

# October 2020 Newsletter



October 1, 2020

Innisfail & Area Family Day Home Society

## What is Tactile Learning?

Allowing children to touch the things around them does more than produce happy, curious learners. It helps develop their brains in the right order and unlocks other developing skills.

When we touch something, we gather multiple informative cues about objects around us. Is it soft or hard? Wet or dry? Cold or hot? Stable or unstable? Some areas on the body, such as your fingertips and lips, have a high density of specific nerve endings.

These specific nerve endings that are found on fingertips and lips adhere to specialized cells called pacinian corpuscles (responsible for feeling vibration) and Meissner corpuscles (responsible for light touch). Fingertips have a high number of these nerves and are extremely sensitive to all tactile stimuli.

Tactile learning and touch is essential for a child's growth in physical abilities, cognitive and language skills, and even social

and emotional development.

Touch is not only imperative for short-term advancement with infancy and early childhood sensory experiences, but for long-term development within the child.

*For More on How Tactile Activities Improve Problem Solving & Language Processing:* <https://bit.ly/3kNDexX>



## Curriculum Corner— Family Fun Autumn Activities

**PRACTICE GRATITUDE.** Autumn is a time to be thankful. Enjoy some quiet moments with your children this season to be mindful of all that you have and can do. Write letters or cards to family and friends, draw them pictures and let them know you are grateful for them.

**RAKE THE LEAVES.** Rally the family together to try something old and something new.

Classic activity: Rake the leaves into a big pile and jump in it!

New activity: Make a leaf maze in your yard, and race in it!

**GO FOR A NATURE WALK.** Take time to appreciate the changing colours of the leaves that can transform a regular hike into a magical one.

**VISIT AN ORCHARD.** Go apple or pumpkin picking this autumn. Make apple or pumpkin pies with what you harvest!

**CLIMB A TREE.** As trees gradually lose their leaves and bare their branches, they're practically begging to be climbed. Make sure to teach proper climbing risk assessments!

**JUST ROLL WITH IT.** Climb to the top of a hill and roll down. This classic outdoor activity is a great way to connect with nature and learn to roll under control.



## Society News

### Happy Birthday!

Lonny K      Connor F  
Morgan W      Blake J  
Madden M      Emslie D  
Norah C      Hadleigh J  
Danielle L

*Happy Birthday to you ...* 🎵  
*Happy Birthday to you ...* 🎵

**Office will be  
Closed  
October 12th,  
2020 for  
Thanksgiving.**

**Happy Anniversary:**  
**Jasmine Thompson**  
3 years

**Welcome to:**  
**Charlene Kaufman**  
Innisfail



## Kids Have Stress Too! ®

Even the most nurturing home and school environment includes a range of stressors that can both challenge and motivate children. While stress is a necessary part of development and learning, it's clear that Canadian families now face more stress than ever before.

Kids Have Stress Too! Provides a comprehensive introduction to key aspects of early childhood and brain development, as well as the crucial role caregivers and educators play in helping children learn effective stress-management strategies. Designed to meet the

needs of early childhood educators and kindergarten teachers, the program contains practice and curriculum-based strategies to help young children learn how to manage stress.

**When:** November 2, 2020  
**Time:** TBA

[psychologyfoundation.org](http://psychologyfoundation.org)



## Utilizing the PLOT Survey to Inform Planning

The Physical Literacy Observation Tool (PLOT) is used as a guide for observing early years fundamental movement skills to enhance program planning, activities, and play-based environments.

PLOT is not a child development assessment tool, rather a tool to support Fundamental Movement Skills that are necessary prerequisites to being physically active for a life time.

**When:** December 1, 2020  
**Time:** TBA

[activeforlife.com](http://activeforlife.com)

[www.earlyyearsphysicalliteracy.com/plot](http://www.earlyyearsphysicalliteracy.com/plot)



## October is Fire Safety Month


### Be Aware.

### Fire Can Happen Anywhere.

Most fatal fires occur in residential settings where people feel safest. Fire can spread quickly through your home, leaving only precious minutes to escape. Your ability to get out fast depends on advanced warning from smoke alarms and advanced planning – creating a home fire escape plan. Reduce your family's risk from fire by following the tips below.

