

July 2019 Newsletter



July 1, 2019

Innisfail & Area Family Day Home Society

Accreditation Update

*We have successfully
completed our Accreditation
Annual Review!
Thank you to our day homes
and staff for their hard work!*

With the completion of this review, it means that we are entering our first year of the Accreditation Site Evaluation process.

Over the next nine months we will be working through the Accreditation Standards in the day homes and in the office.

Educators, providers, and parents will be receiving a survey in the upcoming months—please take the time to complete this, as it will help inform our Quality Enhancement Plan for the next three years.

There are six accreditation standards applicable to all programs—day care, a family day home, or an out-of-school care program. Each standard is comprised of numbered criteria which are further broken down into indicators that serve as observable measurements.

The accreditation standards criteria and indicators outline the requirements of high quality child care and are used by child care programs to achieve and maintain accreditation status.

Accreditation status within a child care program is an achievement that requires ongoing, daily practice to maintain accredited status.

For more information about the Accreditation Process
Check out: www.aelcs.ca

We are going to the Zoo! You can come too!!

We are planning a Field Trip to the Innisfail Discovery Wildlife Park and you are invited!

Lindsay is hard at work planning a morning event, full of fun and discovery with the day homes on July 25th from 10am – noon, watch for more information from your day home about this!



www.5mmanderall.com | Copyright © Dutch Renaissance Press LLC

Benefits of Visiting the Zoo:

Increase Language Skills - talking about the adventure adds new words and concept to our vocabulary.

Get Closer - enjoy a wonderful day of exploration together.

Increase Environmental Awareness - children learn about animal care and behaviour while building empathy.

Exercise - lots of walking and exploring at the zoo.

Learn Through all Senses -

how an animal smells, what it sounds like, what it looks like at different stages of development, and, in some cases, how it feels.

Spark More Curiosity -

children naturally ask more questions when they are interested. We can build on what they already know to help develop more awareness of the natural world around them.



Society News

Happy Birthday!

Charlotte Y Mia M
Blaine S Teagan S
Denton P Randi B
Kylan J Blakely W
Mandy J Navdeep J
Crystal H

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

The Society AGM was held June 24th, 2019

Your Advisory Board Members are:

Ron King
Cheryl Thomson
Donna Arnold
Vanessa Ruppert
Amanda Di Castri
Sabrina McAllister
Calene Daines

Welcome To:

Charlene Fedorak
Innisfail
Mandy Johannson
Penhold

Happy Anniversary:

Jessica Ward, for 1 year with our agency. We wish you all the best as you take your leave to welcome your new baby!

Do You Have Plans for Care this Fall?

Even though it's only July, it is important to start thinking about September.

If your child will be attending Pre-school, Pre-K, Kindergarten, or Grade One in the fall, you need to be thinking about your child care plans.

Please speak with your provider about your care needs to determine if you can stay at your current placement or if you will require alternate arrangements.

Many of our providers do not transport to and from school or pre-school.

If you are a parent whose care needs will be changing due to your child attending school, some of your options may include:

1. Staying with your current day home and signing a new agreement that includes transportation to and from school,
2. Having a friend/family pick up and drop off your child at your day home,
3. Asking us for an interview with a new provider that will do pick up and drop off at school.

We also encourage you to contact the before and after school programs in your area:

Innisfail School-Age Care:
403-227-4467

Penhold School-Age Care: 403-886-2416

Olds Boys and Girls Club:
403-556-2466



Family Events Around Central Alberta

Canada Day Kick Off

Innisfail, Centennial Park
June 30, 2019

Canada Day Celebration

Penhold, Lincoln Street
July 1, 2019

Canada Day Parade

Olds, Centennial Park
July 1, 2019

Family Scavenger Hunt

Red Deer, Bower Ponds
July 6, 2019

Family Nature Art

Red Deer, Historic Fort
Normandeau
July 7, 2019

Dinosaurs Unearthed

Red Deer, Westerner
July 17-21, 2019

Scavenger Hunt

Red Deer, Historic Fort
Normandeau
August 11, 2019

Alberta Open Farm Days

All Across Alberta
August 17/18, 2019

Ramshackle Play

Innisfail, Centennial Park
August 17, 2019

Food Truck Frenzy

Red Deer, Bower
Ponds
August 18, 2019



Summer is a Time for Rest

The National Sleep Foundation recommends children 1-2 years old need to rest for 11-14 hours each day/night, 3-5 years old need to rest for 10-13 hours each day/night, and 6-13 years old need to rest for 9 to 11 hours each night. The right amount of quality sleep is just as important to your child's development as a good diet and regular exercise. An overtired child releases a stress hormone called cortisol. This hormone will make it more difficult for someone to fall asleep. If your child seems to have difficulty falling asleep, move their

bedtime up by 30 minutes.

