

March 2026 Newsletter

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

March 1, 2026

March is Nutrition Month!

This month, we join the rest of the country in celebrating Nutrition Month 2026. This year's theme, "Nourish to Flourish," invites us to look beyond food as just "fuel." It highlights how the food we share with children supports their emotional well-being, cultural connection, and long-term development.

As Early Childhood Educators, we're in a unique position to help children build a positive relationship with food that will last a lifetime. Whether it's trying a new "rainbow" vegetable or involving a toddler in stirring a bowl, every meal is an opportunity for growth.

In Alberta, our commitment to child health isn't just a philosophy—it's a standard.

Standard 12 of the *Family Day Home Standards Manual* ensures that every child in our care receives the nutrition they need to thrive. Here are the key takeaways from Standard 12 to keep in mind:

Nutritional Quality: All meals and snacks must follow the recommendations set out in *Canada's Food Guide*. This means a focus on plenty of vegetables and fruits, whole grain foods, and protein foods.

Safe Dining Environments: Standard 12 isn't just about *what* they eat, but *how* they eat. Children must be seated and supervised during mealtime.

Meeting Individual Needs: Providers must ensure that food provided is appropriate for the age and development of the child, while also respecting family preferences and cultural backgrounds

When we align our daily practice with Standard 12, we do more than just follow a manual; we create a foundation for "flourishing." Healthy eating in the early years is linked to better concentration, more stable moods, and the physical energy children need to explore the world around them.

Puppet Pandemonium!

Where Imagination Takes The Lead!

Over the past few months, many of our programs have been creating fun friendships with Lindsay's Puppet Pals. This has flourished into instant excitement when she arrives for her Home Visits!

Check out what some of the children in our FDH's have shared about the puppets

below and on the side panel:

Vanessa's FDH

- "I think they are FUN! She lets us play with them"
- "They are FUNNY!"
- "I like because I got to put a name on them & I got a special paper!"

Becky's FDH

- "I like the Pterodactyl & Chuckie! I love playing around with them & making them eat stuff!"
- "I like Chuckie! I like to take him down the slide"
- "I liked the bunny & pretending to eat smiley cookies"

Amanda D's FDH

- "They are funny & good"
- "They make me laugh & they are silly"

Arlene's FDH

- "When we put our hands in their mouth & when they move their mouths (to talk)"
- "When they eat the cookies!"

Mandy's FDH

- "I like (feeding them) hot sauce!"
- "I like the cookies!"
- "I like Chuckie!"

Amanda M's FDH

- "I like the Dino one, the chuckie one, because I like it!"
- "I like the puppy one because I love it :)"

Tracy's FDH

- "When the dinosaurs eat our fingers!"
- "We like the cookies & donuts too!"



INNISFAIL & AREA FAMILY DAY HOME SOCIETY

— Established in 1983 —



Alberta
Approved
Family
Day Homes

Society News

Happy St. Patrick's Day!

Are you making leprechaun traps this year?

Happy Spring Equinox!

As we get ready for Spring, remember that multiple changes of clothes may be needed, please send extra so your child can play comfortable inside and outside.

Online Educator

Training Series:

Part Three: March 9

Office staff will take you through conversations on how educators support family routines as part of culture.

Community of Practice with Nicole

March 23 @ 7pm

We will review our agency Mission, Vision, and Values and connect them to our learnings around cultural humility.

Happy Anniversary to:

Sierra Maxwell
1 year

Angela Cody
3 years

Airene Loresco
3 years

Arlene Merrill
3 years

Natasha Caissie
13 years

Katrina Peake
14 years

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

A 'Green' St. Patrick Day

Did you Know the color that people originally associated with St. Patrick was blue!? Green was finally introduced to St. Patrick's Day festivities in the 18th century, when the shamrock became a national symbol. Because of the shamrock's popularity and Ireland's landscape, the color stuck to the holiday.

Green is also the color that mythical fairies called leprechauns like to dress in—today. Tales about leprechauns date back to before green was the colour associated with them: These ticky fairies were first described as wearing red! Leprechauns are

actually one of the reason you are supposed to wear green on St. Patrick's Day—or risk getting pinched! The tradition is tied to folklore that says wearing green makes you invisible to leprechauns, which like to pinch anyone they can see.

We hope you remember to wear **green** on March 17!



Leprechaun trapping has been compared to the modern north American tradition of leaving cookies out for Santa Claus on Christmas Eve. Similar to The Elf on the Shelf, the project is coordinated by parents or caregivers used to celebrate Saint Patrick's Day.

Will you be making Leprechaun traps this year?

Send us your photos and we will add them to our April 2026 newsletter:

innisfailfdh@shaw.ca

March 2026



Sun

Mon

Tue

Wed

Thu

Fri

Sat

1	2	3	4	5	6	7
8  Day Light Savings Time	9 SPARK Session with Ella, Educator Training 7pm Online	10	11	12	13	14
15	16	17  St. Patrick's Day	18	19	20	21 First Day of Spring
22	23 SPARK Session with Nicole, Educator Training 7pm Online	24	25	26 Month End Paperwork Due by 8:30 am	27	28
29	30	31			<div style="border: 2px solid black; padding: 5px;"> <p>Innisfail & Area Family Day Home Society 5713—51 Avenue Innisfail, AB T4G 1R4 403-227-2767 innisfaifdh@shaw.ca</p>  </div>	

April 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Office Closed Good Friday	4
5 Easter Sunday	6 Office Closed Easter Monday	7	8	9	10	11
12	13	14	15	16	17	18 RDP Changemakers in ECE: Building Connection, Community, and Capacity.
19	20	21	22 Earth Day	23	24	25
26	27 Month End Paperwork Due by 8:30 am	28	29	30	<div style="border: 1px solid black; padding: 5px;"> <p>Innisfail & Area Family Day Home Society 5713—51 Avenue Innisfail, AB T4G 1R4 403-227-2767 innisfaifdh@shaw.ca</p>  </div>	