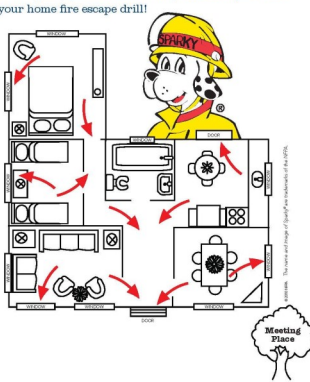
- ☐ Make sure everyone in your home can recognize the sound of the smoke alarm and knows exactly what to do when it sounds.
- ☐ Install working smoke alarms near sleeping areas and on every level of your home. Smoke alarms should be tested once a month by pushing the test button and listening for the alarm.
- ☐ For battery operated smoke alarms, replace batteries at least once a year. Batteries should also be replaced when the smoke alarm makes a chirping sound. Smoke alarms should be replaced at least every 10 years.
- ☐ Create a home fire escape plan showing two ways out of every room. Practice your plan with your entire family by having a home fire drill at least twice a year.
- ☐ Choose a Family Meeting Place a safe distance away from your home. All family members should be taught to report to the family meeting place after leaving the home.
- ☐ One person should contact 9-1-1 or your local emergency number.

[www.firepreventionweek.org](http://www.firepreventionweek.org)



### How to Make a Home Fire Escape Plan

- ☐ Draw a map of your home. Show all doors and windows.
- ☐ Visit each room. Find two ways out.
- ☐ All windows and doors should open easily. You should be able to use them to get outside.
- ☐ Make sure your home has smoke alarms. Push the test button to make sure each alarm is working.
- ☐ Pick a meeting place outside. It should be in front of your home. Everyone will meet at the meeting place.
- ☐ Make sure your house or building number can be seen from the street.
- ☐ Talk about your plan with everyone in your home.
- ☐ Learn the emergency phone number for your fire department.
- ☐ Practice your home fire escape drill!



☐ Make your own home fire escape plan on the back of this paper.

— Keeping Your Community Safe with Home Fire Escape Drills —  
 NFPA • 1 Batterymarch Park, Quincy, MA 02269 • [www.nfpa.org/education](http://www.nfpa.org/education)

[www.sparky.org/files/parents/tip/files/EscapeGrid.pdf](http://www.sparky.org/files/parents/tip/files/EscapeGrid.pdf)

- ☐ Draw the layout of your home as best as you can, include doorways, windows and fire escapes (if in an apartment). Draw two floor plans if your house is 2 stories.
- ☐ Label each room.
- ☐ Draw a circle where there are smoke alarms.
- ☐ Draw two ways out of each room.
- ☐ Write "Exit" on each way out of the home.
- ☐ Draw an "X" for a safe meeting place outside.
- ☐ Practice escaping from every room in your home!



## INNISFAIL & AREA FAMILY DAY HOME SOCIETY

— Established in 1983 —



Alberta  
Approved  
Family  
Day Homes

### Outdoor Play is Important in the Fall & Winter

The temperature is slowly dropping and snow will soon start to fall, but that does not stop day homes from going outdoors in the fall & winter.

Children need fresh air and exercise daily. Day homes will consider the wind chill and shorten the time outside or decide to stay in if it gets colder than  $-15/-20^{\circ}\text{C}$  with wind chill. That means children must be prepared with splash/snow pants, warm boots, warm mittens that cover their wrist, neck warmers/scarves, and a warm hat. Talk to your day home about leaving a spare pair of snow pants and mittens at their house to make going outside easier for everyone.

