




## RED DEER COLLEGE FAMILY DAY HOME

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### DECEMBER 2011

| Sun   | Mon                           | Tue | Wed     | Thu       | Fri                              | Sat         |
|---|-------------------------------|-----|---------|-----------|----------------------------------|-------------|
|   |                               |     |         | 1         | 2                                | 3           |
| 4   | 5                             | 6   | 7       | 8         | 9                                | 10          |
| 11  | 12                            | 13  | 14      | 15        | 16                               | 17          |
| 18  | 19                            | 20  | 21      | 22        | 23 The office is closed at noon. | 24          |
|  | 26 Family Day Home is closed. | 27  | 28 Have | 29 A Safe | 30 And Happy                     | 31 Holiday! |

One little snowflake with nothing to do.  
Along came another and Then there were two.


Two little snowflakes laughing with me.  
Along came another, and Then there were three.

Three little snowflakes looking for some more.  
Along came another, and Then there were four.

Four little snowflakes dancing a jive.  
Along came another, and Then there were five.

Five little snowflakes having so much fun.  
Out came the sun, and Then there were none!

### JANUARY 2012

| Sun   | Mon | Tue                    | Wed | Thu | Fri | Sat |
|---|-----|------------------------|-----|-----|-----|-----|
|  | 2   | 3 Family Day Home Open | 4   | 5   | 6   | 7   |
| 8   | 9   | 10                     | 11  | 12  | 13  | 14  |
| 15  | 16  | 17                     | 18  | 19  | 20  | 21  |
| 22  | 23  | 24                     | 25  | 26  | 27  | 28  |
| 29  | 30  | 31                     |     |     |     |     |

### Our Mission Statement

Red Deer College Children's Program  
is committed to quality caring and teaching of your children.

## From The Office



**The Family Day Home Agency is closed at noon on December 23.**

It is hard to believe that the Christmas break is upon us. We want to wish you and your family a happy and safe Christmas season.

### Current Information for Files



It is important that your contact information is up-to-date and that we have your class schedules for the winter semester to help us locate you in case of an emergency.

## National Child Day



National Child Day was on Sunday November 20. We started things off on Tuesday, November 15 with children's performer, Brian Lehr, who put on a magically, comedic performance for all in attendance. There were some great magic tricks along with good laughs. Thank you to everyone who joined us for that fun event.

Did you do something special with your child for National Child Day? Mark **November 20** on your calendar for 2012 and plan a time to spend together doing something memorable.

## Winter fun

### Outdoor fun

#### Capture the Snow Flag



All you need for this game is a piece of white cloth and a wooden spoon.

Tie the cloth to the end of the spoon. Mark off a set area to play your game, and have one person hide the flag by placing it anywhere in the snow within your set area, making sure to press the spoon into the snow so only the white cloth is visible.

Time how long it takes to find the flag each time it is hidden. Whoever is able to hide the flag for the longest time wins.

#### Snow Ball Relay



This game is a great way to burn off some extra energy. You'll need two or more teams of equal numbers to play.

Start off by making a "track" in your yard by tamping snow down in a large oval shape. Have each team make a snowball to use as their relay stick.

To play, each player runs around the track, and passes their snowball onto the next player. Continue this until each team member has run around the track. The first team to finish wins.

To make this a little more challenging, try making hurdles along your track by packing mounds of snow for the players to jump over.

#### Shoebbox Snowshoes



Do you have old shoe boxes lying around the house? Gather them up and create some snowshoes with your kids. Grab a box, punch two holes on each of the long sides and tie two strings across. This will hold the shoebox on your little one's foot. Slide their feet under the strings and voila! They have a new set of snowshoes.

Playing games and coming up with creative ways to stay entertained in your own winter wonderland is very easy to do.

### Indoor fun

#### Snowball throw



**Supplies:** A line drawn or taped on the floor

**How To Play:** Set a time for 2-3 minutes. Yell, "GO"! Each team throws their tissue paper snowballs back and forth across the lines. When the timer goes off, the team with the least amount of snowballs on their side wins.

