

## CONGRATULATIONS!

### BIRTHDAYS

- Meghan dB. – Coordinator
- Xia C. – Educator
- Chase R. – 10 years
- Alexis M. – 8 years
- Malakai G. – 5 years
- Bodhi W. – 5 years
- Charlotte S. – 4 years
- Jax K. – 2 years
- Kira P. – 1 year
- Evan L. – 1 year

## UPCOMING IN NOVEMBER

### SPECIAL DAYS

- Remembrance Day Nov. 11
- Aspen View School PD Days: Nov. 8, 9, 10, 11, 12
- Evergreen Catholic School PD Days: Nov. 10, 11, 12, 15
- Pembina Hills PD Days: Nov. 11, 12

## FEEDBACK

Please send all feedback to :  
[westlockdayhomes@gmail.com](mailto:westlockdayhomes@gmail.com)

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Westlock Child Care Society  
10804 101 Street  
Westlock, Alberta T7P 1H5  
780.349.4999  
[child123@telus.net](mailto:child123@telus.net)  
[www.westlockchildcare.com](http://www.westlockchildcare.com)



# NOTES & REMINDERS

## Schedule Updates

If there are any changes in the days and/or times that you require child care please discuss this with you educator.

New Contracts and Fee Agreements are required when there are major changes to your schedule.



## Weather Changes

With the weather cooling down, please be sure your child has appropriate outdoor play gear every day they attend their day home.

Our Family Day Home Educators are expected to provide opportunities for outdoor play daily.

## Covid-19

All of our Family Day Homes are required to follow the Alberta Government Guidance Document for Licensed Family Day Homes, COVID-19 Alberta Health Daily Checklist, and the Agency illness policy.

Parents/families are expected to review the COVID-19 Alberta Health Daily Checklist with their child(ren) each day before bringing them to their day home.

Any child that has any symptom(s) unrelated to a prior medical or health condition is not allowed to attend the day home and must be symptom free for 48 hours before returning.



# LEARNING RESOURCES/EVENTS

Join Jessica Link to uncover the tips and tricks to dealing with stress in children. By helping children learn positive coping strategies to deal with stress, you can help build their resiliency and prevent stress from escalating to distress, anxiety, and meltdowns.

In this session you can learn how to help children enhance their physical, mental, emotional, and behavioural coping skills, thinking styles and key abilities.

Visit [Barrhead Family Connections Centre](#) or call 780-674-3341 to find more information and/or to register

Rural Connections Family Resource Networks Present

## KIDS HAVE STRESS TOO

With Special Guest Jessica Link



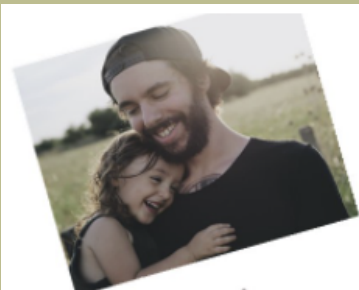
**Help your children learn positive coping strategies to deal with stress, build their resiliency, and prevent stress from escalating to distress, anxiety and meltdowns.**

**JOIN US ON ZOOM  
NOVEMBER 4, 2021 @ 7:00PM**

Register with your local Family Resource Network with locations in Barrhead, Smoky Lake, Thorild, and Westlock.



Healthy Families Healthy Futures and Rural Connections Family Resource Network are hosting a session on emotion coaching focusing on all ages.



Register for 5 online sessions, that explore the concept of emotion and learn how to incorporate Emotion Coaching into Parenting during the different phases of your child's development.

Dates: Nov 8—Dec 6

Time: 6:45pm—8:45pm

OR

Dates: Nov 18—Dec 16

Time: 9:00am—11:00am

Email: [family.connections@hfalberta.com](mailto:family.connections@hfalberta.com) or Call 780.307.2444 ext. 2 to register!

## Emotion Coaching

### Emotion Coaching

*"The Heart of Parenting"* presents a 5-step method that builds emotional intelligence and

creates positive, long lasting effects for children.

Easy to learn, it supports kids through life's ups and downs in a way that builds confidence and helps them grow socially, emotionally, and intellectually.



There are two sessions available  
Nov 8-Dec 6 (evenings) **OR**  
Nov 18-Dec 16 (mornings).

Learn a 5 step method that builds emotional intelligence and creates positive, long lasting effects for children.

Email [family.connections@hfalberta.com](mailto:family.connections@hfalberta.com)  
or call 780-307-2444 ext. 2 to register

# FEATURED ACTIVITIES

## Fine Motor/Sensory Bin

Here's a fun and easy fine motor/sensory bin activity!

All you need is some string or pipe cleaners and some buttons.

Check out [Hands On As We Grow](#) for more information on this activity and to see different ways to use these materials for other activities.



## Homemade Tic-Tac-Toe

Tic-tac-toe is a great game for kids of all ages. All you need for this fun homemade game is a basket of rocks and some paint!

Create a playing board and you're ready to go!

Visit [Run Wild My Child](#) for more photos and ideas with this game.



*"Be someone's sunshine when their skies are grey"*  
~~ Unknown



## RECIPE TO TRY!

### Easy Cheesy Pizza Pockets

Who doesn't like pizza pockets!?

Here's an easy recipe that you can use to make them yourself.

It only takes 20 minutes and you can add any pizza toppings you'd like

Visit [One Little Project](#) for the recipe!

# AGENCY CONTACTS

**Shawna** - FDH Visitor for Barrhead Area

780-305-9310

**Meghan** - FDH Visitor for Westlock & Athabasca  
area, Agency Coordinator

780-379-0166

**Christine** - Executive Director

780-674-0543

## Our Family Day Home Agency is Expanding!

### Families:

- can apply for government subsidy
- have access to multiple day homes with available spaces to meet your family's needs

### Day Home Educators:

- provide daily activities that are based on children's interests and developmental needs
- have access to multiple resources for supporting child development
- network regularly with other early childhood educators
- participate in annual professional learning to keep up-to-date on best practices in early childhood education
- must have first aid, criminal record check, and child intervention check

**"Where Educators provide a fun, safe, nurturing environment supporting children's healthy development and future success."**

**FOR MORE INFORMATION, CONTACT MEGHAN AT  
780-379-0166 OR WESTLOCKDAYHOMES@GMAIL.COM**

## COVID - 19 INFO

- Wash hands often - for at least 20 seconds - with warm soapy water
- Avoid touching you eyes, nose, and mouth
- Stay home and isolate if you feel unwell

- Keep in touch with loved ones
- Engage in safe active activities
- Get a breath of fresh air

Visit [Alberta Health Services](#) or call  
811 for additional information