



**Southgate Medallion  
Family Day Homes**  
Excellence in Child Care & Early Learning

August 2018  
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**Southgate Medallion Tribute**

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## Tummy Time Activities for Infants

Tummy time is key to helping baby reach physical milestones such as rolling over, crawling and eventually walking. Including tummy time toys in an infant's daily routine is beneficial for many areas of development. You'll notice he/she will begin to develop muscles in her arms, shoulders, upper

Place an infant on a blanket on the floor. Place the infant on his/her tummy on the blanket:

- ◇ Place infant toys within reach for baby to grab
- ◇ Lay side by side with baby and read a book
- ◇ Use a play mat with fun colors and textures
- ◇ Place a mirror in front of baby to look at
- ◇ Shake a rattle and move it around for baby to follow with gaze

Reference: "Tummy time activities" Retrieved from: <https://alldayswithbabyk.wordpress.com/>: Retrieved on June 25, 2018



**Core Training:  
Sessions are repeated  
every 6 months**

Programming	<b>Thurs</b> Aug 23
Ethics and Professionalism	<b>Thurs</b> Sept 20
Location:	7:00 - 3058—106 Street 9:00pm

## Dramatic Play Area

Is your dramatic play area always a house? There are many more ideas to transform your dramatic play area into interesting places to play based on children's interests.



If a child is interested in caring for a sick doll, make a hospital. Make a hospital bed, use sheets, add a white coat or shirt, add a table with doctor instruments, cotton balls, real band aids, gauze rolls, clean empty syringes, gloves and bandage rolls. Give paper and pencils to write on, phones, keyboards and file folders to keep medical records. Hang a skeleton, red cross, hospital signs, eye charts and posters of the body to encourage literacy. Add a book about anatomy!

**Make your dramatic play area as real as possible to make it more inviting to children!**

Photos: pinterest.com  
sunhatsandwellieboots.com



**August 6th is Heritage Day which is a quasi-stat holiday. If the child is away mark "A" for absent. If you close your home for the day mark "PNA" for Provider Not Available. Do not write "H" on that day.**

[Click here to find the Alberta Curriculum Framework](#)

Alberta Child Care Subsidy  
Office is open until 8 pm

Like us on [Facebook!](#)  
Have a look!  
Includes great activity ideas, information on early learning and new providers with the agency.

## Attendance Records– Fax ONCE

**Attendance records (time sheets) must be in to the office on  
FRIDAY, August 31st**

**Send your timesheet in once the last child has been picked up.**

**Look it over to ensure all spaces are filled in properly. Late and incomplete fees will apply.**

# Caring For Infants and Brain Development

The early years of a child's life are very important for health and development. How well a brain develops depends on many factors including genes, proper nutrition, exposure to toxins or infections and the child's experiences with other people. Nurturing and responsive care for the child's body and mind is the key to supporting healthy brain development. Positive or negative experiences can add up to shape a child's development and can have lifelong effects.

## The Importance of Early Childhood Experiences for Brain Development:

Infants are born ready to learn, and have many skills to learn over many years. They depend on parents, family members, and other caregivers as their first teachers to develop the right skills to become independent and lead healthy and successful lives. How the brain grows is strongly affected by the child's experiences with other people and the world. Nurturing care is critical for brain growth. Children grow and learn best in a safe environment with plenty of opportunities to play and explore.

Parents and other caregivers can support healthy brain growth by talking to and playing with their child. Infants develop best when parents take turns when talking and playing, and build on their child's skills and interests. Nurturing an infant by understanding their needs and responding sensitively helps to protect their developing brains from stress. Speaking with children and exposing them to books, stories, and songs helps strengthen children's language and communication, which puts them on a path towards learning and succeeding in school.

### Tips for brain development:

- Respond promptly when the infant cries
- Build trust by being attentive and focused
- Respond to coos with delighted vocalizations so be attentive
- Play games
- Set up a safe environment for crawling
- Sing songs and read books

## Attachment Between Infant and Caregiver

An infant needs to know they can count on you. Attachment is the deep emotional bond between an infant and the person who provides most of their care. **Attachment develops as you respond to the infant's needs in a warm, sensitive and consistent way.** This is especially important when the baby is sick, upset or distressed. Attachment also builds as you go about your daily routines with an infant, caring for them and interacting with the child. An infant's first attachment usually

happens quite naturally. **When he/she cries, and you attend to their needs: a feeding, a cuddle, a diaper change, or just holding them.** When you respond, an infant learns that they can trust you, and depend on you for comfort and to feel safe. As you get better at knowing what the infant is telling you and meeting their needs, he/she feels less stress. **Responding quickly to a baby's cries is the best way to show them that they are safe and loved.** It should not be confused with "spoiling". Babies cannot be spoiled. When

they're sick, upset or distressed, they need to know that you are there for them. Holding, rocking or talking softly to an infant all promote attachment.



