

RAZZLE DAZZLE & KIDS KONNECTION



January 2021



What's Happening:



Covid-19 Guidance

Hand Hygiene

Day home providers should use the following handwashing guidelines. Engage in frequent handwashing with soap and water for at least 20 seconds at the following times:

- Before caring for a child each day and at the end of the day
- After going to the washroom
- After a diaper change (both children and providers)
- Before preparing food
- Before and after eating
- After getting hands dirty
- After wiping nose or handling dirty tissues
- After blowing nose
- After cleaning tasks (providers)

Struggling with Mental Health?

In our lifetime, 1 in 5 people will experience a mental illness and as many as 10% of people over the age of 15 will battle a drug or alcohol dependency. The financial impact on society is in the billions of dollars. The emotional impact on families and individuals is incalculable.

<https://www.alberta.ca/childrens-mental-health.aspx>

<https://www.alberta.ca/family-supports.aspx>

<https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html>

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.



Provider Training

Mealtime Struggles

January 26th

7:00-8:00pm

Please RSVP

You will receive a zoom link prior to the workshop.

Please join Shelley Cooper from Alberta Health Services. Shelley is a public health dietitian. She will discuss topics such as meal planning, feeding children in various age groups and picky eaters.

Parents are welcome to join, please contact your agency to register

Seeking New Day Home Providers!!

Do you know someone considering opening a day home? Have them contact us for information.

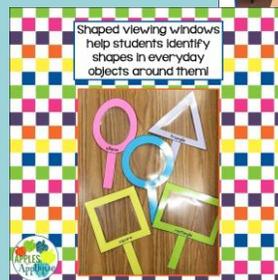
PROGRAMMING

Shape Detective Activity

Make shape viewers out of colored cardstock. Providers can do this part for younger children.

You can laminate them or leave them just paper.

Give each child a different shape viewer and have them explore inside or outside your home for the shapes to match their shape viewer.



PARENT CORNER

4 TIPS FOR PARENTS COPING WITH COVID-19

As the COVID-19 situation continues to disrupt typical family life, parents may be facing a different set of challenges. Whether your children are young and frightened about what's going on, teenagers coping with the loss of what's typically the season for prom and graduation, or even young adults out on their own but struggling with the practical realities of lockdown—parent-child bonds are central to moving through this period.

Try these ways of helping your kids thrive despite COVID-19.

SCHEDULE ONE-ON-ONE TIME

Ironically, as many of us spend most of our time homebound, parents may be checking in with each child's emotional health less frequently. Remote work and school, increased news consumption, and other activities linked to our new status quo may mean that task-free, one-on-one facetime with children is falling by the wayside. Try to build in 20 minutes of daily conversation to listen to them and engage with their feelings.

EMPHASIZE STRUCTURE AND ROUTINE

Especially as the school year winds down for younger kids, it's essential to structure their time with productive activities and a sense of normalcy. Invite them to suggest daily and weekly activities they can do on their own or with you. The current circumstances are unusual, but their days can still feel regular.

MODEL CALM

Children take their emotional cues from parents. While this is a stressful and often disorienting period, do your best to remain calm and steady around kids. Acknowledging what's going on in the world is healthy. But if anxiety is the predominant household emotion, children may feel less secure. Emphasize the things you can control to promote an atmosphere of safety.

HELP TEENAGERS

Teenagers who may be feeling particularly stir-crazy these days present their own parenting challenge. They may be missing out on specific life events, separated from boyfriends and girlfriends, and going through ordinary emotional ups and downs that a lockdown only exacerbates. Respect their frustration. Empathize with their disappointment. Help them cope by encouraging healthy habits like meditation or exercising together.



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