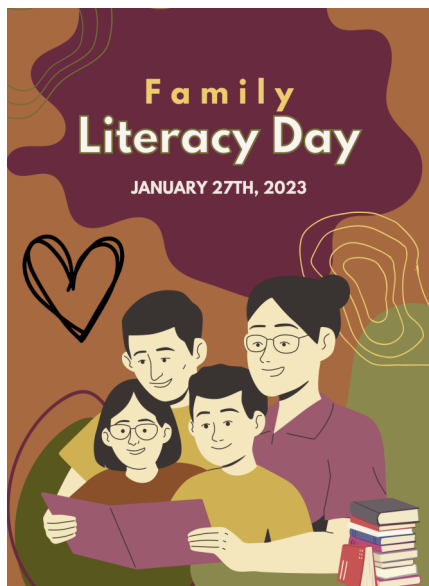


January 2023 Newsletter

January 1, 2023

Innisfail & Area Family Day Home Society



Check out “ABC Life Literacy Canada” for more information & resources!

Celebrating Family Literacy Day

Family Literacy Day in Canada occurs annually on January 27th to bring awareness to the importance of reading & engaging in other literacy related activities as a family. Since its inception in 1999, thousands of schools, libraries, literacy organizations & other community groups across the country have participated in this initiative. Taking time each day to simply read with a child is not only beneficial to their development, it can dramatically improve their own literacy skills. This years Family Literacy Day theme is “Celebrate Your Heritage”. Canada is full of diverse cultures, this is a great opportunity to explore & learn about your own culture! Celebrate what your family discovered & what makes you, YOU!



There's no better way to learn about family than learning together!

Why Is Literacy Important For Children?

Books are so much more than a silly story. They're a rich opportunity to develop & enrich early literacy, expand language & imagination! As early as from birth, infants begin to read signals & listen to the voices all around them. By hearing these sounds, they can learn sound patterns & language. Reading to your child no matter their age can have significant benefits such as:

- Strengthens language skills & concentration
- Expands imagination & creativity
- Supports cognitive development
- Creates a special bond & a lifelong love for reading

Benefits Of Learning About Your Heritage

- **Strong Sense of Identity**– Discovering your family roots from past generations provides children the opportunity to learn about their family's past ancestors, traditions, embrace their culture & celebrate their uniqueness.
- **Social Connections**– Researching genealogy can inspire connections with relatives from the past & present. Investigating family history may just end up in discovering new family members from around the world!

Society News



Reia B	Benjamin L
Maeve M	Gabriel N
Brooks B	Layton H
Ella W	Mason N
Charlize V	Payton M
Sébastien RG	Hudson C
Ellie V	Theodore G
Marcus P	Olivia F
Isabella H	Marilou M
Bodhi H	Donna B

**Advisory Board
Meeting
January 23rd, 2023
7:00pm**

Farewell to:

Emi Bruneau

We wish you all the best as you welcome your new baby!

Thank you for making a difference in the lives of the children & families you cared for!

Educator Wage Enhancement



As part of the Federal Provincial Child Care Agreement, the Province of Alberta is raising the Early Childhood Educator wage enhancement (aka wage top-up), effective January 1, 2023.

The existing wage top-ups will increase by up to two dollars per hour, for up to 181 worked hours.

The previous existing wage enhancement, initiated as part of the Accreditation process, has

not been increased since 2008, and is welcome news for all ECE's working in licensed child care.

open.alberta.ca

Literacy Day



Henday Association for Lifelong Learning
Discover Lifelong Learning



**Family
Resource
Network**

We are excited to once again join the Innisfail Library, the Henday Association, Innisfail Historical Village, and the Family Resource Network for the Annual Family Literacy Day Festival!

**Come Join us on
January 28th, 2023**

Time: 11:00 a.m. to 3:00 p.m.

Theme: Celebrate Your Heritage

Where: Innisfail Library Learning Centre

There will be a guest story teller, free lunch, activities for the whole family, and entertainer Mary Lambert!



A Different Kind of New Year Resolution

Making resolutions can be fun and exciting, a time for growth and change.