## Separation Anxiety and Adjusting to Care:

**Separation anxiety** refers to excessive fear or anxiety of separation from home or from an attachment figure. Separation anxiety is a normal stage in an infant's development. Babies can show signs of separation anxiety as early as 6 or 7 months, but for most babies it peaks between 10 to 18 months and eases up by 2 years. All children are different and it could last longer. Most commonly, separation anxiety strikes when the parent leaves the child to go to work or run an errand.

**Adjusting to care:** The first time young children are placed in child care can be very upsetting for both the child and the parents. As a provider you can help this be a positive experience for families.

**Move gradually:** Parents may need to stay longer at first to reassure their child and themselves.

Encourage parents to keep their **goodbyes short and cheerful.**

Let the child get used to their new surroundings by watching and joining in at their **own pace** and allow children lots of **time to adapt** to new routines.

***"If a child can't learn the way we teach, maybe we should teach the way they learn"*** Ignacio Estrada

References: "Caring for kids: A connection for life" Retrieved from: [www.caringforkids.cps.ca/handouts/attachment](http://www.caringforkids.cps.ca/handouts/attachment): retrieved on June 20, 2018

"Separation Anxiety" Retrieved from: [www.babycenter.ca/a25009105/separation-anxiety-in-babies](http://www.babycenter.ca/a25009105/separation-anxiety-in-babies): retrieved on June 20, 2018 "21 ways to promote Healthy Brain Development for Babies" Retrieved from: [www.developinghumanbrain.org/healthy-brain-development-babies-toddlers/](http://www.developinghumanbrain.org/healthy-brain-development-babies-toddlers/): Retrieved on June 22, 2018 "Early brain development and Health" Retrieved from: [www.cdc.gov/ncbddd/childdevelopment/early-brain-development.html](http://www.cdc.gov/ncbddd/childdevelopment/early-brain-development.html): Retrieved on June 22, 2018

## Nutrition Corner: Menu Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 3 food groups 	Oatmeal Raisins Apples Milk	Whole grain toast Hard boiled eggs Cheese Water	Pancakes Fruit Yogurt Water	Cereal (unsweetened) Milk Fruit	Whole grain bagel Peanut butter Fruit Water
<b>A.M Snack</b> 2 food groups 	Mini bagel almond butter Water	Hummus Rice Crackers Water	Carrot sticks Cucumber sticks Tzatziki dip Milk	Whole grain crackers Fruit Water	Cheese Vegetables Water
<b>Lunch</b> 4 food groups 	Tortillas Chicken Cheese Vegetables (peppers, sprouts, corn) Salsa Water	Lentils Rice Beans Vegetables Milk	Pizza on pita bread Tomato sauce Meat Cheese Vegetables Milk	Homemade soup: Beef Potatoes Tomatoes Peas and carrots Barley Bun Milk	Rice Chicken Chopped salad (lettuce, peppers, carrots, tomatoes, cucumbers, green onions) Milk
<b>P.M. Snack</b> 2 food groups 	Fruit kabobs with dip	Fruit Homemade muffin	Rice cakes Peanut butter Water	Vegetables with dip Water	Bread sticks Fruit Water

## Make Your Own Light Box

### Supplies:

- 1 clear plastic box with clear plastic lid (14 liter container is a good size. Lid must be clear)
- 1 set of white Christmas tree lights OR battery powered LED lights. The box should be very bright so use enough lights.
- Aluminum foil
- Wax paper or white tissue paper
- Double sided tape

### Instructions:

Inside the container, line the bottom and sides of the container with the aluminum foil, using the double sided tape to fasten. Shiny side facing in.

Line underneath the lid with the wax paper or white tissue paper until it completely covers the under side of the lid. Use the double sided tape to fasten.

If using the Christmas tree lights, place them inside the container. Plug in the lights and have the cord hang over the top. Close the container. (If the container can not be

closed with the cord hanging over, then you can make a hole in the box for the cord. It is important that the lid can close. If using the battery powered LED lights, turn them on, place inside the box and close the lid.



[danyabanya.com/diy-light-table/](http://danyabanya.com/diy-light-table/)

# Share Your Best Practices

Tell us how you meet the three Accreditation Standards below: Categories are:

**Interactions and Physical Environment**

**Program Planning**

**Respectful and Supportive Relationships with Families**

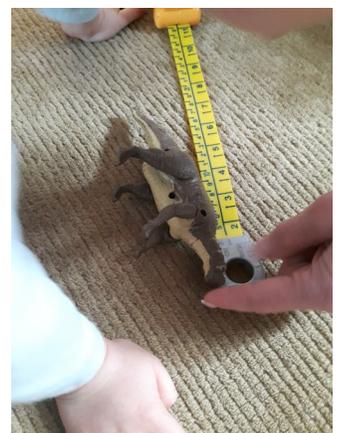
Share your ideas on how you meet the standards so we can all learn from each other. Submit your written response and /or photos to your Consultant.



Experimenting with ramps at Miriam's day home. Child tried different heights to slow the robots down. They made a car mat out of cardboard!

Making a healthy cake at Nery's day home!

