



FAMILY
DAY

FOCUS

WINTER
ISSUE 2020



FAMILY DAY BEFORE AND AFTER SCHOOL PROGRAMS

High-quality and making it fun!

Family Day is committed to ensuring that all programs are high-quality and support children in achieving learning goals. In addition, Family Day makes sure programs are fun and focused on children's interests.

The emphasis is on programs that are developed through evidenced-based approaches: How Does Learning Happen? Ontario's Pedagogy for the Early Years, The Assessment for Quality Improvement (AQI) and Principles of Healthy Child Development (PHCD), are integrated into our before and after school programs, for children 6 to 12 years old.

Our programs are delivered by skilled, experienced educators who work to promote a positive experience for our children, while ensuring program quality. Professional development for our educators is ongoing at Family Day. Our before and after school program educators are trained using the Principles of Healthy Child Development developed by High Five, highlighting benchmarks of quality.

Educators are trained in three design



guidelines that are seen as non-negotiable. They exist so children can learn, grow and develop. These guidelines include everyone being safe, and programs being developmentally appropriate, and welcoming of diversity and uniqueness.

THERE ARE FIVE PRINCIPLES THAT PHCD EMPHASIZES:

1. Friends
2. Play
3. Mastery
4. Participation
5. A Caring Adult

Working with children in the middle years, we see children in various stages of development. "For us, it is important that each child's needs are uniquely supported," says Lisa S., Manager of Pedagogy and Quality at Family Day.

At Family Day we strive to develop a learning culture for both our educators and children. In addition to our ongoing staff professional development, we promote a culture of mentoring, coaching, and peer-to-peer learning.

BEFORE AND AFTER SCHOOL CONVERSATIONS:

PEER-TO-PEER MENTORING

Education, training, skills and capacity building is ongoing at Family Day. Before and after school educators' conversational meetings, happen regularly. This is an innovative and collaborative way for educators to come together and share ideas that support children's programming. Over the past few years, our educators have leveraged these opportunities to network, plan and discuss their programs, and how they promote child-centered activities. These structured meetings are led directly by educators and supported by Family Day's in-house Pedagogical Consultant, Linda S.

As an experienced pedagogical leader, Linda supports an environment that promotes reciprocal learning between educators and ensures all voices in the group are heard. Her goal is to provide support to educators in building their strengths and raising their profiles. She also coaches the lead mentors in taking on the role of group facilitators. Linda sees this as a win-win situation for the children and the educators. "The educators get to ask questions and learn ways to build their capacity in a supportive environment," says Linda.



CREATING A SENSE OF BELONGING

and after school program at Sir Isaac Brock Public School, focuses on creating a home-like environment in her program. "I try my best not to direct, but take my direction from the children," says Jas. "For instance, I believe the children really pick up on my energy as an educator. When I am calm and positive, that energy is transmitted into the environment."

"I look for opportunities to incorporate the use of technology as a way to

advance learning. These days children are leaders when it comes to using technology. They use cell phones to research information. They use YouTube and Google as tools to promote learning. I encourage this learning as it promotes opportunities to keep their interest. For example, they can find music, or a song they like that is appropriate for them to enjoy in the program." This is just one way that Jas S. keeps the program fun and interesting.

Before and after school age programs are places where children can be cared for in their community – a familiar space, most often located where they go to school. Staff members work hard to create a sense of belonging and seamlessness between home, school and community. Each of the communities Family Day serves is different and this is reflected in our programming.

Jas S., an educator at the before

As we create a sense of belonging for children in our programs, we also recognize our Family Day educators who are making our before and after school programs fun!

HOW TO LIMIT SCREEN TIME

Here are 5 tips to help you limit your child's screen time to a reasonable, healthy amount:

1. Encourage other activities

Encourage your children to become involved in activities that don't involve screens. Get your child to play outside, read a book or play a game.

2. Don't allow screen media in your child's bedroom

It's impossible to monitor children's screen use if it's

allowed in their bedrooms. This includes hand-held devices that can also interfere with their sleep.

3. Model healthy electronic use

It's important to role model healthy electronics use for your children. Keep that in mind before you binge-watch Netflix or spend spare moments scrolling through your phone.

4. Talk to kids about the dangers of too much screen time

Kids who understand,

"It's not healthy to watch too much TV," are less likely to break the rules compared to kids who think, "I can't watch TV because my parents are mean."

