

# January 2026 Newsletter

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

January 1, 2026

## **Honouring Children Through Words and Actions: Respectful Language in Early Years - From Sally Haughey & Teaching Mastery Institute**

The language we use with young children influences how they see themselves and their place in the world. Speaking with respect, curiosity, and care nurtures children's confidence, independence, and sense of belonging.

When teachers consistently use respectful, honoring language, children learn to trust the adults around them and feel safe to express their thoughts, emotions, and ideas.

Over time, this consistency nurtures a classroom culture built on mutual respect, cooperation, and empathy, allowing children to develop confidence, autonomy, and positive relationships with others.

[https://fdt-document.s3.us-east-1.amazonaws.com/Respectful+Language+in+Early+Years+\(2\).pdf](https://fdt-document.s3.us-east-1.amazonaws.com/Respectful+Language+in+Early+Years+(2).pdf)

## **January 27th is Literacy Day!**

Canada's Family Literacy Day takes place annually on January 27th. Launched in 1999 by ABC Life Literacy Canada, this national initiative aims to raise public awareness about the crucial importance of families reading and engaging in other learning activities together. The theme for 2026 is "Make mealtime family learning time," encouraging families to find fun, engaging ways to connect literacy with everyday activities—from

reading recipes and writing grocery lists to sharing stories and talking about their day around the dinner table.

Literacy development begins at birth through rich, language-based interactions like talking, singing, and, most importantly, reading aloud. When parents and caregivers take just 15 minutes a day to read or do a learning activity with their children, it dramatically improves the child's vocabulary, communication

skills, and reading readiness, strengthening the neural pathways for learning. By making literacy a shared, joyful family experience, Family Literacy Day helps reinforce the essential role of the parent as the child's first and most important teacher, building the crucial bond and confidence children need to thrive as mighty learners and citizens.

**Learn more at:** <https://abclifeliteracy.ca/>

## **Educator Holiday Celebration**

In December, our Educator team got together to celebrate the holidays by having a Pajama and Pizza Party along with a group gift exchange and a variety of laughter provoking games. Gatherings like these directly supports the well-being of the Educator as a citizen, a key underlying value in FLIGHT's vision. The act of celebrating their dedication with laughter, food, and gifts recognizes the challenging, vital work they do while helping prevent burnout & reducing isolation. This perfectly aligns with the principles of FLIGHT: Alberta's Early Learning and Child Care Curriculum Framework, particularly through its emphasis on relationships, professional dialogue, and building strong early childhood communities. With an impressive 21 IFDHS team members in attendance, it was a wonderful experience to unite together, share laughter and embrace the importance of play!





# INNISFAIL & AREA FAMILY DAY HOME SOCIETY

— Established in 1983 —



Alberta  
Approved  
Family  
Day Homes

## Society News

Our office will be **closed** January 1st for New Years Day. Wishing Everyone a Happy New Year!

Literacy Day at the Innisfail Library is **January 24th**

**11am—2pm**

This years theme is “**Make Meal Time Family Learning Time**”

**Online Series: SPARK for Inclusion**

### Session One

January 12 @ 7pm  
Office staff will take you through a foundation session on culturally responsive practices

### Community of Practice

with Nicole

January 27 @ 7pm  
Cultural Humility & Cultural Competence along with sharing Emi's experience working in ECE in Japan

**Happy Anniversary to:**

Jessica Ras  
4 years

Kaileigh Krusi  
3 years

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

## Too Sick for Care

It is the Government of Alberta's policy that sick children or one suffering from a communicable disease should not be brought to the Family Day Home. Parents will be called and asked to remove their child if they become ill at the day home. A child is considered to be too ill for care if they have the following symptoms:

- 37.8°C (100°F) fever or higher (taken under the arm)
- Vomiting
- Diarrhea
- Discharge from ears or eyes
- Severe cough
- Communicable disease
- Undiagnosed rash
- Inability to participate in everyday programmed activities (ex. lethargy)

If an educator notices that a child exhibits any of the symptoms listed above, they must: Arrange for the immediate removal of the child from the day home; and ensure that the child does not return to care until they no longer pose a health risk to others in the day home ex. symptom free for 24 hours, is provided with a physician's note declaring the child is well enough to attend care, or as per Alberta Health Guidelines in the case of a communicable disease, COVID-19, or other serious illness.

Alberta Health Services guidelines will at times supersede the above Policies. All licensed day homes are by law mandated to follow any and all Alberta Health Services bulletins and notices in regards to illnesses and child care.

**Keep Me Home If...**

Two or more times in 24 hours.

Body rash, especially with a fever or itching. Lice or nits.

3 or more watery stools in 24 hours.

Thick mucus or pus draining from the eye.

With fever, pale, lack of appetite, swollen glands.

Unusually tired, pale, confused or cranky.

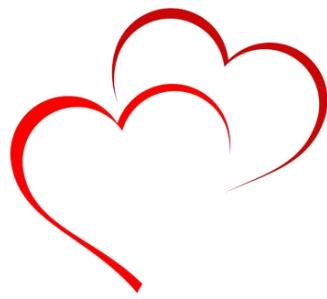
Temperature of 100°F or more (taken under the arm), or 38°C.

**When Your Child is Sick:**

1. Have plans for back up child care.
2. Tell your caregiver what is wrong with your child, even if your child stays home.

# January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Innisfail &amp; Area Family Day Home Society  5713—51 Avenue  Innisfail, AB T4G 1R4  403-227-2767  innisfaifdh@shaw.ca</p> 				<p>1  <b>Office Closed</b>  New Years Day</p>		
4	5	6	7	8	9	10
11	12 Educator Team Meeting Online 7pm	13	14	15	16	17
18	19	20	21	22	23	24 Innisfail Library Literacy Day Event 11am-2pm
25	26	27 Educator Community of Practice Online 7pm  <b>Month End 8:30am Paperwork Due</b>	28	29	30	31



# February 2026

Innisfail & Area Family Day Home Society  
5713—51 Avenue  
Innisfail, AB T4G 1R4  
403-227-2767  
innisfaifdh@shaw.ca



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>HAPPY Groundhog DAY</b> 	3	4	5	6	7
8	9	10	11	12	13	14 
15	16 Family Day <b>Office Closed</b>	17 Lunar New Year Ramadan begins at Sunset	18	19	20	21
22	23	24 <b>Month End Paperwork Due by 8:30 am</b>	25	26	27	28