



# Greetings!



MESSAGE FROM  
DIANE DALEY, CEO

## **My warmest welcome to you!**

Whether you're new to Family Day or have been with us for a while, we are happy that you chose Family Day. I hope you have had a wonderful summer and enjoyed some down time with your family and those in your circle. We are so pleased to have you with us and look forward to being a partner in your child's development and well-being. The fall season often marks a change, we see this change in nature and also as we settle into new routines. For some children it will be their first time being cared for outside of their home, some will be entering public school for the first time and they will each face new experiences and expectations.

As a mom myself, I recall the emphasis on feeling the need to ensure my child was prepared for their day. I know firsthand how overwhelming this can be.

Each child will approach the new school year in a unique way, with many different feelings ranging from excitement to nervousness to worried to anxious—and everything in between. However, your child may be feeling, it's a natural reaction to

their own personal and family stresses. While not all stress can be avoided, we're pleased to share some practical coping tools that may bolster resilience and mental health.

As we transition back into the traditional school year, it's always important to focus on nutrition and healthy eating. In a recent Family Day parent survey, the importance of serving their children healthy meals and snacks was front and centre in the feedback. Did you know that all of our centres adhere to Menu Planning Guidelines standards that are based on current Child Care and Early Years Act regulations, Canada's Food Guide, and our own definitions of healthy food? The Act states that all meals, snacks and beverages provided to children must meet requirements detailed in Health Canada's food guidance documents and that drinking water must be available at all times.

Family Day menu planning guidelines will be reviewed and/updated to ensure

they align with any changes/updates to Canada's food guidance for children under the age of 12.

Foods are from a variety of ethnic backgrounds and reflect community cultures in each unique location.

Lunch entrée items are easily adapted to meet dietary/cultural needs of individual children.

Whenever possible, all children (including those with dietary restrictions) eat the same meal; where that's not possible, the entrée is to be modified to meet dietary restrictions, but is served as similar as possible to the original menu item.

Here's to a smooth, satisfying Fall transition for everyone!

**Diane Daley**  
CEO



# Could it be anxiety?

If your child is feeling fearful or overwhelmed, you might notice things like headaches, difficulty sleeping, irritability or emotional outbursts. Or they could seem withdrawn, overly tired or restless. Watch for signs of anxiety so you can provide support, such as:

- Talking about earlier bed times, setting aside time for homework and other new routines
- Finding ways to help reduce specific stressors. For example, if your child is worried about getting lost at a new location, book a visit and learn the layout before school starts
- Checking in regularly; emotions and feelings may change from day to day or week to week
- Normalizing any fears and offering reassurance to children that they can manage and that adults will be there to help

## More helpful tips for a smooth Summer-to-Fall transition

Your sensitivity and patience are essential ingredients for helping your child make a successful transition to school or daycare. Potential coping strategies to consider:



### Allow your child to share their worries

You can brainstorm ideas together. For example, if they are worried about being away from you all day long, the two of you can make a book of family photos for them to carry in their backpack and pull out when they are lonely.

### Resume 'regular' bedtimes and wakeup times a week or two in advance

Keep your tone positive, upbeat and firm.

### First Day Ever?

When dropping off your child for their 'first day ever' of daycare or school, do your best to look happy and relaxed. Don't linger too long when it's time to go. Say a quick, cheerful 'goodbye' and reassure your child that all will be well.

Think about creating a special good-bye routine, such as giving your child a kiss on the palm they can "hold on to" all day. Goodbye routines are comforting to children and help them and prepare for what's next.

Supporting your child through the back-to-school/daycare transition, staying positive and patient, is a loving way to help them take that next step!

## An ideal opportunity to adopt healthy family habits

A brand-new season is a terrific opportunity for everyone to adopt healthy habits.

Remember the basics:

- Eat a healthy, balanced diet
- Stick to a regular sleep routine
- Get outside for fresh air and exercise

Talk to your child about what might be different this year, such as how their friends may have changed over the summer, new teachers/care providers or taking the bus home.

Remind your child that you are there to help them work toward solutions. After so much time out of the regular schedule, young children may take longer to adjust or warm up to unfamiliar teachers and caregivers. Students may find their new routine more tiring than they expected.

If your child is having back-to-school worries or fears, give honest, direct, age-appropriate answers to their questions.

# HEALTHY EATING



## Tomato Peach Panzanella

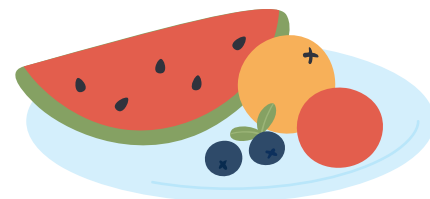
When Ontario peaches and tomatoes are bursting with plump, fresh, flavour like they are right now, this easy, economical recipe is the ideal showcase! Panzanella is a filling, nutritious meal in itself, but accompanied with hot, buttered corn on the cob, is there a more perfectly delicious dinner?

If you don't have white balsamic vinegar on hand, you can use regular balsamic, apple cider vinegar or even a splash of bottled Italian or vinaigrette salad dressing.

