

March 2025 Newsletter

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

March 1, 2025

Behaviour Basics with Aynsley Graham Part Two Highlights:

A "lizard brain" is a simple way to explain the part of your brain that reacts quickly to danger, like a lizard would if it sees a predator - it's your "fight or flight" response, making you feel scared and ready to run away or fight back, even if you don't need to, and it doesn't always think clearly before acting; it's like your body's automatic protection system.

The thinking cap represents the prefrontal cortex located in the frontal lobe and is responsible for executive functioning which includes reasoning, focusing and, impulse control.

We often forget that children may not understand what emotion they are feeling. Name it for them. You can help facilitate emotion identification by expressing the emotions you are feeling, and acknowledge and validate the emotions they are feeling.

Nourish to Flourish!



Proper nutrition is crucial for the growth and development of children. By following the Canada Food Guide, parents and caregivers can ensure that children receive the necessary nutrients to support their physical and mental wellbeing .

The **Canada Food Guide** provides a balanced approach to nutrition, emphasizing the importance of variety, moderation and balance in a child's diet.

Here are some of their key recommendations:

Variety of foods

Ensure children consume a wide range of foods from all food groups, including

fruits, vegetables, whole grains and proteins.

Limit processed foods

Encourage the consumption of whole foods over processed options which are often high in sodium, sugars, and unhealthy fats.

Hydration

Promote water as the main drink of choice and limit sugary beverages.

Nutrition plays a significant role not only in physical health but also in mental wellbeing. A balanced diet can impact a child's mood, concentration and overall mental health.

Here are some ways nutrition affects children's mental wellbeing:

Brain development

Essential fatty acids, such as omega-3s, are crucial for brain development and function. Foods like fish, flaxseeds and walnuts provide these necessary nutrients .

Mood regulation

A diet rich in vitamins and minerals can help stabilize mood. For example, B vitamins found in whole grains and leafy greens are important for mental health.

Energy levels

Consuming balanced meals with the right mix of carbohydrates, proteins and fats provides sustained energy which can improve focus and reduce irritability.

Did You Know? Standard 12: Meals & Snacks

Standard 12 of the "Family Day Home Standards Manual for Alberta" states programs serve meals and snacks at appropriate times, in sufficient quantities and in accordance with each child's needs including allergies and special diets, ensuring that:

- ✓ Meals and snacks are in

accordance with food guide recognized by Health Canada or Alberta Health;

- ✓ Menus are made available daily to parents or home visitors/ consultants;
- ✓ Programs ensure the manner in which children are fed is appropriate to age and

level of development;

- ✓ Children should be seated while eating and seated or standing while drinking;
- ✓ **No** beverages should be given to children while napping;
- ✓ Parent of infants must supply infant food (including special dietary requirements).



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:

Behaviour Basics with Aynsley Graham

Part Three: March 10:

How to connect with and work with families while navigating the Behaviour Wayfinding Framework.

Happy Anniversary to:

Angela Cody
2 years

Airene Loresco
2 years

Arlene Merrill
2 years

Natasha Caissie
12 years

Katrina Peake
13 years

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

Affordability Grant FAQ for Families

What are the changes?

Starting April 1, 2025, a flat and predictable monthly parent fee of \$326.25 will be introduced for all children zero to kindergarten age enrolled in full-time care - 100 hours or more a month.

Children zero to kindergarten age accessing part-time care - between 50 to 99 hours a month will have a flat part-time parent fee of \$230 per month.

There is no funding supports available for children zero to kindergarten age attending less than 50 hours of care a month.

The Child Care Subsidy program is ending on March 31, 2025, for all children zero to kindergarten age.

Will this effect my school-age care?

No. Families with children attending licensed OSC in family day home will continue to be eligible to apply for and receive Child Care Subsidy.

Will I receive a credit for days out of care?

For children accessing services under the grant, credits will no longer be issued for absent days or program closures.

Will back up care be made available to me if the day home is closed?

Yes, parents will be offered the option to access back up care when it is available. Occasionally, there are no available spaces in an alternate home due to ratios, but

educators and agency staff will do their best to arrange this services.

Do I need to pay the supplementary fees?

Educators may choose to charge supplementary fees. If they choose to charge them, they must be a choice for parents, and educators must provide the parents with a receipt. Ex. if a day home chooses to charge a supplementary fee for meals, parents may opt out and supply their own food.

What if I only want part time care?

You will need to work with the day home educator to determine if this is a service they are willing to offer. Some homes may not be able to accommodate part-time requests.

Innisfail & Area Family Day Home Society
 5713 51 Avenue, Innisfail AB T4G 1R4
 Office Hours: 1:00p.m. – 4:30p.m

Telephone: 403-227-2767
 email: innisfailfdh@shawbiz.ca



Parent Fee Schedule Per Child April 1, 2025

Affordability Grant Rates Effective April 1 2025

**AFFORDABILITY GRANT FUNDED RATES
 (Children ages 0-5yrs and not attending full-time kindergarten)**

| Service | Full Fee Less Grant | Parent Fee |
|---|----------------------|---------------------------|
| PART TIME RATE INFANT (50 to 99 hours) | \$666.00 – 436.00 = | \$230.00 per month |
| PART TIME RATE PRESCHOOL (50 to 99 hours) | \$569.00 – 339.00 = | \$230.00 per month |
| FULL TIME RATE INFANT (100 hours +) | \$1025.00 – 698.75 = | \$326.25 per month |
| FULL TIME RATE PRESCHOOL (100 hours +) | \$875.00 – 548.75 = | \$326.25 per month |

**SCHOOL AGE CARE &
 DROP-IN CASUAL CARE RATES
 (Children 0-5 years and using less than 50 hours a month)**

| Service | Parent Fee |
|--|---|
| ½ DAY RATE (0 to less than 5 hours) | \$28.00 per day |
| FULL RATE (5 to less than 9 hours) | \$40.00 per day |
| OVERTIME RATE (9 to less than 12hours) | \$6.00 per hour, added to the daily rate |

FEES APPLIED TO ALL

| | |
|---|---|
| EXTENDED HOURS CARE (over 12 to less than 16 hours) | additional \$30.00 per day (shift differential included) |
| EXTENDED HOURS CARE (over 16 to less than 18 hours) | additional \$50.00 per day (shift differential included) |
| SHIFT CARE DIFFERENTIAL & LATE PICK-UP FEE | Additional \$5.00 flat fee added to the daily rate when contracted before 6 a.m. or after 6 p.m, weekends, and statutory holidays. |
| STATUTORY HOLIDAYS | Time and ½ regular rate |
| INITIAL PROCESSING FEE | \$50.00 per family |
| LATE PAYMENT FEE | \$30.00 |

**** LATE FEE:** Payment is due in advance on the 5th of the month with a late charge added on the 6th of the month.

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> | | | | | |

April 2025



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|-----|-----|-----|---|-----|
| <div data-bbox="142 462 634 643" 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 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 Office Closed Good Friday | 19 |
| 20 Easter Sunday | 21 Office Closed Easter Monday | 22 | 23 | 24 | 25 Month End Paperwork Due by 8:30 am | 26 |
| 27 | 28 | 29 | 30 | | | |