<b>Read a book together</b>	<b>Say "I appreciate when you..."</b>	<b>Weekend dress up: allow your child to pick up your outfit and their own</b>
<b>Say "Tell me about how you are feeling"</b>	<b>Start a game of chase</b>	<b>Invite your child to colour with you</b>
<b>Look at them and smile</b>	<b>Go outside together</b>	<b>Cuddles/snuggles</b>
<b>Say "Yes" the next time they request to play</b>	<b>Tell a joke</b>	<b>Play a board game or puzzle</b>
<b>Tell a story from their childhood</b>	<b>Movie night: Child's choice of movie and snack</b>	<b>Favourite sport</b>
<b>Build a fort (indoor or outdoor)</b>	<b>Look through family photos together</b>	<b>Go to the park</b>
<b>Playing/singing music together - On an instruments or the radio</b>	<b>I spy</b>	<b>Picnic</b>
<b>Tell each other made up stories</b>	<b>Treasure hunt</b>	<b>Arts/crafts</b>

## Standard Review: Standard 9 – Child Guidance

This edition we will be reviewing Standard 9 of the day home standards – Child Guidance. When consultants conduct their monthly visit to the day home, as well as carrying out their safety checks to ensure that the health and safety of the children is being upheld consultants also observe your provider for how they interact with the children in their day home.

The standard states:

"Providers use a positive approach to child guidance. Child guidance methods:  
 are discussed with parents; consistent with the parent handbook and agency policies;  
 are explicitly communicated in a written statement to the parents and the children (when developmentally appropriate);  
 never inflict any form of physical punishment, verbal, physical degradation or emotional deprivation;  
 never deny or threaten to deny any basic necessity; or  
 use or permit the use of physical restraint, confinement or isolation".

The agency promotes the use of positive behaviour strategies such as using I messages (i.e. "I am worried when you throw the blocks in the day home because you might hurt another child, maybe we can go outside and throw balls after snacks"). Another effective technique is the "when-then" rule (i.e. "When you have tidied up the toys then we can have snacks"). The agency, in accordance with standard 9, does not permit the use of time-out as it is a strategy that is based on punishment and degradation.

If you have concerns about your child's behaviour the agency suggests having a conversation with your provider to work together to formulate a consistent strategy to help your child.