Learning how to measure the lengths of blocks and a dinosaur at Marie Rose's day home! They read the numbers on the measuring tape together.



## Nery's Learning Story: Making Pizza!

**First we pretended to travel to Italy. Then we learned how to make an Italian food!**

W mixed the ingredients to make the dough. He said "The dough is sticky!"



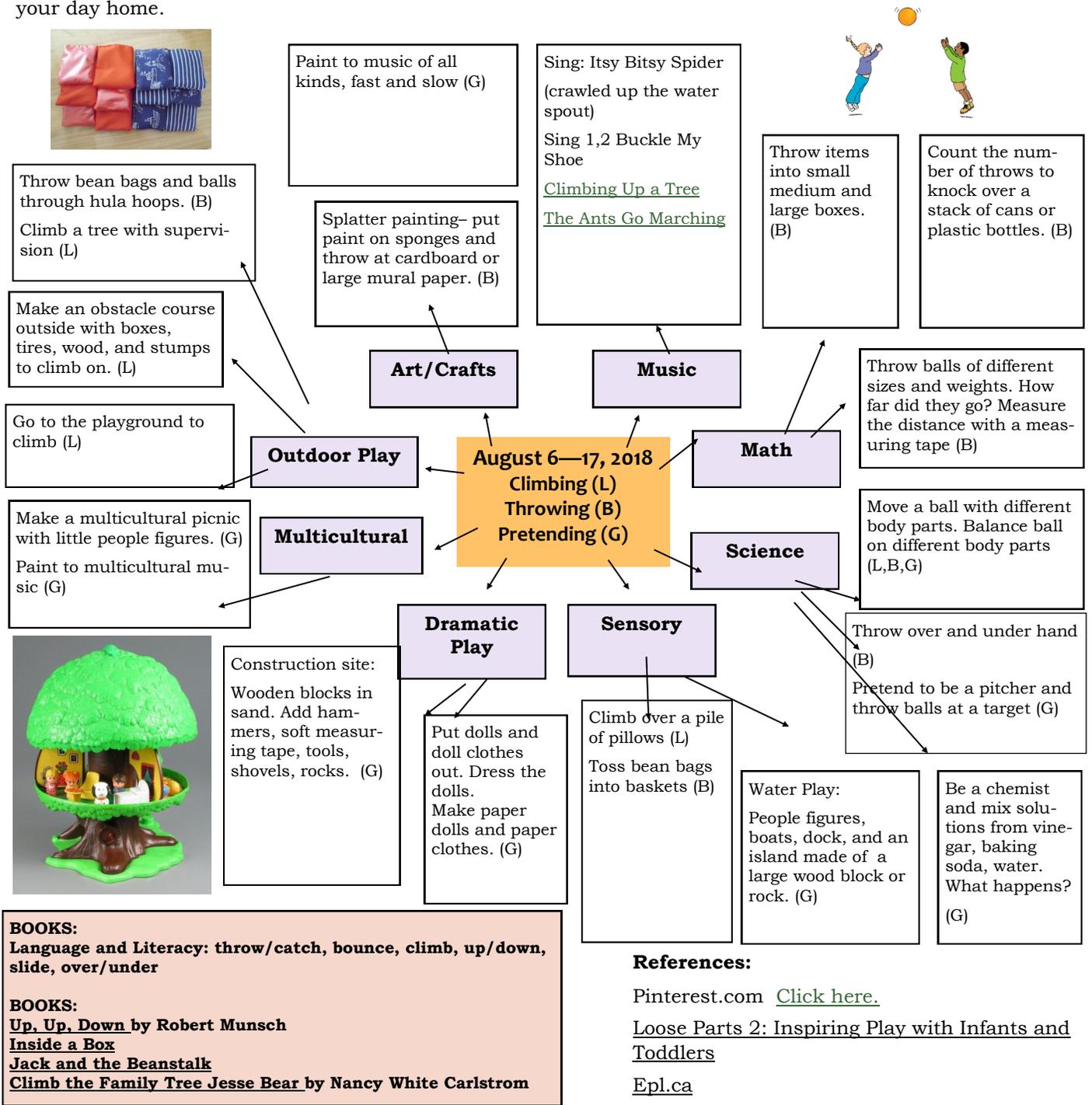
B poured the bread flour from one container to the other.

E said, "We need to pat the dough." The children patted the dough. The children chose their favourite ingredients to make their own pizza.



M rolled the dough with the rolling pin. *Mateo discovered another way to extend the dough when he rolled it.*

Making a flowchart based on **children's multiple interests** in your group: Write the date in the middle, look at your written child observations to determine children's interests, add activities to the flowchart that go with each child's interests, write the child's initials beside the activity planned for that child. Add all children's interests/activities to the flowchart so you only need to create one flowchart. It covers all children's interests in your day home.



**Include children's interests on your flowchart: B rolled up paper and threw it into the garbage can. L climbed the chair and the sofa many times. G made a dinner party with dolls at the table.**