

# February 2022 Newsletter



February 1, 2022

Innisfail & Area Family Day Home Society

## Random Acts of Kindness

Random Acts of Kindness Day® is Thursday February 17, 2022 & Random Acts of Kindness Week is February 13-19, 2022. Did you know there are scientifically proven benefits of being kind?

Kindness Increases:

1. **The Love Hormone.** Witnessing acts of kindness produces oxytocin, occasionally referred to as the 'love hormone' which increases our self-esteem and optimism, which is extra

helpful when we're anxious or shy in a social situation.

2. **Serotonin.** Like most medical antidepressants, kindness stimulates the production of serotonin. This feel-good chemical heals your wounds, calms you down, and makes you happy!
3. **Pleasure.** According to research from Emory University, when you are kind to another person, your brain's pleasure and reward



centers light up, as if you were the recipient of the good deed—not the giver. This phenomenon is called the “helper’s high”.

4. **Happiness.** A 2010 Harvard Business School survey of happiness in 136 countries found that people who are altruistic were happiest overall.



## History and Impacts of Indian Residential Schools

The Innisfail & Area Family Day Home Society is partnering with other licensed family day home agencies in central Alberta to bring to our educator team this information session on the impacts of Residential Schools on Indigenous and First Nations Children in Canada.

Truth is an imperative piece in the reconciliation process. The intent of listening is to learn the truths necessary to engage in meaningful conversations with the Indigenous community. To the Truth and Reconciliation

Commission, reconciliation is about “*establishing and maintaining mutually respectful relationships between Aboriginal and non-Aboriginal peoples.*”

We ask our educators to join us in listening and learning with Wesley Scott, who will give us a historical overview of residential schools. We are honoured to then listen to the story of residential school survivor and Elder, Gertrude (Gertie) Pierre, who will share her story and her truth.

*We would like to thank the Indian Residential School Survivors Society and both presenters in advance for entrusting us with their stories.*

**Presentation by the Indian Residential School Survivors Society**

**Date:** February 16, 2022

**Time:** 7-8:30pm via ZOOM

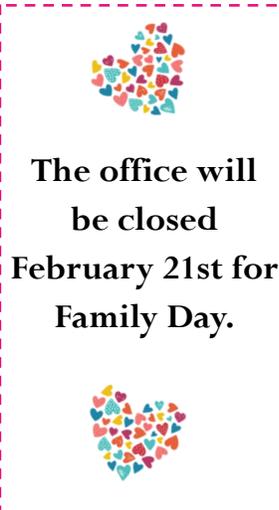
*The office of the Innisfail & Area Family Day Home Society is located on Treaty 7 & Metis 3 Territory*

## Society News



### Happy Birthday!!

Kaysen V	Reese L
Coraline S	Myer G
Beckett A	Nyla D
Nevaeh P	Benjamin M
Nate P	Milo M
Revin P	Ameera B
Byron D	Brigham D
Ocean I	Ella B
Kase F	Tanya J
Nikita J	Mandy J



### Happy Anniversary

*Michelle Peters*  
10 years!

*Thank you for your  
dedication to the  
families you serve!*

**Welcome to:**

*Jessica Ras*  
&  
*Jenapher Klein*

## Ages & Stage Questionnaire (ASQ®)

### ASQs are Digital!

In March we will be sending you a link to complete your child's ASQ®

For more information:

[https://  
agesandstages.co  
m/about-asq/for  
-parents/](https://agesandstages.com/about-asq/for-parents/)

The ASQ® Screening is a quick check of your child's development. It's happening in a wide variety of early childhood settings these days. Screening takes a snapshot of your child's current skills and helps accurately identify children who may be at risk for delays.

### Why is it important for my child to be screened?

Regular screening provides a fast and helpful look at how your child is doing in important areas like communication, social skills, motor skills, and problem-solving skills. Screening can identify your child's strengths, uncover new milestones to celebrate, and reveal any

areas where your child may need support. It helps you understand your child's development and know what to look for next. And it helps you work with educators to plan next steps when it makes the most difference—your child's critical first years of life.

### Can a questionnaire really capture my child's true skills and developmental progress?

Yes! Studies have shown that parent-completed screeners like ASQ® are very effective at pinpointing child progress. Information parents give about their children is usually highly accurate. Plus a parent-report tool

like ASQ® calls for your unique perspective on how your child behaves and performs skills in natural settings like your home. That means it can capture the big picture of your child's development better than a screening that takes place in an unfamiliar setting.

### Why would I want to fill out a questionnaire that highlights what my child can't do?

The great thing about ASQ® is that it's strengths-focused—the emphasis is really on what your child can do. It's the perfect way to keep track of milestones and celebrate them as your child grows and develops.

## Do Feelings Really Matter?

Yes, they really do!

When we are emotionally healthy, our full range of feelings gives us valuable information about ourselves. If we feel angry it usually means we think we are on the receiving end of an injustice (that's not fair/right). Envy tells us what we want in life. Fear alerts us to danger.

Happiness tells us what we enjoy. When we are excited it tells us what we are enthusiastic or eager about.

All feelings are valid and there are no "bad" or "wrong" feelings. It is true, some feelings are more pleasant than others, but all are a part of the human experience.

