

# May 2020 Newsletter



May 1, 2020

Innisfail & Area Family Day Home Society

## Mother's Day: Celebrate the Little Things

There are very few experiences as universal and yet unique as being a parent. In today's world, it's difficult not to think about how we measure up to other parents whether they be our own, our friends and colleagues, or even the seemingly "perfect" parents we see in the media or down the street.

We tend to put pressure on ourselves to be "the very best" parents all the time, when what we really need to keep in mind is that it's the simple connections our children will remember and cherish. Mother's Day is a perfect time to celebrate the little things

we do with our children - the special moments and the magical experiences that often happen unexpectedly.

Some of us are the kind of parents who bake birthday cakes in the shape of dinosaurs and turn the house into Jurassic Park for a party. Others are less inclined to the spectacular and want to plan birthday parties without the stress. Whichever kind of parent we are, a happy childhood is made up of many small moments of caring, connecting, and spending time together. Mother's Day is a perfect time to remind ourselves of those important everyday

moments and celebrate them.

This year, celebrate all the wonderful things you already do with your children and appreciate the little things like spending quality time together. Children likely won't remember the hours we spent preparing a special activity or the expensive toys that we purchased. They will remember the bedtime stories that we read, the walks that we took, and the skills that they gleaned from working on an activity side-by-side together, such as: cooking with children, washing a car, or working in the garden.

## Honouring Early Childhood Educators

On May 8th we celebrate our dedicated Early Childhood Educators.

This annual event is a time when we can reach out to recognize and thank the hard working women and men who have such an impact on the lives of the children and families each and every day.

We thank them for sharing their love, understanding, knowledge, dedication and skills with the children and families in their programs!

You foster the bonds of  
friendships,

Letting no child go away  
upset.

You respect and you honour  
their emotions.

You give hugs to each child  
when they are sad.

You have more impact than  
does a professor,

A child's mind is molded by  
four;

So whatever you lay on the  
table is whatever the child will  
explore.

Give each child the tools for  
adventure,

Let them be artist and writers  
and more;

Let them fly on the wind and  
dance on the stars

And build castles of sand on  
the shore.

~ Author Unknown



## Society News

### Happy Birthday!

Victoria A-M	Wylie M
Carson C	Mackenzie D
Macy M	Graysen H
Luca P	Bree M
Benjamin A	Lianne A
Rebecca A	Tracy S

Happy Birthday to you ... 🎵

Happy Birthday to you ... 🎵

### REMINDERS

The office will be closed May 15th and May 18th.

The Advisory Board Meeting will be held May 25th at 7:00pm  
Via ZOOM

### Happy Provider Anniversary to

Vanessa Ruppert  
10 Years!



Thank You to Our Day Homes for All Your Hard Work!

May 8th is Early Childhood Educator Appreciation Day!



## Ages & Stages Questionnaires (ASQ®)

Everyone should have recently received an email and a link to complete an ASQ® Screening for their child(ren). If you did not receive one, or would prefer to complete the ASQ® on paper, please

let the office know and we will send one to you.

Once you complete the ASQ® you will receive a comprehensive recap outlining your child's strengths, along with some activities that you can do at home with your

child(ren) to build their skills.

There are no special tools or toys needed to complete the questionnaire and it is free for all agency families and members.

If you have any questions about the process, please connect with us, we are happy to answer your questions.



### Songs and rhymes

Want to learn more songs and rhymes? Look for a parent-child music class in your area.

#### **I'm a little flower pot**

*Author unknown*

(sung to the tune of *I'm a little teapot*)

I'm a little flower pot, Mum put out.  
If you take care of me, I will sprout.  
When you water me, I will grow,  
Into a pretty flower don't you know.



### Books

Go to your local public library to find these and many more great books.

*The carrot seed by R. Krauss*

*Our granny by Margaret Wild*

*Mrs. McNosh and the great big squash by Sarah Weeks*

*Mrs. McNosh hangs up her wash by Sarah Weeks*

*The lady with the alligator purse by Mary Ann Hoberman and Nadine Bernard Westcott*

*I'm mighty by Kate and Jim McMullan*

*Spring's sprung by Lynn Plourde*

For more ideas and activities check out

Talk Box:

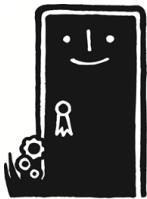
[https://  
www.alberta.ca/  
creating-language-  
rich-  
environments.aspx](https://www.alberta.ca/creating-language-rich-environments.aspx)

*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**

### **Take Care of Your Mental Health**

Taking care of your mental health is important, especially during this time of adversity.

Know that there are many supports out there, not only for adults but for children and youth as well.

#### **Canadian Mental Health Association:**

<https://cmha.ca/news/caring-for-children-in-the-covid-19-crisis>

#### **Wellness Together Canada:**

<https://ca.portal.gs/>

#### **Centre for Online Mental Health Supports:**

<http://www.comhs.health/>

## **French Toast Bowls—Mother's Day Brunch**

<https://www.womansday.com/food-recipes/recipes/a58132/french-toast-bowls-recipe/>

### **INGREDIENTS**

3 1/2 tbsp. unsalted butter (at room temperature), plus more for the pan  
1 1/2 c. whole milk  
4 large eggs  
1/3 c. plus 1 rounded tbsp granulated sugar  
2 tsp. pure vanilla extract  
1/2 tsp. kosher salt  
12 slices white sandwich bread (*we used Pepperidge Farm*)  
1 6-oz. pkg. small raspberries  
1 6-oz. pkg. small blueberries

### **DIRECTIONS**

Heat oven to 350°F.


Butter four 1-cup oven-safe bowls or baking dishes. In a large pitcher, measuring cup or bowl, whisk together the milk, eggs, 1/3 cup sugar, vanilla, and salt.

Remove the crusts from the bread, then spread one side of each piece with the butter. Cut each piece in half to make two triangles. Arrange some of the bread, buttered-side up, around each bowl or baking dish. Top with the berries, then repeat, making sure to keep the bread around the edges of the dish.

Pour the custard mixture over the bread and berries (about 2/3 cup per dish). Sprinkle with the remaining rounded tablespoon of sugar (about 1 teaspoon per dish) and place the bowls on a rimmed baking sheet. Cover the dishes loosely with foil and bake for 20 minutes. Uncover and continue baking until the custard is set and the bread is lightly golden brown, 30 to 35 minutes more.



# May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Office Open til 6:30pm</i>  <i>Provider Pay Day</i>	2
3	4  <i>May the Fourth be With you!</i> <i>Star Wars Day</i>	5	6	7	8  <i>Day Home Provider Appreciation Day</i>	9
10  <i>Mother's Day</i>	11	12	13	14	15  <i>Office Closed</i>	16
17	18  <i>Office Closed</i>  <i>Victoria Day</i>	19	20	21	22	23
24	25	26	27	28  <i>Month End Paperwork Due</i>	29	30
31					<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 	

# June 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i>  <i>Office Open til 6:30pm</i>  <i>Provider Pay Day</i>	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20  <i>First Day of Summer</i>
21  <i>Father's Day</i>	22	23	24	25	26  <i>Last Day of School</i>	27
28	29  <i>Month End Paperwork Due</i>  <i>Mud Day</i>	30			<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 	