

August 2023 Newsletter



August 1, 2023

Innisfail & Area Family Day Home Society



Scenes of Summer!

Here are just some of the amazing experiences that happened in July in our Family Day Homes.



Society News



Happy Anniversary!

Tracy Stang

9 years

Navdeep Jandu

5 years

Nicky Stagg

3 years

Brittany Wilde

2 years

Rosemarie McCutcheon

1 year

We are Recruiting!

We need capable, caring Family Day Home Educators who are interested in learning the best practices of licensed family day homes.

As a licensed Agency, we provide the training and support to

make your family day home successful.

Consider joining our team of Educators and Consultants!

If you, or someone you know, would like a rewarding Career in Child Care, Call us Today for more Information or to request an Application Package.

School Resumes September 5th!



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

It's not unusual for parents to allow their children to stay up later during the summer than during the school year. 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 bed time. The earlier you start this process, the simpler it will be for them to get used to going to bed early again.

Chinooks Edge School Division, the Red Deer Catholic schools in Innisfail and Olds, and the Golden Hills School Division Three Hills will be back in session on September 5th!

www.cesd73.ca/download/386810

drive.google.com/file/d/1XEqxxTzyVvD4tLZevGjKbKBqtdEdY1xe/view

Maximize Early Learning & Care Conference

Save the Date!

September 16, 2023

All Day Event

Maximize is back this fall— as an in Person Event!

Come ready to learn and laugh with Judy Croon - Canada's Keynote Humorist, TEDx speaker, comedian, and radio host.

&

Hear from Amanda Lindhout, a Canadian

humanitarian, winner of the Red Deer Women of Excellence Award in Human Services, public speaker, journalist and author of *A House in the Sky: A Memoir*.

Registration brochure coming soon!



The Importance of Sleep

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, try moving their bedtime up by 30 minutes.

Start a Bedtime Routine

Summer is a great time to begin a bedtime schedule. Your child's sleep routine will vary based on what works for your family.

Set up a Tranquil Sleep Environment Without Distractions

A quiet and cool bedroom, free from distractions is best for sleeping. Your child should be allowed a

comfort item in bed, such as a favorite stuffed toy or special blanket. Avoid items like a cell phone, tablet, T.V's, loud musical toys, or other electronic devices.

Wake up Time is Just as Important as Bedtime

Waking up at the same time during the summer months as you do during the rest of the year will make the transition from vacation to day home easier. Exposure to bright sunlight early in the day helps regulate one's circadian rhythm, so encourage outdoor play in the early morning.



Age	Recommended
Newborns 0-3 months	14 to 17 hours of sleep per day, including naps
Infants 4-11 months	12 to 15 hours of sleep per day, including naps
Toddlers 1-2 years	11 to 14 hours of sleep per day, including naps
Preschool 3-5 years	10 to 13 hours of sleep per day, including naps
School-aged 6-13 years	9 to 11 hours of sleep per day
Teens 14-17 years	8 to 10 hours of sleep per day

Professional Development & Post-Secondary Funding

Early Childhood Educators in a licensed program can access professional development funding, to help offset tuition fees and required course textbooks for approved post-secondary coursework. For educators certified as an Early Childhood Educator Level 1 or 2, this coursework should lead to a higher level of certification. For those at

Level 3, coursework may be used to strengthen accounting, business, leadership, management, entrepreneurship, administration, and early childhood education skills and knowledge.

Professional development funding may also be used to offset the cost of tuition fees, conference and workshop fees related to early learning and child care that have been

approved by the Alberta Child Care Grant Funding Program.

Please email the Alberta Child Care Grant Funding Program at cs.childcarefunding@gov.ab.ca to find out whether the course/conference/workshop you are interested in is eligible for professional development funding, before reaching out to the agency to support you in applying.



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

Community Event

Penhold
Groovin' and Growin'
MONDAYS FROM 10-11AM
AGES 0-6
No Program August 7th

Join Carson at Penhold's Splash Park for games, dancing, and movement! Call or Text (587)679-0544 for more info!

Visit "Innisfail & Area Family Resource Network" on Facebook for more information & programming

Curriculum Corner: Alternative Phrases to Saying "Be Careful"

RISKY PLAY



"THE MORE RISKS YOU ALLOW CHILDREN TO MAKE, THE MORE THEY LEARN TO LOOK AFTER THEMSELVES"

- ROALD DAHL

Whether your child is experimenting with elevation, speed, engaging in rough & tumble play, interacting with natural elements or even adult tools— we've all said "be careful!" (multiple times). Instead, try these phrases to foster awareness & problem solving:

- "Notice how the _____ is slippery?"
- "What's your plan...if you climb that _____?"
- "Try using your...hands, feet, arms, legs"
- "How will you...get down, go up, get across?"
- "Are you feeling...scared, excited, tired, safe?"

Adapted from: <https://www.backwoodsmama.com/2018/02/stop-telling-kids-be-careful-and-what-to-say-instead.html>

August 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div data-bbox="142 462 632 646" 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@shawbiz.ca www.ifdhs.com</p>  </div>		1	2	3	4	5
6	7 <i>Civic Holiday</i> <i>Office Closed</i>	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 <i>Month End</i> <i>Paperwork Due</i>	29	30	31		



SEPTEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Innisfail & Area Family Day Home Society 5713—51 Avenue Innisfail, AB T4G 1R4 403-227-2767 innisfaifdh@shawbiz.ca www.ifdhs.com 					1	2
3	4 <i>Labour Day</i> <i>Office Closed</i>	5 <i>First Day of School</i>	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26 <i>Month End</i> <i>Paperwork Due by</i> <i>8:30am</i>	27	28	29	30 <i>National Day</i> <i>for Truth &</i> <i>Reconciliation</i>