

# March 2021 Newsletter

March 1, 2021

Innisfail & Area Family Day Home Society

## March is Nutrition Month!

For over 30 years, Nutrition Month has been the most visible public awareness campaign for the profession, reaching millions of Canadians. It began in the late 1970's as a "Nutrition Week" with a small group of community dietitians. Local dietitians across several provinces then began planning events and activities in their workplaces, shopping malls, libraries and with the media. In 1981, The Canadian Dietetic Association (now Dietitians of Canada) and all the provincial dietetic associations jointly sponsored the first National Nutrition Week. The

primary purpose of the Campaign was to increase public awareness about the importance of healthy eating by identifying dietitians as the most credible source of food and nutrition information. By the end of the decade, the campaign was expanded to a month.

Healthy eating looks different for everyone. This year they plan to explore how your culture, food traditions, personal circumstances & nutritional needs all contribute to what healthy looks like for you.

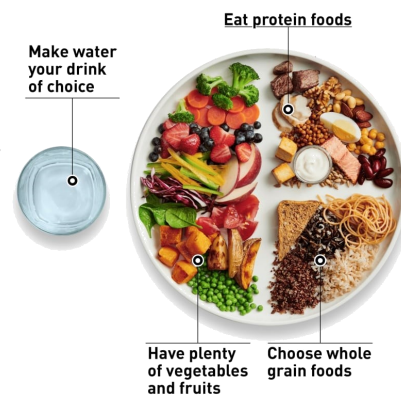
Find campaign resources at

[www.dietitians.ca](http://www.dietitians.ca)

For questions, contact

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

### Canada's food guide recommendations



CBC NEWS

Source: Health Canada

Snacks & Desserts

## Creamy Chocolate Avocado Pudding

Preparation Time: 5 mins  
Yields: 2

Recipe Provided By: Christine Francis RD  
Recipe Source: [NutritionMonth2021.ca](http://NutritionMonth2021.ca)

### Ingredients

avocado	1
honey	1.5 tsp (2.5 mL)
cacao powder	2 tbsp (30 mL)
handful of raspberries	
milk	1/2 cup (125 mL)
pinch of salt	

### Directions

1. Combine all of the ingredients in a blender and blend until smooth.
2. Scoop into small bowls and add garnish with your favourite topping.

Note: Find the right consistency for you (or your loved one). For a thicker consistency use less milk; for a creamier consistency add more milk.

Look for the hashtag during Nutrition Month so you can get in on the social action!

Comment, retweet / repost, like and add your own posts!  
Use #NutritionMonth throughout March

<https://www.dietitians.ca/Advocacy/Nutrition-Month/Nutrition-Month-2021>

## Society News

### Happy Birthday!



Casey C	Peyton H
Chayse N	Carter T
Mason B	Harper S
Austin G	Sadie G
Torren H	Charity T
Samuel H	Aurora S
Brody B	Ryder C
Anastasia C	Katrina P
Natasha C	Ella B
Reshann B	

**Advisory Board  
Meeting  
March 22, 2021  
7pm**

### Happy Anniversary!

**Natasha Caissie**  
8 Years!

**Katrina Peake**  
9 Years!

*Thank you for your  
commitment and dedication  
to the children and families  
you work with!*

## Finding Balance: How to Manage Your Roles as Educator & Parent



Being a Day Home Educator and the parent of children who are with you all day in your day home can be tough at times. Maybe you've always had your child home with you, or maybe you are now trying to balance home schooling your child whilst effectively running your program. However you have been working, there are times when it can be hard to balance being a parent and an educator at the same time.

It is important to know:  
***YOU ARE NOT ALONE AND  
THE STRUGGLE IS  
NORMAL.***

It is hard work, and it is important to acknowledge this! Ensure that you are

connecting with the agency if you are feeling overwhelmed and need support.

### NOTICE THE ADVANTAGES TO YOUR CHILD BEING HOME:

- \* Children grow up fast—try and reframe your thinking by seeing this time shared together in your day home as precious moments that you will one day look back on and enjoy.
- \* The behaviour guidance techniques and strategies that you are using as an Educator are useful and effective strategies to employ with your own child.
- \* You are providing your own child with quality early childhood education and care.

