



Providing a foundation for lifelong growth

## December 2018 Parent Newsletter



Happy December! Winter is here! We can embrace those great activities of sledding, skating, building snowmen, and best of all, a hot chocolate or cider afterwards! Thank you for ensuring your little ones comes prepared for all types of weather each day – extra clothes, warm snow pants, boots, water proof mittens, toques. Remember, lately, our days have often warmed up to the point of “slushy” conditions, so extra dry socks and pants are a must!

*We'd like to take this opportunity to wish each and every family a Merry Christmas and a restful season, and prosperous New Year!*

**Reminder about Invoices** –Please remember, if you need to change your number of days for any given month, please call in to the office prior to the last week of the month for the following month to ensure your invoice reflects your intended use. Invoices are sent out to parents during the last week of each month for the following month based on your contracted amount in your agency contract.

Providers cannot change your invoiced amount – only you can change your contract.

### **IMPORTANT!**

**The number of allowable days in December is 20, however, your Provider may be open different hours during the month of December. Please discuss days off for both you and your Provider, and sign the back-up care questionnaire to verify your agreement.**

**Parent fees are due by Dec. 4 to avoid late payment fees.**



### **“And the survey says....!”**

Please be sure to ask your Provider for your Parent Survey! The information gathered on these surveys is very valuable in helping us to set goals for the upcoming year. Please complete your survey with as much detail as possible, and return it to the office before Dec. 13<sup>th</sup>.

**All parent surveys submitted by noon on Dec. 14<sup>th</sup> will be entered for a chance to win a \$150 Visa card - just in time for Christmas!**

## Office Hours for the month of December

December 1 through 21st: Monday through Thursday: 8:30 a.m. to 4:00 p.m.  
Fridays: 8:30 a.m. to 2:00 p.m.

\*\*\*\*\*EXCEPT for Friday, Dec. 7th – We will be closed at noon!\*\*\*\*\*

December 24th: 8:30 a.m. to 12:00 p.m.

December 25th through Jan. 1st: OFFICE CLOSED

January 2nd: 8:30 a.m. to 4:00 p.m.

**WOW! Awards** – Please remember our program offers parents the opportunity to nominate Providers for a WOW! Award! Simply email the office at [nd@newdimensionsfamilydayhome.com](mailto:nd@newdimensionsfamilydayhome.com), and tell us what your Provider does that makes your child's day great! Each month, all nominations go into a draw for a gift card...we love recognizing the hard work that our Providers do to make each day one of fun and learning for your children!

This month's WOW draw winner is Erin!

### Parent Sharing Corner:

Please feel free to email us your suggestions for other parents – tips for getting out the door in the morning, places you like to go, activities you like to do as a family! The email address is [nd@newdimensionsfamilydayhome.com](mailto:nd@newdimensionsfamilydayhome.com). Please put "Suggestion for newsletter" in your subject line!



## Did you know...?

Dr. Robbin Gibb has done an enormous amount of research in the area of brain development in children, and the effects in later life. There is some wonderful, practical information that can be found in a guide co-written by Dr. Gibb and Greg Pratt, B.Sc., called "Early Learning and Family Supports: A Practical Guide." It outlines several ways that parents can support optimum brain development for their children. Below are some basic tips for parents; more information can be found at: [http://www.bewfcss.ab.ca/pdfs/ELFS\\_Final\\_2009.pdf](http://www.bewfcss.ab.ca/pdfs/ELFS_Final_2009.pdf).

### 20 Tips for Parents

1. Be at your child's level – physically, emotionally and developmentally.
2. Look him directly in the eyes.
3. Follow her lead & build on her strengths.
4. Talk, listen and interact with your child
5. Speak in respectful tones
6. Be positive, warm, loving and responsive
7. Touch gently and lovingly
8. Don't criticize
9. Be consistent and regular

- 10.Promote positive relationships
- 11.Ask questions without one right answer
- 12.Accept and validate the feelings of children
- 13.Don't do too much for your child
- 14.Gently help your child stretch to the next achievable level
- 15.Point out and discover new things
- 16.Participate with children in activities
- 17.Let children safely experience failure
- 18.Connect learning to real life
- 19.Minimize stress
- 20.Be a good example of a healthy lifestyle