



## We're serving up a new menu!

As part of an extensive menu review by a registered dietitian, a new menu is being rolled out at centres across Family Day. Family Day cooks have also received training in the process. The new menus will improve the quality of food served to children across Family Day, and were created after an agency-wide survey of supervisors, cooks and parents this past April.

## We want to meet with you!

Family Day will be conducting our Parent Advisory Group meetings very soon. Please keep an eye out for details posted at your centre.



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### Our Programs

- Licensed Home Child Care
- Child Care Centres
- School Age Programs
- Resource Programs
- Ontario Early Years Centres in Toronto East, York Region and the Region of Peel

### Family Day Focus Newsletter

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



**FAMILY  
DAY**

**WINTER  
UPDATE 2015**



# Bullying prevention: what you need to know

As a society in general we have increased our understanding and awareness of bullying and the impact it can have in both our schools and child care, and also in the workplace. In fact several initiatives have been created to combat bullying. These include awareness campaigns like Bullying Awareness week in mid-November and the passage of the Safe Schools Act in Ontario.

Some research has shown that bullies are insecure and need attention, and that is why they bully, however there is increasing research that shows that sometimes bullies are people who very confident and have lots of control and power in their life. They bully others because they get away with it. We have also learned that when we are aware of bullying behaviours and we

do not do what we can to stop it, then we become passive participants of bullying because we are allowing it to happen.

Bullying occurs when there is a power imbalance and that power is abused. Bullying can happen in different ways. It can be verbal and include things like name calling. It can also include things like physical attacks and psychologically demeaning and shaming online. Online bullying is also referred to as cyberbullying and has become very prevalent. It can be very difficult to address because it is difficult to manage negative information about someone once it has gone online. Cyberbullying can also be very common amongst children who use social media and cell phones and who participate in interactive online games.

Wherever bullying happens, it impacts others because it creates feelings of fear and insecurity in the environment. Addressing it appropriately is important in ensuring that the bullying stops. At Family Day, we encourage all parents to watch out for signs that may point to their child being a potential victim of bullying. Also, children should be empowered and encouraged to tell an adult if they see bullying happening. This can help everyone within that social group support each other to name bullying behaviour and challenge it as a group to stop it from happening.

- *It is important for parents to gather information from their child about what has happened.*
- *Reassure the child that addressing this will help the bullying to go away.*
- *Acknowledge feelings of anger, guilt and shame. Use simple language.*
- *Help your child to understand that it is not their fault.*
- *Reassure and empower the child to address the impact on their self-esteem.*
- *Observe any changes in their child's behaviour and speak to their child's teacher if you are concerned. This will ensure that the child is supported and also allows the teacher to introduce strategies into the program that will address the problem in an age and stage-appropriate way.*

**Turn the page for more  
information on bullying**



Family Day Care Services • [www.familydaycare.com](http://www.familydaycare.com)



## Message from Joan Arruda, CEO

This year's Parent Advisory Groups will take place across Family Day in November, February and May. The meeting is our chance to hear from you as parents, and to receive valuable input on our programs and services. I encourage you to attend, and to share your thoughts or questions regarding our programs and services. I look forward to sharing exciting new information with you at each meeting, and I hope to attend many of the sessions to meet with parents one-on-one.

Please look for the posters in the child care programs and come out to a session near you.

The world of child care is continuing to evolve and change with the implementation of legislative changes that came into effect on August 31, 2015.

Family Day is pleased with these long overdue changes to the legislation. It is our understanding that more changes may be introduced in the late fall or early winter, which will continue to impact our sector. I encourage parents to review the Ministry of Education's website, which has excellent information on these many changes and good information about child care: [www.edu.gov.on.ca/childcare](http://www.edu.gov.on.ca/childcare).



As part of our rebranding, Family Day signage will be changed at all our sites. This is all part of our renewal. We are still the same great service – just in

the final stages of developing our new brand.

In addition, we have produced three short videos that will be linked on our website, which speak to our choices in child care and the strong talent that works for family day. Please have a look at the videos and share with your friends and family who are considering child care. I would like to thank the staff and parents who participated in these productions, and who spoke so eloquently about Family Day as being the right fit for their family.

Family Day is a member agency of the United Way of Toronto and York Region. We are pleased to support our own agency fundraising campaign for the United Way, and appreciate the donations from families that help us support their excellent work in our communities.



## Bullying: Here's what you should be looking out for

Parents may be advised by staff that bullying is occurring in their child's life. Or they may discover their child is the one doing the bullying. In other cases, they may not notice subtle symptoms and signs of bullying at all.

How parents identify and handle bullying is an important part of helping their child overcome it. Parents may fall into the trap of taking the news personally when they learn bullying is happening. They may become defensive if they learn their child is accused of bullying. If they learn their child is the victim, they may not know what advice to give, or they may fear it is a sign of weakness.

Children being bullied may become less engaged in conversations with others, experience a loss in appetite, and retreat into themselves socially. They may seem more anxious and fearful than usual, and may not want to go to school or child care. There may also be other symptoms to look out for, like unexplained stomach aches, nightmares or bed wetting.

If these symptoms persist for an unusual amount of time, parents are advised to seek professional help.

At Family Day's centres, program consultants bring in resources to help support centre staff in addressing bullying. These can include introducing social games that promote positive peer interactions, social skills and problem solving.

For more resources on bullying, please visit [www.PREVnet.ca](http://www.PREVnet.ca), a Canadian network of researchers and organizations.



## Thank you to all our bowling for Family Day sponsors

This past April, our annual bowling fundraiser raised net proceeds of \$27,000 for Family Day's child care programs and services throughout the Greater Toronto Area.

Funds raised helped us achieve:

- ✓ More language and literacy initiatives
- ✓ Enriched after-school programs
- ✓ Additional resources for children with special needs
- ✓ More community outreach to at-risk families

Next year, the event will include a bowling event on Saturday, April 23, and an agency-wide raffle that is slated to begin in early 2016.

## Largest-ever Family Day team tackles CN Tower climb

Family Day fielded a large, committed group of climbers to conquer all 1,776 steps of the CN Tower on Sunday, Nov. 8. Congratulations to all the climbers who rose at the crack of dawn to take part in this annual event.



## Thank you for sharing your thoughts with us!

Thank you to all who took part in our annual parent survey. Family Day appreciates your feedback, and it will be used towards improving our services. Congratulations to Ritu, a parent from the Hickory Wood Child Care Centre who won the iPad draw for completing our survey!