

RAZZLE DAZZLE & KIDS KONNECTION



August 2020



What's Happening:



Know someone wanting to open a dayhome?

We are currently screening new homes in all locations.

Please call us for more information.

403-887-3332 or 403-885-2755

Want to work from home? Be a stay at home parent and earn a great income. Contact us today.



Parents:

Have you discussed with your provider about school plans for September? Do you require transportation or different schedules? Please have those discussions to ensure your needs can be accommodated.



Attention Providers!!

Who wants to play?



In August we will be "playing Bingo".

Bingo cards will be emailed. Once you complete an activity, email pictures to the office to confirm completion of the activity.

When you get a line, your name will be entered into a draw for an "Arts & Crafts Basket". There will be a draw from Razzle Dazzle and a draw from Kids Konnection.

A "blackout" (all squares completed) gets you 4 additional entries in the draw.

Draw will take place on August 31st.

Mission Statement: Provide quality childcare with an in-home, play based learning environment for every individual child. Recognizing each child is unique and he/she has different abilities, which enable every child to attain independence at their own rate of development.





PROGRAMMING



Nature Paintbrushes

You will need:

Sticks (1 for each paint brush)
Lots of interesting pieces of nature
Elastic bands (or string)

Large roll of paper
Poster paint

Collecting your nature for this activity is half the fun. Go on a walk and see what interesting things you can find. Look for different textures and patterns. Talk about which pieces of nature you think will make good prints.

How to make nature paint brushes:

Making the nature paint brushes is easy: Simply attach a piece of nature to each stick using an elastic band (or a piece of string).

TIP: To avoid breaking your pieces of nature put the elastic bands onto the sticks first and then slide your pieces of nature into the bands. Make sure the elastic bands aren't too tight. You may need more than one band to keep your nature in place.



Tips for parents helping children with back to school:



7 strategies to help overcome social anxiety

So what can children do to overcome anxiety as they return to school? Here are some useful tips.

1. deal with some of the physical symptoms. It is hard to think if your body is stressed. Use calming strategies like mindfulness or breathing exercises. Slowing your breathing can reduce symptoms of anxiety, depression, anger and confusion. Useful apps to help you control your breathing include Smiling Mind (iOS and Android) or Breathing Bubbles (Android only)
2. anxiety increases while using avoidance techniques such as avoiding eye contact, not raising your hand to answer a question or not attending school. So the most effective way to deal with social anxiety might be to face it. Allow your child to have small experiences of social success – give their opinion to one person, start a conversation with someone they know – so they can learn to feel safe in these social situations
3. fear and anxiety are normal and benefit us by helping us to respond efficiently to danger. Rather than read your body as under threat, think about the changes as helpful. Your body is preparing you for action
4. while avoiding your fears is not the answer, being fully exposed to them is not the answer either. Providing overwhelming social experiences may lead to overwhelming fear and failure, and may make anxiety sufferers less likely to try again - or at all. Start small and build their courage
5. supportive listening and counselling are less effective than facing your fears because these approaches can accommodate the fears. While you want to support your child by providing them with comfort and encouragement – ensure you also encourage them to face the fears that cause the anxiety
6. you cannot promise negative things won't happen. It is possible you will be embarrassed or be judged. Rather than trying to avoid these events, try reframing them. Remember that we all experience negative social feedback, and this does not make you silly or of less value. It makes you normal. Or, rather than seeing it as embarrassing, maybe it can be funny
7. remember it is the “perception” that something is a threat – not the reality. Reasoning with your child to help them see your perspective may not change theirs. This reality only changes with positive real experiences.

Office Locations:

Razzle Dazzle
#110 5028 50A Street
Sylvan Lake, AB T4S 2N5

Kids Konection
5016 Waghorn Street
Blackfalds, AB T0M 0J0