Start a Bedtime Routine.

Summer is a great time to begin a bedtime schedule. Your child's sleep routine will vary based on what works for your family. This is what a typical routine could look like for preschool-aged children:

- A light snack
- An evening bath
- Brushing teeth
- Reading a story

Set up a Tranquil Sleep Environment Without Distractions

A dark, quiet and cool bedroom, free from distractions is best for sleeping. Your child

should be allowed a comfort item in bed, such as a favorite stuffed toy.

Avoid items like a cell phone, loud music toys or other electronic devices.

Wake up Time is Just as Important as Bedtime

Getting your child out of bed at the same time during the summer as they get up during the rest of the year will make the transition from vacation to school seamless.

So, urge your kids to play outside or read near a well-lit light when the alarm goes off. Exposure to bright sunlight early in the day helps regulate one's circadian rhythm.

How much sleep should they get?

Age	Recommended
New-borns 0-3 months	14 to 17 hours
Infants 4-11 months	12 to 15 hours
Toddlers 1-2 years	11 to 14 hours
Pre-schoolers 3-5 years	10 to 13 hours
School-aged Children 6-13 years	9 to 11 hours
Teens 14-17 years	8 to 10 hours

— Established in 1983 —



Alberta Approved Family Day Homes



Are you looking for some ideas when planning your July Curriculum? Do

you want to celebrate Canada and investigate all things Canadian? Here are a few links to get you started on your journey:

- A**re you looking for some ideas when planning your July Curriculum? Do you want to celebrate Canada and investigate all things Canadian? Here are a few links to get you started on your journey:

 - * British Columbia: <https://www.kidzone.ws/geography/bc/index.htm>
 - * Alberta: <https://www.kidzone.ws/geography/alberta/index.htm>
 - * Saskatchewan: <https://www.kidzone.ws/geography/saskatchewan/index.htm>
 - * Manitoba: <https://www.kidzone.ws/geography/manitoba/index.htm>
 - * Ontario: <https://www.kidzone.ws/geography/ontario/index.htm>
 - * Quebec: <https://www.kidzone.ws/geography/quebec/index.htm>
 - * Newfoundland & Labrador: <https://www.kidzone.ws/geography/newfoundland/index.htm>
 - * PEI: <https://www.kidzone.ws/geography/pei/index.htm>
 - * New Brunswick: <https://www.kidzone.ws/geography/newbrunswick/index.htm>
 - * Nova Scotia: <https://www.kidzone.ws/geography/novascotia/index.htm>
 - * Yukon: <https://www.kidzone.ws/geography/yukon/index.htm>
 - * NWT: <https://www.kidzone.ws/geography/nwt/index.htm>
 - * Nunavut: <https://www.kidzone.ws/geography/nunavut/index.htm>

O Ca-na-da! Our home and na-tive land! True pa-triot love in
 Ô Ca-na-da! Ter-re de nos ai-eux, Ton front est ceint de
 ♭ b-a-C! a~Γ-σ m-a-♯! Λ-♯d-ly-ñ a-


7
 all thy sons com-mand. With glow-ing hearts we see thee rise, The
 fleu-rons glo-ri-eux! Car ton bras sait por-ter l'é-pé-e, Il
 c~n-♯b-<-♯. ♯-~l-c-♯-c-♯-♯-ñ, y-

11
 True North strong and free! From far and wide, O Ca-na-da, We
 sait por-ter la croix! Ton his-toire est une é-po-pé-e, Des
 ~l-♯-♯-♯-ñ-♯, a-~l~>-J, ♭ b-a-C, Γ-

15
 stand on guard for thee. God keep our land glo-rious and
 plus bril-lants ex-ploits. Et ta va-leur, de foi trem-
 ♯-σ-~♯-♯-ñ. ♭ b-a-C! m-a~l-

20
 free! O Ca-na-da, we stand on guard for thee.
 pée, Pro-té-ge-ra nos foy-ers et nos droits.
 ♯! a-~l~>-J Γ-♯-σ-~♯-♯-ñ,

25
 O Ca-na-da, we stand on guard for thee.
 Pro-té-ge-ra nos foy-ers et nos droits.
 ♭ b-a-C, y-c-~l-♯d-a!



Happy
Canada Day


July 2019



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

August 2019



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

*Ramshackle Play
Innisfail 10am-1pm
Centennial Park*