Are you making a resolution in the new year? Why not try these:

⇒ Make a list of the most important things you do everyday.

⇒ Make time for more family time.

⇒ Take note of the moments that make you feel good.

⇒ Get out of your comfort zone, try something new.

⇒ Be Social, not just on social media.

⇒ Find a deeper reason for what you are doing.

⇒ Let go of what people think. Your opinion of you is what matters most.

⇒ Be more curious.

⇒ Start a new tradition.

⇒ Get caught up in the spirit of real play.

⇒ Start a new hobby.



Winter Blues or Something More?

Winter can be a particularly 'blue' time of the year for people. Darker, colder days and the post-holiday letdown often cause a decline in mood and motivation.

One of the most powerful tools in your parenting toolbox is the ability to acknowledge how your child is feeling. Check in regularly to learn how they're doing. Listen more than you talk as you give them your full attention. Try to understand their feelings. It can be tempting to offer suggestions to "fix" problems or to force your child to look at the bright side, but it's better that they feel heard and validated.

Encourage your child to accept and label their emotions. Ask them to think of ideas for how to cope when they start to feel sad, mad, scared or otherwise upset. Let them take the lead as they learn coping skills that work for them.

Fight the urge to let healthy habits slide this winter. Help your child set up and maintain a predictable schedule to provide a reassuring rhythm to their days, and yours. Work as a family to get enough sleep and exercise, choose healthy foods and drinks, and use positive ways to manage stress, like spending time on a hobby or taking a few minutes for daily meditation. Encourage

your child (and yourself) to get outside, even on the snowy days. These habits are important for physical and mental health.

It's normal to experience some sadness, and this year it's harder to determine whether the sadness is mild and temporary, due to the change in life from the pandemic, or whether it's more severe. Don't wait to get help with mental health. There's no blame or shame in mental health problems. Effective help is available and can make an important difference in helping your child get back on track with healthy development and life.

Adapted from
pulse.seattlechildrens.org/winter-blues-or-something-more-helping-kids-and-teens-cope/

Author: Heather Cooper



If you or someone you know is in need of help, call [211](tel:211) or [1-877-303-2642](tel:1-877-303-2642)



INNISFAIL & AREA FAMILY DAY HOME SOCIETY

— Established in 1983 —



Alberta
Approved
Family
Day Homes

Keep me home if...



WHEN YOUR CHILD IS SICK:

1. HAVE PLANS FOR BACK UP CHILD CARE.
2. TELL YOUR CAREGIVER ABOUT YOUR CHILD'S SIGNS OF ILLNESS, EVEN IF YOUR CHILD STAYS HOME.

Thanks to the Seattle-King County Department of Public Health and The California Childcare Health Program for this information.

05/2013

www.uccfchildcarehealth.org



Curriculum Corner:

Ways to Promote Literacy from Birth

- Try books with rhymes, rhythm & repetition
- Sing songs!
- Engage in storytelling
- Give children opportunities to use letters in their play—with blocks, playdough, etc.
- Make reading a part of your daily routine
- Scribbling & drawing—not only does this develop fine motor skills, it also begins to encourage written literacy
- Discuss what is happening books
- Serve & return: when reading to your infant, respond to all of their interactions & coos



"The more that you read, the more things you will know. The more that you learn, the more places you'll go!" - Dr. Seuss

January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>New Years Day</i>	2 <i>Office Closed</i> <i>No School Jan 2-6</i>	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 <i>Chinese New Year</i>	23	24	25	26 <i>Month End Paperwork Due by 8:30am</i>	27	28
29	30 <i>No School</i>	31			<div> <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>	



February 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 HAPPY Groundhog DAY 	3	4
5	6	7	8	9	10 <i>No School</i>	11
12	13	14 <i>Valentine's Day</i>	15	16	17	18
19 <i>No School Feb 20-24</i>	20 <i>Office Closed Family Day</i>	21	22	23 <i>Month End Paperwork Due</i>	24	25
26	27	28			<div><div>Innisfail & Area Family Day Home Society 5713—51 Avenue Innisfail, AB T4G 1R4 403-227-2767 innisfaifdh@shawbiz.ca www.ifdhs.com</div></div>	