

February 2025 Newsletter

Making a difference in the lives of children and families since 1983!

February 1, 2025

Behaviour Basics with Aynsley Graham Part One Highlights:

- **The Wayfinding Framework provides a straight-forward way to explore behaviours and strategies that will lead children towards positive behaviours.**
- **The first step is to define the task “What do I want the child to do?”**
- **An absence of behaviour is not the goal. It’s not what we want the child to stop doing, it’s what we want the child to do instead.**
- **To be successful, children need us to create a map that allows us to guide them to where we want them to go, rather than penalize them for getting lost.**

Random Acts of Kindness Day

January 17th is celebrated as Random Acts of Kindness Day, a day dedicated to spreading positivity and compassion through small, selfless acts. The essence of this day is to encourage individuals to perform kind gestures and, in turn, inspire others to do the same.

Benefits of Random Acts of Kindness for Young Children

Engaging young children in random acts of kindness can have a profound impact on their development. Here are some key benefits:

Enhances Empathy:

Participating in acts of kindness helps children understand and empathize with the feelings of others, fostering emotional intelligence.

Builds Social Skills:

By interacting positively with others, children learn valuable social skills, such as cooperation, communication, and problem-solving.

Boosts Self-Esteem:

Performing kind acts can make children feel good about themselves, reinforcing a positive self-

image and increasing their confidence.

Promotes a Sense of Community:

When children engage in kind acts, they feel a sense of belonging and connection to their community, understanding the value of contributing to the greater good.

Encourages Gratitude:

By practicing kindness, children learn to appreciate the kindness shown to them by others, fostering a sense of gratitude and appreciation.

Community Family Day Activities

February 17th is Family Day! Here are some ways you can celebrate in your community with your family and friends:

Innisfail: Free bowling, curling, BBQ, wagon rides, swimming & more!
innisfail.ca/events/family-day-2025/

Springbrook: Annual Family Day Event, click link for more information
springbrookassociation.ca/events/

Three Hills: Family Day Weekend Winter Celebration, click link for more information
www.threehills.ca/p/annual-events





INNISFAIL & AREA FAMILY DAY HOME SOCIETY

— Established in 1983 —



Alberta
Approved
Family
Day Homes

Society News

Our office will be closed February 17th for Family Day

Our office will be closed February 21st for Staff Training through the Imagine Institute for Learning

SPARK is a training guide to culturally responsive early learning and child care in Alberta

Online Educator Training Series:

Behaviour Basics with Aynsley Graham

Part Two: February 10:

How risky and outdoor play can reduce challenging behaviors, and how the Behaviour Wayfinding Framework can be used to assess and implement strategies to support children's success.

Congratulations to:

Nav Jandu & Katrina Peake for completing their Diploma in Early Learning & Child Care!

Happy Anniversary:

Jennifer Klein & Brianna Hinchcliffe
3 years
&
Michelle Peters
13 years

Thank you for making a difference in the lives of the children and families you work with!

The Importance of Sleep on the Developing Brain

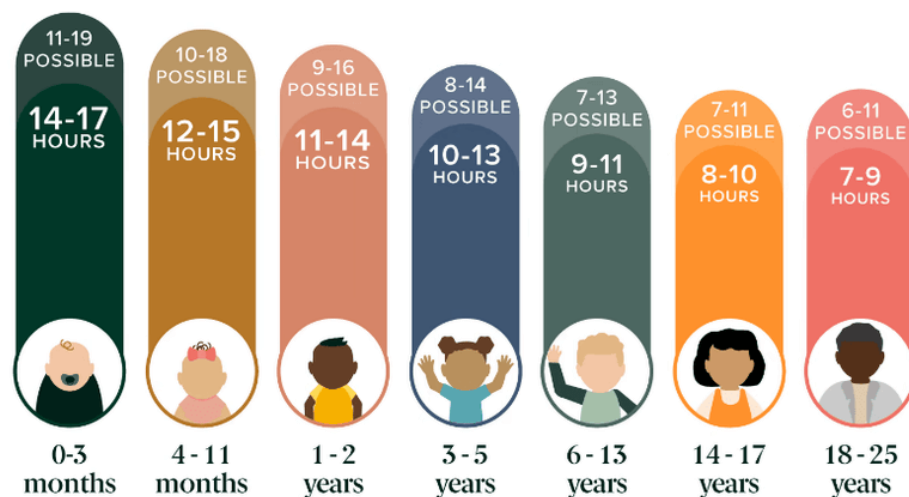
The National Sleep Foundation recommends children 1-2 years old need to rest for 11-14 hours each day/night, 3-5 years old need to rest for 10-13 hours each day/night, and 6-13 years old need to rest for 9 to 11 hours each night. The right amount of quality sleep is just as important to your child's development as a good diet and regular exercise.

An overtired child releases a stress hormone called cortisol. This hormone will make it more difficult for someone to fall asleep. If your child seems to have difficulty falling asleep, consider moving their bedtime up by 30 minutes.

A quiet and cool room, free from distractions is best for sleeping. Your child should be allowed a comfort item in bed, such a favorite stuffed toy. Avoid items like a cell phone, loud musical toys, or other electronic devices.

How Much Sleep Does Your Child Need?

www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need





February 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div data-bbox="151 467 638 646" data-label="Complex-Block"> <p>Innisfail & Area Family Day Home Society 5713—51 Avenue Innisfail, AB T4G 1R4 403-227-2767 innisfaifdh@shawbiz.ca www.ifdhs.com</p>  </div>						1
2 <div data-bbox="142 711 380 878" data-label="Image"> </div>	3	4	5	6	7	8
9	10 <i>Virtual Session with Aynsley Graham 7:00pm</i>	11	12	13	14 <div data-bbox="1451 899 1696 1078" data-label="Image"> </div>	15
16	17 <i>Family Day Office Closed</i>	18	19	20	21 <i>Staff Training Office Closed</i>	22
23	24	25 <i>Month End Paperwork Due by 8:30 am</i>	26	27	28	

March 2025



Sun

Mon


Tue

Wed

Thu

Fri

Sat

<p>Innisfail & Area Family Day Home Society 5713—51 Avenue Innisfail, AB T4G 1R4 403-227-2767 innisfaifdh@shawbiz.ca www.ifdhs.com</p>						<p>1</p> <p><i>First Day of Ramadan</i></p>
<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>
<p>9</p>  <p><i>Day Light Savings Time</i></p>	<p>10</p> <p>Virtual Session with Aynsley Graham 7:00pm</p>	<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>
<p>16</p>	<p>17</p>  <p><i>St. Patrick's Day</i></p>	<p>18</p>	<p>19</p>	<p>20</p> <p><i>Spring Equinox</i></p>	<p>21</p>	<p>22</p>
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p> <p>Month End Paperwork Due by 8:30 am</p>	<p>27</p>	<p>28</p>	<p>29</p>
<p>30</p>	<p>31</p>					