



Providing a foundation for lifelong growth



April 2017 Parent Newsletter

Wow – Easter is almost here! Please remember that as the weather starts to change, your child's outdoor clothes will also need to change! Splash pants, rubber boots and an extra change of pants and socks are great to have on hand as the snow starts to melt and puddles become irresistible!! Also, please do not send your child to day home in clothing that you don't want to get dirty. Your child's "work" is Play! Exploration, experimentation, hands-on activities are what we use to teach them about the world each day. Splashing in puddles, painting, and squishing mud and sensory materials are fun and educational....but a little bit messy! Please dress your child so they are free to participate fully each day in what your Provider has planned!

IMPORTANT:

We are **closed at noon April 13th through April 17th** for the Easter long weekend. We will re-open April 18th with regular hours.

Child Care fees are due by April 4th - late fees will apply April 5th. Please note we offer several ways to pay – pre-authorized EFT, credit card, cash and email transfer! Please let us know if you would like more information on any of these options.



NEW SECTION

We'd like to introduce a new section to our monthly newsletter titled "Parent Sharing Corner" This section will feature various suggestions submitted by parents and providers, from how to potty train, get ready for kindergarten, to snack and meal time suggestions. If you have some great tips for other parents, please feel free to email them to nd@newdimensionsfamilydayhome.com to be included in a future newsletter!

Agency Staff will start it off this month with snack ideas for you!

Hummus and crackers
Fruit salad with seasonal fruit (great opportunity to talk about what that means!)
Cereal mix with Chex, cheerios, granola
Fruit smoothie with crushed ice, yogurt and fruit (fresh or frozen)
Cheese, meat and crackers

Tortillas rolled with filling of your choice, cut in pieces for "pinwheels" (cream cheese with grated carrot and thinly sliced cucumber is a pretty choice!)
Toasted pita bread with Greek yogurt mixed with cucumber, lemon, garlic and dill

Field Trips and Consent Forms: As the weather warms up, please remember that your provider may be getting outside and around town with the children more often! Please ensure that you have signed the appropriate permission forms that your provider will ask you to sign for any off-site outings - written parent permission must be in place prior to leaving the property. The following forms are in place to obtain these permissions:

1. Parent and Provider Transportation To/From School Consent Form – This form is used for the transportation of children to and from school on a regular basis each day. All parents registered in the home where this regularly occurs would sign this form, indicating awareness that the provider is taking their child on daily trips to the school.
2. Neighbourhood Transportation Consent Form – This form is used for the regular trips providers make with the children to local parks and sites in their neighbourhood. This includes walks and local parks.
3. Out of Town Transportation Approval Request – This form is used when providers are transporting children out of the city or town limits of their community.
4. Consent and Release – This form is used for all other excursions within city or town limits. This may include library trips, activity days, local events, grocery store as part of planning, fire station visits, etc.

If you are unsure of any of these permissions, please feel free to discuss your questions with your provider.

Community Involvement Opportunity

Teach your children how to get involved in your community!!

For information on Red Deer's environmental initiative to involve the whole community, go to <http://www.reddeer.ca/recreation-and-culture/community-programs-and-information/green-deer/>



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Play Structures

Again, with warmer weather upon us, it is important to discuss the use of play grounds and play structures. Did you know that many play structures have posted ages indicating what ages of children it is approved for use by? Also, Health Canada reminds parents and caregivers to ensure there is adequate surface cushioning in the fall zone, be aware of appropriate heights to allow children to play at, and check each visit for sharp or broken edges.

Ask yourself about your child's age and ability – are they physically and cognitively able to navigate the equipment safely? Are you able to directly supervise within close

proximity? It is important to allow children to play and explore in a way that prevents falls and injuries!



Did you know??

Get Outside and Play Week - May 27 to June 3, 2017

Get Outside and Play Week is an Alberta-wide celebration of outdoor nature play in early childhood. Use this week to jumpstart active outdoor nature play in your childcare centre, family and community. Register your activity and receive resources, inspiration and ideas to help you incorporate outdoor nature play into your life. More details will be posted soon.

Why outdoor nature play?

- Increased physical activity. Pre-schoolers spend twice as much time being active when play is outdoors.
- Connect with nature. Children who play outside and share their experiences with a caring adult develop into adults who participate in environmental stewardship.
- Meet your neighbours! Get outside in your community and connect with your neighbours and help create the safe play spaces children need right outside their front door.



NEW DIMENSIONS WANTS TO TAKE PART!! Please let the office know if you have a great idea for an outdoor activity, or hear of new initiatives in our communities that you think other parents and caregivers would like to hear about!