### REFLECTING ON BEHAVIOURS THROUGH THE CHILD'S LEN:

- \* Your child may be getting mixed messages about what they can or cannot do—some activities may only be 'ok' when day home is closed.
- \* They are sharing their Mom. This can be hard. Especially for younger children. They are having big feelings that could be confusion, resentment, jealousy. Big feelings are hard to express when you are little and are still learning language

### TIPS FOR SUCCESS:

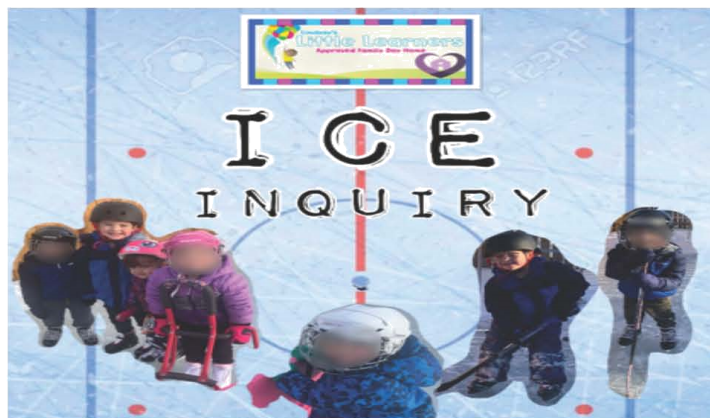
- \* Set realistic goals and tasks for your child. Know what is developmentally

appropriate for your child and do not expect more from them.

- \* Set clear boundaries that are the same boundaries as your day home children – again do not allow them more or less than the boundaries you have set for your day home. Be consistent.
- \* Do the same for your child as you would your day home children.
- \* Name your child's feelings and validate them.
- \* Reflect with your child at the end of the day home day and give genuine encouragement.
- \* Involve your child in your preparations for the day home.

Excerpt from: [https://  
bit.ly/3pnE7v3](https://bit.ly/3pnE7v3)

# Educator Spotlight—Lindsay's Little Learners



## Group Back Story

Observation(s): December 2020 to January 15<sup>th</sup>, 2021

Prior to Christmas Break closures, all 5 children demonstrated an evolving interest & desire to strap on some skates to learn the multiple skill of skating. At that particular time, only 1 child had ever been skating before but this definitely didn't hinder their hunger to expand their physical growth. With the Provincial & Municipal Covid-19 restrictions closing indoor rinks, I decided to coordinate an outing to a local outdoor rink to expose the children to the backdrop of their interest. Despite multiple slips, slides & crashes on the ice, these children took this personal challenge head on & displayed exceptional persistence & perseverance. It was evident all 5 varying aged children seemed to crave risk taking & skill development while being motivated by the synergy of the group.

## What Do I See?

A vital opportunity to not only build upon a mutual interest, but to offer opportunity for important gross motor development via skating. After some investigation over the holidays, I purchased a "Reddi Rink" & built an outdoor ice surface within our backyard to offer all the children frequent & accessible opportunities to diversify their skating skills.

Despite the over 2 week absence from care since our last skating experience, all the children were eager & excited to get their skates back on. Since our return on January 5<sup>th</sup>, 2021, we've went skating a minimum of once per day. Within that short amount of time, all of the children's skills incredibly excelled & demonstrated impressive stability, agility & controlled movement on the ice. They've gone from utilizing skating aids as their only method of movement to free flowing around the outdoor rink unassisted. Success!



## Learning Dispositions

### Playing & Playful

- Taking risks in/for learning & testing theories

### Participating

- Engaging with others, negotiating, taking turns & observing

### Persisting

- Persevering with challenges & difficulties, trying new strategies, striving to reach our own goals

## Holistic Play-based Goals

### Well-being

#### *Emotional Health & Positive Identities*

- Pursuing interests, passions & strengths
- Persevering & persisting

#### *Belonging*

- Participating in group initiatives

#### *Physical Health*

- Participating in a variety of physical activities both indoors & out
- Learning their bodies in space
- Increasing body awareness, control, strength, agility & large motor coordination
- Knowing & stretching physical limits
- Releasing energy in outdoor places

### Play & Playfulness

#### *Dizzy Play*

- Engaging in rough & tumble play
- Experiencing exhilarating physical release

### Diversity & Social Responsibility

#### *Democratic Practices*

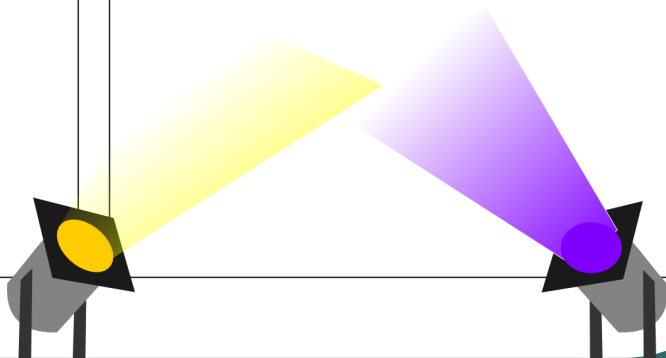
- Giving help, comfort & encouragement

### I Wonder (Reflection)

To further build upon everyone's blossoming skills & interests, I wonder how the children would respond to the introduction of related materials such as hockey sticks, pucks, pylons, balls etc.

I wonder if introducing music would encourage further (or faster) skating strides & fluency.

