



The Quality Times



February 2011

Andrew Fleck Home Child Care Provider Newsletter

"Caring for children is what we do best!"

Provider Training

All workshops take place at 700 Industrial Ave
(unless otherwise stated)

Register for all events with **Kim** at 613-736-1913
ext. 243 or email krogers@afchildcare.on.ca

Please remember we are a Peanut and Scent Free Environment

Upcoming Workshops

First Aid Training

Date: Monday, February 28, **and** March 7, 2011 **or**
Monday March 21 and 28, 2011.

Time: 7:00pm-10:00pm (in the boardroom)

"Chat Night in the Kitchen"

Using the I Care For Kids, I Care For Quality home study manual, get together with Cindy Chouinard and other Andrew Fleck providers for a fun evening sharing stories and discussing child care issues.

Date: Monday, February 28, 2011

Time: 7:00pm-8:30pm

Chat Night at Maha's (Orleans)

Date: Thursday, February 24, 2011

Time: 7:00pm-8:30pm

Location: Maha's address is provided when you register with Kim.

Home Child Care Training-Orleans

Planning Your Day for Play (2 Evenings)

Attendance at both evenings is required to receive your certificate of participation, as well as to receive 1 credit towards your 2011 provider training allowance.

Presented by Shelley Vermette and Anne Ricard
(Home Child Care Consultants with AFCCS)

Date: Tuesday February 8 **AND** (March 1, 2011)

Time: 7:00pm-9:00pm

Location: OTTAWA PUBLIC LIBRARY - ORLEANS
1705 Orleans Blvd.

CONTACT Kristina at 613-742-5500 ext 233 to register.

Being There For Babies and Toddlers

Now offered on Saturday!

Dates: February 12, 26 and March 5, 2011

Time: 9:00am-2:30pm

Location: at 700 Industrial Ave.

To register: call Kim at 613-736-1913 ext. 243 or email

krogers@afchildcare.on.ca

Notes from Kim

The Quality Times Newsletter Provider Survey!

Next month you will have the chance to complete a survey in order for us to gather information about the content that you would like to see in the newsletter! We want to ensure that we provide you with relevant and valuable information that supports you and the care that you provide. Your ideas and feedback will be truly appreciated.

The Provider Appreciation Dinner this year will be held in conjunction with our Andrew Fleck Child Care Anniversary Conference in November 2011. As you have been an important part of Andrew Fleck's success, we feel that it would be more meaningful to acknowledge the care you provide when we celebrate our 100th anniversary. In the meantime, since we enjoy getting together with you, and we can't wait until November, we are planning a pot luck dinner in April 2011. Details will follow.

Birthday parties are always fun! Since Andrew Fleck is celebrating its 100th Anniversary this year, why not have a special playtime revolving around birthday parties and celebrations! Russell Levia is back again this year with his guitar, and bag of surprises for the children! Join Us!

Annual March Break Activity Day - Manor Park

Date: Wednesday March 16, 2011

Time: 9:00-11:00am (approximately)

Location: St. Columba Church 16 Sandridge Road, Ottawa
*Travel to the end of Montreal Road, across from the RCMP Headquarters.
(OC Transpo Bus Route #7 stops directly in front of the Church.)*

Morning snack will be provided. Call Kim Rogers to register.

March Break Activity Day - Heatherington Rd

Date: Thursday, March 17

Time: 9:30 – 3:00 pm

Location: Albion Heatherington Recreation Centre

**Morning snack will be provided
Bring your own lunch**

Russell Levia will be performing at 11:00am!

To Register: Call the centre at 613-247-4828

Stay tuned for more birthday celebrations throughout the year.

Dear Providers

As a follow up to our Saturday November 13th event, we would like to invite you to participate on our Partners Embracing Change Committee (PECC). This will be an opportunity to discuss various topics from a provider's perspective. More specifically you will be sharing your ideas on ways we can make positive changes for children and their families!

Our first task as a committee will be to plan a potluck dinner for providers and staff. This will be an opportunity to meet with others and to discuss your viewpoint on "What Quality Means to You". The first meeting will take place in late February so that there is time to prepare for an April potluck (dates to be announced).

2011 Home Child Care Calendar

The 2011 Home Child Care Calendar has received wonderful feedback from providers, staff and the community. When we sent out the request for volunteers to share their ideas for the calendar, Hala El Kilani, Fatema Begum, Rashida Akter and Maha Ahmad provided us with some interesting and creative ideas. Thank you for your contributions and also thanks to Kim Rogers and staff who formatted and edited the calendar.

