

August 2022 Newsletter

August 1, 2022

Innisfail & Area Family Day Home Society

Things You Should Know About Play by Laurel Bongiorno

Children learn through their play. Don't underestimate the value of play. Children learn and develop:

cognitive skills – like math and problem solving in a pretend grocery store

physical abilities – like balancing blocks and running on the playground

new vocabulary – like the words they need to play with toy dinosaurs

social skills – like playing together in a pretend car wash

literacy skills – like creating a menu for a pretend restaurant

Play is a child's context for learning. Children practice and

reinforce their learning in multiple areas during play. It gives them a place and a time for learning that cannot be achieved through completing a worksheet.

Play reduces stress. Play helps your children grow emotionally. It is joyful and provides an outlet for anxiety and stress.

Play is more than meets the eye. Play is simple and complex. There are many types of play: symbolic, sociodramatic, functional, and games with rules—to name just a few. Researchers study play's many aspects: how children learn through play, how outdoor play impacts children's health, the effects of screen time

on play, to the need for recess in the school day.

Make time for play. As parents, you are the biggest supporters of your children's learning. You can make sure they have as much time to play as possible during the day to promote cognitive, language, physical, social, and emotional development.

Play and learning go hand-in-hand. They are not separate activities. They are intertwined. Think about them as a science lecture with a lab. Play is the child's lab.

Excerpt from:
www.naeyc.org/our-work/families/10-things-every-parent-play

2nd Annual Innisfail Lantern Festival

We are proud to once again be a Sponsor for the Annual Innisfail Lantern Festival!

The Lantern Festival will involve a number of FREE community events for two weeks in midsummer, culminating in a magical evening celebration to light up the night on August 20th.

On the evening of August 20th, they will light up the grounds of the Innisfail Historical Village.

The IHV will also play host to the day's activities including lantern decorating, music, and food trucks.

August 6-13th

Lantern Building Workshops for Kids, Teens & Adults. *Dates and locations to be announced.*

August 20th - 3:00 - 11:00 PM

- * Food Truck Festival
- * Lantern Decorating

- * Halia's Helium: Face painting & glitter tattoos
- * Music and performers
- * Kids' Parade of Light at our local seniors' home starts at 6:00 PM.
- * Grand Finale Twilight Celebration at dusk to illuminate our collective creations

Society News



Happy Birthday To:

- Olivia S Lykan S
- Jaxson V Flynn S
- Trey D Jett L
- Wyatt R Jackson Q
- Hutsen K Bodie M
- Anya P Emmett S
- Michelle P Charlene F

Happy Birthday to you ... 🎵 🎶

Welcome to:

- Sheila**
Penhold
- Tammy & Kathryn**
Innisfail
- Rosemarie**
Olds
- Jolene**
Springbrook

Happy Anniversary to:

- Brittany Wilde**
1 year
- Nicky Stagg**
2 years
- Navdeep Jandg**
4 years
- Tracy Stang**
8 years

Thank you for all you do for the children and families!

School Resumes September 1, 2022



As September fast approaches, it is time to think about schedules and routines.

A couple of weeks before the first day of school, have your children begin going to bed earlier each night until they get used

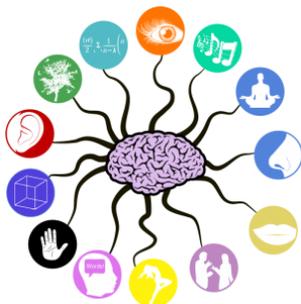
to their earlier, pre-summer bed time. The earlier you start this process, the simpler it will be for them to get used to going to bed earlier again.

Avoid sleep deprivation. Set up your back to school routine early. The longer you wait to get the children

into the habit of going to bed at a set bedtime, the harder time your children will have getting up for school in the morning.



Maximize Early Learning & Care Conference



Maximize is back this fall, in an online format!

This year, educators will have the opportunity to listen to 3 speakers, over 3 months, from the comfort of their homes.

Tuesday, September 13, 2022, 7 – 8:30 p.m.

Dr. Jody Carrington
“Educators these days”

Wednesday, October 12, 2022, 7 – 8:30 p.m.

Tina Geers
“Playful Planning”

Thursday, November 24, 2022, 7 – 8:30 p.m.

