

# September 2023 Newsletter



September 1, 2023

Innisfail & Area Family Day Home Society

## Making The Best Out Of Autumn

Autumn is that magical time of the year that nature can really provoke the wonder & development of children. Despite the days becoming shorter & the air beginning to chill, there is a wealth of learning that appears this time of the year.

As the once green leaves begin to change to yellow, red & orange, this typically is the first notifiable change in the season. This change sparks curiosity & holds a new level of intrigue for children. Especially,

when these brightly colored leaves begin to fall down onto the ground.

Here are some of the benefits of getting outside & enjoying everything that Autumn has to offer for children:

- Encourages exercise & strengthening of motor skills
- Appreciation of our natural world & community
- Offerings of local Fall Festivals & opportunity to connect to your local community
- Opportunities to practice numeracy skills such as sorting & sequencing leaves according to their color, shape & size
- Inquiry about seasonal changes in our environment (ie: days are becoming shorter, frost, investigate why leaves are different colors, etc.)



## Is Your Child Going to Preschool this Fall?

Going to preschool for the first time does come with some emotions, for both the parents and the child. For a child, entering a new preschool environment filled with unfamiliar people can cause both anxiety and excitement. Parents might also have mixed emotions about whether their child is ready and if they'll have fun.

Remember that separation is a process. Expect that you and your child will need time to feel

comfortable with the new situation. Here are some helpful tips to support you and your child when making this transition:

1. Select a special object from home that your child can take to preschool. Even if it needs to stay in their backpack, these special items can help a child feel more safe and secure.
2. When you enter the classroom on the first day, reintroduce the preschool

teacher to your child, then step back to allow them to begin forming a relationship. This can support your child in knowing you trust this new adult.

3. Always say goodbye to your child and let them know you're coming back, but once you do, leave promptly. Don't sneak out. As tempting as it may be, leaving without saying goodbye can make children feel abandoned.



## Society News



### Orange Shirt Day

Both the National Day for Truth and Reconciliation and Orange Shirt Day take place on September 30.

Orange Shirt Day is an Indigenous-led grassroots commemorative day that honours the children who survived residential schools and remembers those who did not.

**Advisory Board Meeting  
September 25th  
@ 7:00 PM**

**The office will be closed September 4th for Labour Day & September 29th for Staff Training**

### Farewell to

**Amanda Di Castri**

*We wish you all the best in your future endeavors.*

### Happy Anniversary to

**Jolene Miller**

*1 year*

**Abigail Travers**

*1 year*

## ECE Leadership Development Certificate



Throughout the 2023-2024 post secondary calendar year, Reshann, Ella, and Lindsay will be taking the RDP Early Childhood Education Leadership Development Certificate. Courses will explore contemporary

ideas of management, relationships, curriculum, and pedagogy from the context of a leader.

The online facilitated portion of this training will take place on Wednesday afternoons.

The office will be closed on Wednesday's at 3:00pm to accommodate this training. Should you call during the training time, staff will respond as soon as they are available.

## Maximize Early Learning & Care Conference



Maximize Early Learning Professionals of Central AB Conference Committee presents:

**MAXIMIZE 2023 — MAXED Out**

September 16, 2023  
9 am – 4:30 pm

Holiday Inn Gasoline Alley

After 30+ years, MAXIMIZE is hosting its **Final Conference.**

Come ready to learn and laugh with Judy Croon - Canada's Keynote Humorist, TEDx speaker, comedian, and radio host.

**&**

Hear from Amanda Lindhout, a Canadian humanitarian, winner of the Red Deer Women of Excellence Award in Human Services, public speaker, journalist and author of *A House in the Sky: A Memoir.*

*We hope to See you there!*

## Bounce Back & Thrive!<sup>OM</sup> (BBT)

Bounce Back & Thrive!<sup>OM</sup> (BBT) is a 10-session evidence-based resiliency skills training programme for parents (*and those in a parenting role*) with children under the age of eight. The first six sessions focus on resiliency skills for adults. The last four sessions shows parents how to apply the skills directly with their children. The two parts can be offered consecutively or with a break in between.

PART 1 focuses on enhancing the capacity of parents to provide caring

relationships and role model skills that build resilience in their daily interactions with their children. Content includes:

- ✓ Exploring how caring relationships, positive role models and a strengths-based approach help build resilience in young children.

