



The far-reaching impact of the pandemic

The pandemic exposed deep cracks in our systems, leaving many families in crisis. While the switch to virtual/online programming and service delivery may have eased geographical barriers for many, it caused considerable inconvenience and uncertainty for many more.

Research reveals that many families could not access the services and supports they relied on. These gaps have stalled or reversed progress for many children and youth.

On average, for every 30 days of school closures, children lost about 32 days of learning. A significant number of students found remote learning a poor substitute for the classroom. Many missed out on learning altogether or forgot what they learned.

In the short term, we as educators must assess learning and match instruction to our students' learning levels, and keep our focus on foundational learning.



Greetings!



MESSAGE FROM
DIANE DALEY, CEO

Signs of renewal and rebirth are everywhere.

There are also signs of recovery!

After navigating the negative physical, mental and financial impacts the pandemic has had on the well-being of families, there is hope on the horizon.

However, what many of us had hoped would be a return to "normal" has in fact become the "new normal." As a result, many families are experiencing anxiety and mixed feelings about post-pandemic life.

In this issue, we'll look at the ways in which the pandemic has affected us, as well as

some of the ongoing challenges we might be likely to experience in this new normal. We also have a few tips and suggestions for coping with post-pandemic life.

Thank you for your trust in Family Day Services.

With spring's full bloom behind us and the lazy, hazy days of summer about to begin, here's hoping you and your family have plenty of chances to experience all the joys and traditions that the seasons bring.



WAYS FOR YOU TO NURTURE YOUR WELL-BEING

A slower pace and spending more time at home over the past few years has resulted in a silver lining of sorts for families. From the reduced stress of not having to commute to having more flexibility during the day, many took time to reflect on and rearrange priorities.

However, children and youth may continue to experience feelings of anxiety and sadness—especially if they missed out

on forming social connections, mastering academic challenges and celebrating milestones (such as graduations).

Parents, caregivers and educators may also be feeling anxious or out of sorts. Circumstances have changed so many times over the past few years, even “getting back to normal” can feel daunting. Here, we offer some little wellness moves you can make right now:

Acknowledge moments of gratitude of joy

Try writing down something that made you smile or something you're thankful for. You can write these moments in a notebook or jot them down on a note on your phone. You can also share these moments with your family, friends, students or coworkers and ask them to share their own.

Reflect on your feelings and needs

It's important to recognize and name your emotions. When you experience a feeling, take a moment to:

- ✓ Name the feeling and why you're feeling that way
- ✓ Think about what you need at the moment and going forward

For example, you might say, “I'm feeling overwhelmed because there's a lot of

information about new technology being used at work. I need a 5-minute break. Then I need to write down my questions and identify a person to problem-solve with.”

Make time for yourself each day to do something that is not technology-related

Take a walk, read, go on a hike, do some light exercise or just spend time with loved ones doing something fun.

Recognize what is and is not in your control

Consider making a chart to show what is and isn't in your control. For example, one thing in your control is the ability to provide a sense of security for your family. One thing outside of your control is how much news your children are exposed to at school or other places without you.

Plan more opportunities to connect!

When we have gatherings with food and drink to celebrate positive life events, it helps everyone feel supported. This also benefits people's mental well-being.

Walk!

Not only does walking strengthen your heart, it can also boost your mood and your spirit.

Eat greens

Dark, leafy greens are a great source of Vitamin K, which helps guard bones from fracturing. Aim for at least 2 servings of spinach, kale, broccoli or cabbage every day.

Take a night time bath

A Japanese study found that people who took a warm bath after 7 p.m. were less likely to have high blood pressure than those who didn't.

Also, for your consideration to enhance well-being:



Avoid over-committing yourself



Make plans to “re-do” missed milestone events (birthdays, graduations)



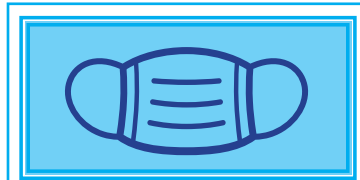
Be patient with yourself and others



Try to plan pleasurable activities at the end of each day



Take short breaks throughout the day to stretch, make a cup of tea, meditate or take a stroll (indoors or outdoors)



If you are feeling uncertain about managing certain social situations such as: should you wear a mask?
...

Hug or shake hands or not? Don't be afraid to express your concerns or preferences



Understand that mixed feelings make sense; go easy on yourself



SELF-CARE TIP SHEET

Get some sort of daily exercise, even if it's just taking a walk

Eat well

Make getting a good night's sleep a priority

Practice or learn breathing exercises or meditation

Confide in people you trust, especially if you are feeling anxious, overwhelmed or depressed

Journal

Be kind. Kindness isn't just a happy face emoji. Thanks to the cooperation and collaboration it fosters, kindness is one of the main reasons people have been able

to survive and thrive in communities for thousands of years. Remind yourself that being kind doesn't mean letting other people take advantage of you or that you can't set boundaries when you're asked to help and you're just not up for it. It doesn't mean never getting angry or having negative emotions. Kindness is a matter of treating others with dignity and respect even when we disagree.

Family Day is here for you

Whether you are new to us or already know us, please think of Family Day as your trusted partner.



As part of the Canada-wide Early Learning and Child Care system (CWELCC), we offer families access to affordable, high-quality, inclusive and stress-free child care options. And remember, choosing licensed child care means choosing peace of mind!



Sources:

<https://www.realsimple.com/food-recipes/browse-all-recipes/cacio-e-pepe-recipe>
<https://kidsbrainhealth.ca>
<https://healthsci.mcmaster.ca>

This kid-friendly recipe is a real keeper!



Cacio e Pepe Deviled Eggs

The classic spring appetizer gets an Italian twist

Ingredients

- 12 large hard-boiled eggs, peeled (unpeeled hard-boiled eggs can be made up to 3 days ahead and stored in the fridge)
- 1/2 cup Greek-style yogurt
- 1/4 cup finely grated Pecorino Romano or Parmesan cheese + more for garnish
- 2 teaspoons apple cider (or other flavoured) vinegar
- 2 tablespoons finely chopped fresh chives + more for garnish
- 4 teaspoons freshly ground black pepper + more for garnish
- 1 teaspoon kosher salt



Preparation

1. Cut peeled eggs in half lengthwise. Scoop cooked yolks into a bowl and wipe any traces of yoke from egg whites.
2. Mash yolks with a fork, then stir in yogurt, grated cheese, chives, vinegar, pepper and salt.
3. Transfer yolk mixture into a large zip-top freezer bag and snip off one corner. Pipe yolk mixture into egg white halves. Top with reserved grated cheese, chopped chives and pepper.



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Writing and Design:
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For countless families, Family Day is the only way!