Dr. Laura Doan
“Mentoring Leadership”

This training series has been approved for Professional Development Funding by Alberta Children’s Services

Sun Safety Tips

UV index was developed to help Canadians to protect themselves from sun's damaging ultra violet (UV) rays. The higher the UV index, the stronger the sun's rays, the higher the need to protect yourself. The UV index report is usually available in the local weather report. Here are some safety precautions that you can take to protect yourself and the children from sun's harmful rays:

- * When the UV index is 3 or higher, protect your skin as much as possible. Generally UV rays are stronger between 11 am and 4 pm.
- * Seek shade or use umbrella
- * Wear tightly woven, loose fitting clothing that covers as much of the body as possible and wide brimmed hat
- * Use broad spectrum sunscreen with SPF of at least 30. Apply sunscreen 15-30 minutes before you head outside. Reapply every 2-3 hours if swimming or sweating heavily. *Do not use sunscreen for babies under 6 months of age.*
- * Keep babies under 12 months of age out of direct sunlight and protect from sun using

hats and protective clothing

- * Use sunglasses that provide 99-100% UVA and UVB protection to protect eyes.

myhealth.alberta.ca/



Water Safety Tips

For many Canadian families, summer includes activities such as boating and swimming. A Canadian Red Cross report examining these fatalities over 10 years revealed many common factors:

- * Young children ages 1 to 4 are at the greatest risk of drowning.

Drowning is one of the leading causes of unintentional death for Canadian children ages one to four.

- * Small children are also the most vulnerable group for near drownings. For every death, there are an estimated four to five additional near-

drowning incidents, which require hospitalization.

- * Infants and toddlers drowned mainly in bathtubs and pools, whereas older children and youth drowned mainly in large bodies of water.



Swimming pools – ratio is 1 adult to 3 children; life vests are encouraged for all ages and/or as recommended by the pool facility guidelines.

These guidelines are also recommended for all outdoor bodies of water, such as Sylvan Lake.

redcross.ca/training-and-certification/swimming-and-water-safety-tips-and-resources/swimming-boating-and-water-safety-tips/summer-water-safety

Field Trip Permissions

The Family Day Home Standards Manual clearly states that parents must sign a statement of release acknowledging the circumstances under which their child may be transported. This statement of release may be written into the Parent/Educator contract

in blanket format for emergency transport and/or regular daily transportation (e.g. pre-school, school, or regular outings such as story time and play group). Parents will be notified in writing through the educators program planning or via email or text.

For any other outings requiring transportation (e.g. field trips), parents must sign a consent form, in advance, indicating permission for their child to participate. This consent form shall provide details of the outing including supervision and

transportation arrangements (e.g. personal vehicle, bus, walking) so that parents are making an informed decision. The transportation forms shall be turned in to the agency at the end of each month.

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



INNISFAIL & AREA FAMILY DAY HOME SOCIETY

— Established in 1983 —



Alberta
Approved
Family
Day Homes

A colorful illustration of three children (two boys and one girl) sitting at a table, looking thoughtful. The scene is framed by a dashed green border and includes a smiling sun, colorful clouds, and paper airplanes. The text 'AGES & STAGES QUESTIONNAIRES' is written in the center.

AGES & STAGES
QUESTIONNAIRES

Supporting healthy child development with today's most trusted screening tool.

A circular logo with a stylized house and hands, similar to the Innisfail & Area Family Day Home Society logo.

Curriculum Corner—Provocations for Infants & Young Toddlers

Touch and Feel Sensory

www.adorecherishlove.com/2015/04/sensory-sunday-touchy-feely-frames.html

Spiky Ball Painting

www.thehouseofburkeblog.com/2013/04/spikey-ball-painting.html

Rainbow Discovery Bottles

www.funathomewithkids.com/2013/02/rainbow-scavenger-hunt-and-rainbow.html

Busy Boards

gordonslittleadventures.com/2016/07/31/diy-toddler-busy-board

Tummy Time Hula Hoop

www.creatingrealllyawesomefunthings.com/sensory-hula-hoop/

Treasure Baskets

theimaginationtree.com/heuristic-play-treasure-baskets/

I Spy Bean Bags

parentingchaos.com/no-sew-i-spy-bags/

Dancing Ribbon Rings

buggyandbuddy.com/make-dancing-ribbon-rings/



August 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Office Closed</i> <i>Civic Holiday</i>	2 <i>Office open til 6:30pm</i>	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20 <i>Innisfail Lantern Festival</i>
21	22	23	24	25	26	27
28	29 <i>Month End Paperwork Due by 8:30 am</i>	30	31		<div data-bbox="1482 1328 1969 1510" 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>	



SEPTEMBER 2022

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> 				1 <i>Office open til 6:30pm</i>	2	3
4	5 <i>Office Closed</i> <i>Labour Day</i>	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28 <i>Month End Paperwork Due by 8:30 am</i>	29	30	