If you are interested in contributing to our 2012 Home Child Care Provider Calendar, please contact Kim for more information.

Family Day: Monday February 21st is a statutory holiday and therefore providers are not required to be available. Please remind the parents of the children in care to call their Consultant if alternate care is needed.



TOY LIBRARY: If you would like to book a personal visit after office hours or on a Saturday, or have any questions about the toy library please call Kat Wilson at 613-736-1913 ext. 254 or send an email to kwilson@afchildcare.on.ca. Just a reminder, toys can be loaned out for a two month period. If you currently have over due toys please clean and return them to your Consultant as soon as possible. Thank you for your cooperation. Kat Wilson.



Nipissing Developmental Activity Corner

Learning How To Cut: When a child is ready to practice cutting with scissors, roll some play dough into long strands and encourage children to cut them into pieces. Gather up the left over pieces and continue to roll them out to be cut up all over again. When the cutting skill is mastered, they can then practice cutting paper. Collect all of the cuttings and have the children make a collage.



Shiny Heart Valentine Card

Children can make a special card and hand deliver it to someone special on Valentines Day!

Materials Needed: red and/or pink construction paper, aluminum foil, scissors, glue stick and markers (crayons)

To make a heart: fold paper in half, draw half a heart at the fold, then cut around your half heart. Unfold it and press the paper heart flat. You will find that after making a few, you will no longer need to draw half a heart, as you can now do one perfectly.

- ✿ Fold the paper in half to make a card. Cut a heart out of aluminum foil, see box above. Glue the foil heart to the front of the card, and gently smooth out the foil.
- ✿ Children can decorate the inside of the card with crayons or markers
- ✿ Invite the children to trace the outline of their hands, and add this little message of love....

A Valentine for You

*You are very special
so I'm making you a heart,
a valentine that's sure to be a proper work of art.
I've worked on it all morning, so it should
be ready soon,
I'll slip it in your pocket sometime this afternoon.
It's colored in with crayons and
it's trimmed with paper lace,
it has flowers, hearts, and cupids--
I can't wait to see your face.*

In The Kitchen

Love Potion Smoothie

- 1/2 cup frozen strawberries
- 1/2 cup frozen raspberries
- 1 small carton of yogurt
- 1/2 cup of ice cubes
- 1 cup of apple juice

Place strawberries, raspberries and juice in blender. Blend several seconds. If you would like a thicker smoothie add more fruit or for a thinner smoothie add 1/4 cup more juice.

This is one of those Valentine recipes that can be enjoyed year round.

Source: www.kids-cooking-activities.com/Valentine-recipes.html

Cold Weather Warning

Playing outside in the winter is fun but be prepared! Remember to listen to the weather forecast to check the outdoor temperature before going outside with children on cold days.

A Cold Weather Caution is in effect when Environment Canada forecasts a **wind chill of -15°C or colder.**

A **Frostbite Alert** is in effect when Environment Canada forecasts a **wind chill of -25 or colder.**

For more information on how to protect children from frost bite visit

www.ottawa.ca/residents/health/families/birth_6/safe/recreation/winter/protect_cold_en.html or contact **Ottawa PublicHealth** at 613-580-6744.

Please check your Provider Training Manual for the purple pamphlet called *Playing Safely Outdoors*. This pamphlet will provide you with information in regard to signs of frostbite.

Day Nurseries Act

Rest and Outdoor Play

Each child under thirty months of age that is in attendance for six hours or more in a day is outdoors for play for a period of up to two hours each day, weather permitting, unless a physician or parent of the child advises otherwise, in writing.

Adapted from: Ontario Child Care Licensing: Private Home Day Care Manual

SAVE THE DATES!

**Back by Popular
Demand!**

“Building Your Child Care Portfolio”

Amber Carty will meet with you to offer guidance and support as you develop a personalized, yet professional portfolio.

Date: Monday April 6, 2011
Time: 7:00pm-8:30pm
Location: 700 Industrial Avenue (Boardroom)

REGISTRATION: Call Kim Rogers (613-736-1913 ext. 243) starting in MARCH to register for this workshop. Spaces will be limited.

This new session is for providers who did not register for the first workshop.
(those already on a wait list will have priority)

More information will be provided in
your MARCH Newsletter!