I wonder if reintroducing children to the much larger outdoor rink behind the arena would motivate additional skill development compared to our smaller ice surface.





## INNISFAIL & AREA FAMILY DAY HOME SOCIETY

— Established in 1983 —



Alberta  
Approved  
Family  
Day Homes

### St. Patrick's Day

#### Did you know...?

St. Patrick was a real person, but some of the traditions associated with him and the holiday are actually myths.

For instance, you'll often see the four-leaf clover on St. Patrick's Day. However, according to legend, Patrick used a three-leaf clover, or shamrock, as part of his teachings. Even though it's possible for a shamrock to grow a fourth leaf, a four-leaf clover is just considered a symbol of good luck.

[kids.nationalgeographic.com/celebrations/  
article/st-patricks-day](https://kids.nationalgeographic.com/celebrations/article/st-patricks-day)







### Curriculum Corner—Celebrating Good Nutrition with Children

- \* Say Goodbye to Picky Eating! - [www.unlockfood.ca/en/Articles/Child-Toddler-Nutrition/Say-Goodbye-to-Picky-Eating!.aspx](http://www.unlockfood.ca/en/Articles/Child-Toddler-Nutrition/Say-Goodbye-to-Picky-Eating!.aspx)
- \* Bake It Up! - [www.unlockfood.ca/EatRightOntario/media/ERO\\_PDF/en/School/Bake\\_It\\_Up\\_final.pdf](http://www.unlockfood.ca/EatRightOntario/media/ERO_PDF/en/School/Bake_It_Up_final.pdf)
- \* Cooking with Kids - [www.unlockfood.ca/en/Articles/Childrens-Nutrition/Cooking-and-Meal-Planning/Cooking-with-Kids.aspx](http://www.unlockfood.ca/en/Articles/Childrens-Nutrition/Cooking-and-Meal-Planning/Cooking-with-Kids.aspx)
- \* Family-Style Dining in Child Care Settings - [www.virtuallabschool.org/focused-topics/food-service/lesson-2](http://www.virtuallabschool.org/focused-topics/food-service/lesson-2)
- \* STEM in the Kitchen - [www.brighthorizons.com/family-resources/incorporate-stem-kitchen](http://www.brighthorizons.com/family-resources/incorporate-stem-kitchen)
- \* Gardening with Children - <https://learn.eartheasy.com/guides/gardening-with-children/>
- \* Grocery Store Literacy for Preschoolers - [www.readingrockets.org/article/grocery-store-literacy-preschoolers](http://www.readingrockets.org/article/grocery-store-literacy-preschoolers)
- \* Toddler Lunch Ideas for Daycare - [www.yummytoddlerfood.com/recipes/lunch/toddler-lunch-ideas-for-daycare/](http://www.yummytoddlerfood.com/recipes/lunch/toddler-lunch-ideas-for-daycare/)
- \* Easy Bento Box Lunch Ideas - [www.eatingwell.com/gallery/13659/easy-bento-box-lunch-ideas-for-work-and-school/](http://www.eatingwell.com/gallery/13659/easy-bento-box-lunch-ideas-for-work-and-school/)
- \* Canada's Food Guide - [food-guide.canada.ca/en/](http://food-guide.canada.ca/en/)
- \* Cooking with Pulses - [www.pulsecanada.com/wp-content/uploads/2017/12/Cooking-With-Pulses.pdf](http://www.pulsecanada.com/wp-content/uploads/2017/12/Cooking-With-Pulses.pdf)





# March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i>  <i>Office Open til 6:30pm</i>  <i>Pay Day</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>  <i>No School</i>	<i>6</i>
<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>
<i>14</i>  <i>Day Light Savings Spring Ahead 1 hour</i>	<i>15</i>	<i>16</i>	<i>17</i>  <i>St. Patrick's Day</i>	<i>18</i>	<i>19</i>  <i>No School</i>	<i>20</i>  <i>First Day of Spring</i>
<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>
<i>28</i>	<i>29</i>	<i>30</i>  <i>Month End Paperwork Due</i>	<i>31</i>		<div> <b>Innisfail &amp; Area Family Day Home Society</b>                      5713—51 Avenue                      Innisfail, AB T4G 1R4                      403-227-2767  <a href="mailto:innisfaifdh@shawbiz.ca">innisfaifdh@shawbiz.ca</a>  <a href="http://www.ifdhs.com">www.ifdhs.com</a>  </div>	





# April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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				1  <i>Office Open til 6:30pm</i>  <i>Pay Day</i>	2  <i>Office Closed</i>  <i>Good Friday</i>	3
4  <i>Easter Sunday</i>	5  <i>Office Closed</i>  <i>Easter Monday</i>	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22  <i>Earth Day</i>	23	24
25	26	27	28	29  <i>Month End Paperwork Due</i>	30	