- ✓ Learning key thinking skills including easy ways to understand how thoughts cause reactions that either help or hinder responding with

resilience to situations

- ✓ Techniques to identify non-resilient "thinking habits" and deeply-rooted beliefs that cause relationship difficulties and block effective responses to opportunities

- ✓ Techniques to develop flexible thinking and find alternative ways to respond to conflict, problems and stress.

PART 2 helps parents apply behavior guidance and resiliency-building strategies directly with their children. Content includes:

- ✓ Using empathy to build close relationships and help children develop emotional literacy skills

- ✓ Helping children develop a "Can Do" view through mastery opportunities, encouragement and confidence-building approaches

- ✓ Building an environment of "positivity" to enhance children's capacity to maintain hope and optimism

### BBT Registration Link:

[arcqe.ca/professional-learning/events/#id=258&cid=1004&wid=201](https://arcqe.ca/professional-learning/events/#id=258&cid=1004&wid=201)

## Professional Development Funding for Educators

All ECEs working in a licensed program or as a contracted day home with a licensed agency are able to access up to \$1500 per year, April 1 2023 to March 31 2024, for post-secondary coursework that leads to a higher level of certification.

Educators also have access to up to \$500 to attend approved workshops and conferences.

Release time funding is also available to ECEs so they can be paid while studying, completing postsecondary coursework and attending approved workshops. Release time will be paid as follows:

- ✓ ECEs attending approved post-secondary course work will be eligible to receive a flat rate of

\$800 per course, to a max of two courses per fiscal year.

- ✓ ECEs attending approved workshops are eligible to receive \$17.50 per hour (up to 45 hours per fiscal year).

Educators can connect with the Agency, who can contact the Alberta Government to see if the workshop, conference, or

post secondary course is approved for funding prior to applying.



We make a difference in the lives of children and families!



## INNISFAIL & AREA FAMILY DAY HOME SOCIETY

— Established in 1983 —



Alberta  
Approved  
Family  
Day Homes

## Community Events



September 8th & 9th: Show & Shine, Fireworks, Pancake Breakfast, Parade & Much More! <https://www.townofopenhold.ca/p/fall-festival>



September 16th & 17th: Scarecrow Competition, Wagon Rides, Magician, Food Trucks, Petting Zoo, Kids Tractor Pulls & Much More! <https://www.facebook.com/groups/1502287163555160/>

Can you find our Scarecrow at the Harvest Festival?

## Curriculum Corner: Playing With Leaves!



### Leaf Inspired Activities

- Go on a leaf hunt
- Leaf sensory bin
- Observe leaf symmetry
- Create a leaf collage or wreath
- Leaf printmaking
- Create leaf rubbings
- Bury objects in leaves
- Slide into a BIG pile of leaves
- Use leaves as paint brushes



Visit [ifdhs\\_mentor](https://www.tiktok.com/@ifdhs_mentor)  
on TikTok for more ideas!



# SEPTEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Innisfail &amp; Area Family Day Home Society</b> 5713—51 Avenue Innisfail, AB T4G 1R4 403-227-2767 innisfaifdh@shawbiz.ca www.ifdhs.com 					1	2
3	<b>Labour Day</b> <b>Office Closed</b>	<b>First Day of School</b>	<b>Office Closed at 3pm</b>	7	8	9
10			<b>Office Closed at 3pm</b>	14	15	16
17			<b>Office Closed at 3pm</b>	21	22	23
24		<b>Month End</b> <b>Paperwork Due by</b> <b>8:30am</b>	<b>Office Closed at 3pm</b>	28	<b>Office Closed for</b> <b>Professional</b> <b>Development</b>	<b>National Day</b> <b>for Truth &amp;</b> <b>Reconciliation</b>

Happy  
Thanksgiving



# October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 <i>Office Closed at 3pm</i>	5	6	7
8	9 <i>Office Closed Thanksgiving</i>	10	11 <i>Office Closed at 3pm</i>	12	13	14
15	16	17	18 <i>Office Closed at 3pm</i>	19	20	21
22	23	24	25 <i>Office Closed at 3pm</i>	26 <i>Month End Paperwork Due by 8:30am</i>	27	28
29	30	31 <i>Halloween</i>			<div data-bbox="1449 1331 1942 1502" data-label="Text"> <p><b>Innisfail &amp; Area Family Day Home Society</b>            5713—51 Avenue            Innisfail, AB T4G 1R4            403-227-2767            innisfaifdh@shawbiz.ca            www.ifdhs.com</p> </div> <div data-bbox="1774 1372 1911 1502" data-label="Image"> </div>	