5. Make screen time a privilege

Screen time should be a privilege and not a right. Once you've set a limit on how much screen time is allowed, don't give children extra time as a reward.

Info: Amy Morin,
VeryWell Family



MESSAGE FROM DIANE DALEY, CEO

Our Future Leaders

As a service provider caring for young children, our priorities at Family Day are meeting our legislative requirements, related to health and safety, and working with children to create a sense of spontaneity and fun. Our before and after school program children are smart, inquisitive and inquiring learners, with many different questions and opinions.

This edition of Focus highlights before and after school programs at Family Day, and our approach to creating a fun, interesting and engaging experience. Our programs are delivered in partnership with our school boards and we strive to make this a seamless experience for children. The educators in the program use approaches based on research. They listen to children and build on their interests, expanding on learning and concepts that children experience at school or home. What may seem to be a simple idea can sometimes launch into a complex learning experience for the children and the educator.

As CEO of Family Day, and an advocate of high-quality, licensed childcare, I see before and after school programs, in a safe and supervised environment, as a strong social support for families.

In our environment, we have opportunities to be the facilitators of children's learning in very open-ended ways. Our approach to learning creates opportunities to nurture curiosity and experiment on children's unique interests and perspectives. As educators we also have an opportunity to learn from children. Our school age children are open to taking risks, experimenting and trying new ideas. They do not see barriers in the same ways we do. They see potential!

Though we live in a society where there is much uncertainty, including the current worries regarding the Novel Coronavirus (COVID-19) and worries about our ecosystem, it's certainly positive to recognize the potential these young people have, and the many possibilities for their future contributions.



ENGAGED STAFF IN THE CLASSROOM

Julianne T., an educator at Family Day's Lynnwood Heights school age program in Toronto, works to create a nurturing and trusting environment for children. Julianne says she sees her program as an opportunity to build on children's learning concepts from school. "I see myself as a partner in the children's learning, and work hard to incorporate their interests into the program. Our focus changes when their interest changes." She goes to lengths to expand on their interests.



Julianne shared several areas of focus that the children were passionate about. For example, there was a project about the solar system, which was built

on concepts taught at school STEM (Science, Technology, Engineering and Math) programs.

Another project focused on homelessness after the children took a community walk to a local Walmart and noticed a homeless person on the street – this experience sparked much conversation. The children's interest led them down the path of initiating an amazing and spontaneous fundraising initiative. The children were involved with creating simple care packages for the homeless. "I could see the children developing empathy, sensitivity, as well as a strong sense of compassion for others as they prepared these packages," says Julianne. "I have heard the children having conversations and giving feedback to each other about valuing the fact that they have food and snacks to eat. One child reminded another about the notion of hunger and people who do not have access to food."

I'M A Happy CAMPER



Summer is just around the corner (really)! With sunshine in mind, registration is now open for Family Day's summer camp programs. To register your child for a great summer at one of our school-age or extended-day camp programs, visit familydaycare.com

Spots are available on a first-come, first-served basis, so be sure to register today!

SAVE THE DATE FOR OPEN DOORS 2020

Make sure to mark your calendars: Family Day's third annual OPEN Doors event will take place on **Saturday, October 3, 2020 from 11 a.m. to 2 p.m.** at the Kortright Centre for Conservation. The event will provide our children, families, staff and caregivers a day of activities in the forest.



OPEN DOORS FAMILY DAY OUTDOOR LEARNING ADVENTURES



UNITED WAY CAMPAIGN A SUCCESS



United Way
Greater Toronto

Take a collective bow! Family Day's 2019 United Way Campaign raised \$20,369 for the charity. Fundraising activities included the Family Day employee pledge campaign, child care centre dance-a-thons, and the annual CN Tower climb. We would like to thank everyone who so generously participated in the campaign.

JOIN OUR FACEBOOK FAMILY

Family Day's Facebook community is now 1,400+ people strong. Our page acts as a "meeting place" for parents and staff, and a great spot to find out what's going on in our child care and EarlyON programs. Join the conversation at facebook.com/FamilyDayCareServices



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United Way
Greater Toronto

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Our Programs

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

FOCUS Newsletter

Design and production:
WISHART.NET

For countless families, Family Day is the only way!