#### Bird Seed Feeder

**You will need:**

Lard                      Pine Cone  
String                     Birdseed



**Instructions:**

Tie a piece of string around the widest part of the cone. Mix the lard and seed together, then press the mixture into the branches of the cone.

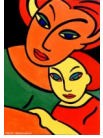
Use the string to tie the cone up in your garden for the birds to enjoy.

# Comfort, Play and Teach

Article from "Invest in Kids"

## Comfort, Play and Teach: The Essentials of Caregiving

Kids don't come with a handbook or a set of instructions for parent and caregivers. The research shows that there is no single approach. No magic potion will transform all of our children into happy resilient adults. But there are approaches with proven results. There are **three essentials of caregiving** that get children off to a good start.



**Comfort:** Infants and children are born with a very limited capacity to comfort themselves. They need us to comfort them when they are sick, tired, upset or otherwise frustrated. During the first five years, they need adults to gradually teach them how to handle their emotions and how to seek help when they need it.

**Play:** Play is important for children. Play is the major way young children learn about themselves and others. During the first five years, children need parents and caregivers to provide opportunities for play and at times to join in with the child in joyful, free, spontaneous moments of fun.



**Teach:** Children are born with almost no capacity to know what is safe and important. In the years before age five, they need parents and caregivers to provide routines and rules to maintain safety and respect for others. Parents and caregivers also need to provide consistent consequences and more guidance, suitable for the age and temperament of each child. Children are also born with a limited ability to stimulate themselves intellectually. They need parents and caregivers to teach them how to think, solve problems and communicate.

Most of these essentials take place in ordinary, everyday activities at home or daycare. Practically all adults are good at one of the 3 essentials. It is not crucial for each caregiver to be the "best" at all three. Children in families in which these essentials are shared among parents and other caregivers do fine.

The important thing to remember is that children need exposure to all three of these essentials.



### Parent Feedback

We always welcome any suggestions or concerns that you may have. **Your input only makes us better at what we do.** If you have any items that you would like to share with us, please drop your idea in the locked box outside the Child Care Center.

Let us know how we are doing and if we are meeting you and your child's needs. We always welcome you being involved with the program. If you would like to participate in any way (join us for lunch, cook a traditional recipe from home, be a guest speaker, read a story, etc.) please let us know.

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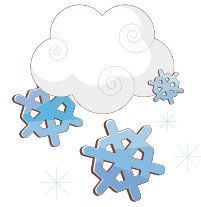
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Date: \_\_\_\_\_ Name: (optional): \_\_\_\_\_

## Frostbite

Exposure to below-freezing temperatures can cause frostbite, a rare but serious condition that requires emergency care. Frostbite can affect any area of the skin and in extreme cold can develop within minutes.



### Signs and Symptoms

- Aching pain or numbness, most often on hands, feet, face and ears
- Skin that feels hard and waxy, with a white or greyish yellow colour



### What to Do:

If you think a child is frostbitten call the doctor right away. Begin these steps:

- Bring the child indoors immediately. Do not try to thaw frostbite unless you're in a warm place (warming and the re-exposing frozen parts to cold can cause permanent damage).
- Remove wet clothing.
- Do not rub frostbitten parts— treat them gently.
- Do not use dry heat—such as a fireplace, oven or heating pad to thaw frostbite.
- Do not break any blisters.
- Warm the frostbitten parts in warm (not hot) water for about 30 minutes.
- Place clean cotton balls between frostbitten fingers and toes after they've been warmed.
- Loosely wrap warmed areas with clean bandages to prevent refreezing.
- Give the child acetaminophen or ibuprofen for pain.



### Think Prevention!

Stay updated on weather forecast. Keep kids warm and dry in cold weather. Loose-fitting, layered warm clothes are best. Have kids wear well-insulated boots, thick socks, hats, scarves, and mittens.

An ice pack applied directly to the skin can cause frostbite—always cover ice packs with a cloth before applying to the skin.