### **Makes 4 generous servings**

- 1 loaf crusty baguette
- 4 tbsp. good olive oil
- 2 large, ripe, unpeeled peaches
- 2 large, ripe field tomatoes
- 1 cup cherry or grape tomatoes
- 2 tbsp. white balsamic vinegar (you can easily substitute dark balsamic, apple cider vinegar or even a splash of your favourite bottled vinaigrette)
- 1 small package (6 oz.) fresh mozzarella, feta cubes or goat cheese
- 1/2 cup fresh basil leaves (reserve several leaves for garnish)
- Kosher salt and freshly cracked black pepper

- 1 Preheat oven to 425°. Cover a baking sheet with 2 tbsp. of olive oil, then sprinkle generously with salt and pepper. Toss bread cubes to coat and bake for 8 to 10 minutes or until they're just starting to brown. Set aside to cool.
- 2 Chop the peaches, halve the cherry tomatoes and cut field tomatoes into thin wedges. Slice, chop or tear cheese to your liking.
- 3 In a large bowl, toss chopped peaches, tomatoes and basil with remaining 2 tablespoons olive oil and a pinch of salt and pepper.
- 4 Stir in the cooled bread cubes, then add the balsamic and toss well.
- 5 Top mixture with another splash of olive oil, toss in the cheese, sprinkle with a pinch more ground pepper and garnish with several basil leaves.
- 6 You can let the salad stand at room temperature for a couple of hours before serving to allow all the flavours to meld.
- 7 If there are any leftovers, cover tightly with plastic wrap. Should keep for a day or two in the fridge, but let it come back to room temperature before eating.



## Nutritious food fuels brains

Snacks and lunches are an important part of good mental health for children of any age.

Lunch provides one-third of their daily calories. Vitamins A and C, iron and calcium are critical nutrients often lacking from children's diets. Healthy options like high-fiber foods, whole-grains, fruits, vegetables, legumes, protein and dairy will keep tummies full, boost concentration and help muster the energy they need for learning, playing and feeling their best.

Rest assured that the food Family Day provides ticks all the boxes. Our menu planning guidelines closely mimic Canada's Food Guide and other proven resources on nutrition considerations for children.

We define healthy foods as those:

- Containing whole food ingredients – fruits, vegetables, whole grains, legumes, nuts/seeds, dairy and lower fat beef, fish and poultry
- High in naturally occurring nutrients and fibre
- More moderate in calories and low in saturated fat, added sugars and sodium
- Containing no trans fat
- Containing minimal artificial colours, flavours or preservatives

It's important to remember that regular consumption of nutritious foods promotes growth, development and helps children form healthy habits early in life, reducing the risk of developing diet-impacted chronic diseases later in life.

Parents and caregivers play an important role in helping their children learn and shape food skills, attitudes and healthy eating behaviours.

# Our ongoing focus on **HEALTH & SAFETY**



The health, safety and wellbeing of every child in our care and every family in our trust is an ongoing priority. In view of the rising cases of Pertussis (Whooping Cough) in Ontario, I want to reassure you that we know how to keep the children in our care safe. However, like COVID-19 and polio and measles, Whooping Cough is extremely contagious and the absolute best protection for all children, teens and adults is to ensure their vaccines are up to date.

Before an effective vaccine was developed, Whooping Cough was considered a childhood disease like mumps, measles and chicken pox. Today, Whooping Cough primarily affects children who are too young

to have completed the full course of vaccinations, or in teenagers and adults whose immunity has faded. The whooping cough vaccine many of us received as children eventually wears off. This leaves most teenagers and adults susceptible during an outbreak.

That's why it's so important for pregnant women (and others who have close contact with infants) to be vaccinated.

Signs and symptoms develop 7-10 days after exposure and are similar to the common cold:

- Runny nose and nasal congestion
- Red, watery eyes
- Low grade fever
- Cough

But as Pertussis progresses, symptoms can also include:

- A violent and uncontrollable cough (sometimes so severe it causes vomiting)
- A 'whoop' (high-pitched intake of breath after coughing)
- Extreme fatigue

Keep in mind that infants may not actually cough; they may be noticeably short of breath or temporarily stop breathing.

Across communities, lead officers of health are constantly sharing research about this highly contagious condition, which can be life-altering, life-threatening or even fatal in infants and very young children. We are mindful about the virus and what it means for schools and child care.

**We hope you find this 'Welcome' letter practical and helpful. We also invite and encourage you to visit our website for more resources and practical information.**

Once again, we are here to support you! Please feel free to reach out to your centre supervisor if you have any questions or concerns.

## **SOURCES:**

[smho-smsso.ca](http://smho-smsso.ca)  
[ontario.cmha.ca](http://ontario.cmha.ca)  
[mayoclinic.org](http://mayoclinic.org)  
[itsallaboutdinner.blogspot.com/?q=panzanella](http://itsallaboutdinner.blogspot.com/?q=panzanella)  
[food-guide.canada.ca](http://food-guide.canada.ca)



**FAMILY  
DAY**

### **Family Day Care Services**

155 Gordon Baker Road, Suite 400  
Toronto, Ontario M2H 3N5  
416-922-9556  
[familydaycare.com](http://familydaycare.com)

 [facebook.com/FamilyDayCareServices](https://facebook.com/FamilyDayCareServices)

 [@FamilyDayGTA](https://twitter.com/FamilyDayGTA)

### **Our Programs**

- Licensed Home Child Care
- Child Care Centres
- School Age Programs
- Resource Programs
- EarlyON Child and Family Centres
- Homework Plus

### **FOCUS Newsletter**

Design:  
Wishart by Banko  
Creative Studio



**United Way  
Greater Toronto**

***For countless families, Family Day is the only way!***