When supporting the emotional development of children, it is important to be accepting and understanding so that they know they are not alone in their experience.

- ◆ Help children recognize and name their feelings,
- ◆ Be accepting of a child's emotional response—don't

disregard their feelings,

- ◆ Communicate understanding of the child's emotional experience,
- ◆ Help the child understand and become aware of their feelings and the those of others.

## Self-Regulation

Self-regulation is the ability to control one's behaviour, including emotions, thoughts, actions and attention. It is the ability to control impulses—such as not hitting your sibling when they take your toy. It's made up of executive function (*control in the brain*), emotional-regulation (*control of feelings*) as well as behavioural regulation (*control of actions & movement*).

Self-regulation is partially genetic—some children will naturally be better regulated than others, however, self-regulation

is teachable. Infants and young children cannot regulate their emotions on their own, they need loving adults in their lives to help them regulate their emotions and behaviours and to learn skills to do so independently.

[Here are some tips to help your child develop self-regulation skills:](#)

**Be patient.** Self-regulation is an advanced skill and it takes a long time to develop. Children need lots of practice as they try to master this important skill. Give them opportunities to practice self-regulation

and be understanding when they struggle. Young children can't regulate themselves alone, they need the adults around them to help them navigate strong emotions.

**Be responsive.** Pay attention to their needs and their cues, and respond to them in a positive way.

**Talk about emotions.**

Give your child a wide emotional vocabulary by talking about emotions. Separate the behaviour from the emotion. Feeling hurt, frustrated, angry, or upset because your friend took your toy away from you isn't bad

— it is entirely appropriate to feel those things. But the behaviour of hitting your friend over the head with another toy isn't the best way to express those feelings.

**Sooth and help them self-sooth.** Help children regulate their emotions by being a calm, supportive and responsive presence.

**Keep a routine.** When children know what to expect, it's easier for them to practice regulating their behaviours.

To learn more about executive function, resilience, and self regulation skills check out: [www.albertafamilywellness.org](http://www.albertafamilywellness.org)



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

## 12 Home Activities that Build Social Emotional Skills

www.thepathway2success.com

Pathway  
2 SUCCESS

Play board  
games and  
sports



Go on a  
mindful  
walk  
outside



Write in  
a journal  
or diary



Practice  
coping skills,  
like mindful  
breathing



Read  
picture  
books



Practice  
mindful  
coloring

Talk about  
characters'  
feelings in a  
movie



Start an  
acts of  
kindness  
challenge



Organize  
an area of  
the house  
together



Write a self-  
compliment  
list



Use  
conversation  
starters to  
share ideas



Play games  
like "I Spy"  
and "Simon  
Says"

Clipart by Kate Hadfield & Sarah Pecorino

## Curriculum Corner—Social Emotional Development

Did you know that our educators can borrow a social-emotional learning kit from our office?

These kits include:

- ◆ Bag of Buddies
- ◆ Mirror Me Cards
- ◆ Moji Monsters Game
- ◆ Feeling Funny Flip Book
- ◆ Feeling Snappy Game
- ◆ Block Heads Cards
- ◆ Poems with Feelings

- ◆ Little book of Sadness
- ◆ Little book of Worries
- ◆ Little book of Anger

This kit and its tools are useful for educators in helping children understand and make meaning of how they feel, express and communicate their feelings, and then take appropriate actions based on those feelings.

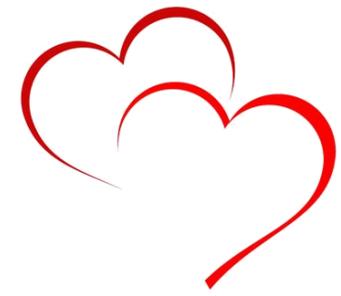
These activities and books provide children with the language to talk about the world

of emotions (there are more emotions and feelings than just happy, sad, mad) and gives the opportunity for children to explore and learn how they and others feel, building understanding, acceptance, and empathy.





# February 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> <b>Office Open til 6:30pm</b>  <i>Chinese New Year</i> 	<i>2</i> <b>HAPPY Groundhog DAY</b> 	<i>3</i>	<i>4</i>	<i>5</i>
<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>  <i>No School</i>	<i>12</i>
<i>13</i>	 <i>Valentine's Day</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>
<i>20</i>  <i>No School Feb 21-25</i>	<i>21</i>  <b>Office Closed</b>  <i>Family Day</i>	<i>22</i>	<i>23</i>	<i>24</i>  <b>Month End Paperwork Due</b>	<i>25</i>	<i>26</i>
<i>27</i>	<i>28</i>				<div data-bbox="1465 1344 1955 1521" data-label="Complex-Block"> <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>	



# March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1</p> <p><i>Office Open til 6:30pm</i></p> <p><i>Pay Day</i></p>	2	3	4	5
6	7	8	9	10	<i>No School</i>	12
<p>13</p> <p><i>Day Light Savings Spring Ahead 1 hour</i></p>	14	15	16	<p>17</p> <p><i>St. Patrick's Day</i></p>	18	19
<p>20</p> <p><i>First Day of Spring</i></p>	21	22	23	24	25	26
27	28	29	30	31	<i>No School</i>	
		<p><i>Month End Paperwork Due</i></p>			<div style="border: 2px solid black; padding: 5px;"> <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>	