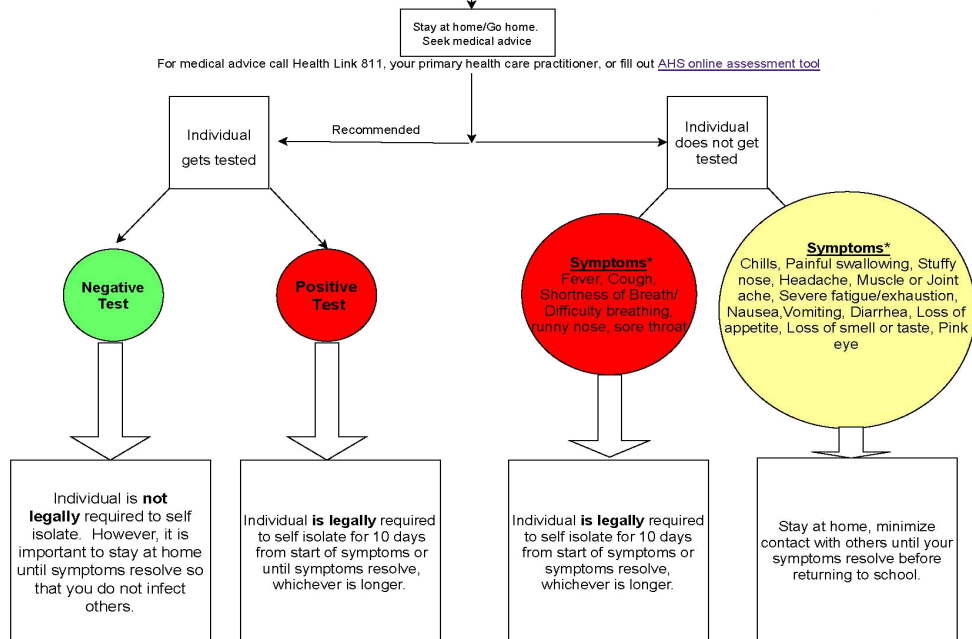
*"There's no such thing as bad weather, only bad clothing"*

~ Swedish & Norwegian saying.



### Responding to COVID-19 Symptoms

Individual has COVID-19 Symptoms\* (as identified through the Alberta Health Services Daily Checklist)



\*Note: If these are symptoms of a pre-existing condition and a person has tested negative to COVID-19, then these rules do not need to be applied.

# Happy Thanksgiving October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div><div><div>Innisfail &amp; Area Family Day Home Society</div><div>5713—51 Avenue</div><div>Innisfail, AB T4G 1R4</div><div>403-227-2767</div><div>innisfaifdh@shawbiz.ca</div><div>www.ifdhs.com</div></div><div></div></div>				<div>1</div> <div>Office Open til 6:30pm</div> <div>Provider Pay Day &amp; Meeting 7pm</div>	<div>2</div>	<div>3</div>
<div>4</div>	<div>5</div> <div>World Teacher Day</div>	<div>6</div>	<div>7</div>	<div>8</div>	<div>9</div>	<div>10</div>
<div>11</div>	<div>12</div> <div>Office Closed Thanksgiving</div>	<div>13</div>	<div>14</div>	<div>15</div>	<div>16</div>	<div>17</div>
<div>18</div>	<div>19</div>	<div>20</div>	<div>21</div>	<div>22</div>	<div>23</div>	<div>24</div>
<div>25</div> <div>World Pasta Day</div>	<div>26</div>	<div>27</div>	<div>28</div>	<div>29</div> <div>Month End Paperwork Due</div>	<div>30</div>	<div>31</div> <div>Halloween</div>



REMEMBRANCE DAY  
*Left We Forget*

# November 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Office Open til 6:30pm</i>  <i>Provider Pay Day &amp; Meeting 7pm</i>	3	4	5	6	7
8  <i>Tongue Twister Day</i>	9	10	11  <i>Office Closed</i>  <i>Remembrance Day</i>	12	13	14  <i>Diwali</i>
15	16	17	18	19	20  <i>National Child Day</i>	21
22	23	24	25	26	27  <i>Month End Paperwork Due</i>	28
29	30				<div> <p><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</p>  </div>	