



Welcome!

MESSAGE FROM
DIANE DALEY, CEO

Welcome, to all returning and new families.

The past few months have been a time like no other in history. The pandemic, lockdown and concerns about COVID-19 have been top of mind for everyone. As we all do our part to manage the spread of COVID-19, many of us have also had a change to our daily routine, including: working from home and supporting children with virtual learning, in addition to taking care of our families.

In July, Family Day began to reopen child care centres and our home child care programs. The agency has worked in partnership with our local public health departments to implement health and safety guidelines and train all staff with the new requirements and guidelines for a safe reopening. New protocols include: frequent sanitizing of high touch surfaces and active screening of all individuals entering the programs, including limiting access to our sites to only the individuals

who must enter. Staff will also be wearing personal protective equipment to reduce the risks of contamination. As information changes, the guidelines and protocols are also being updated. Our focus on health and safety for everyone is a priority and will be ongoing. I want to reassure families that we will be working hard to keep the children in our care safe. Our new health and safety protocols may also require you to take additional time to pick up and drop off your children, and your patience is appreciated.

Across communities, lead officers of health are constantly sharing research about this virus, including information about new symptoms, reducing your risk and getting testing. We are mindful that there is much uncertainty about the virus and what it means for schools and child care, as well as what could happen in the fall, in relation to a potential second wave. The answers to these questions are unclear and this can be very overwhelming, causing additional stress.

In this edition of our welcome newsletter, we have included some helpful resources specifically for families, to support you in this transition back to child care. I hope you find these resources helpful. I also encourage families to visit our website for additional information and to review our FAQ about our Extended Day and Before & After School reopening plan.

Once again, we are here to support you. Please don't hesitate to reach out to your centre supervisor if you have any questions.

[Click here to review our FAQ about our Extended Day and Before & After School reopening plan](#)

[Click here and give this excellent handwashing video a hand](#)



What Comes Next: Back to Child Care Following Shelter-in-Place

If you imagine this change may be harder for your child after months of “just you,” you are probably right.

Your young child has just had months of time with you at home. Most likely, there have been no other caregivers outside of your own family, due to shelter-in-place guidelines. But now – as communities begin to re-open – you may be facing a major transition for your family: heading back to child care. Here are some unique 2020 tips for managing the pre-school transition:

Remember that this is not just a regular transition Even very young children sense when there is stress in the household. Your child has managed this period of confusing changes and now they are encountering yet another big transition – going back to child care. Stress adds up and, over time, our resilience can be run down. Your sensitivity and patience are essential ingredients for helping your child make a successful move back to their care setting.

Suggest coping strategies When you allow your child to share her worries, you can help her think through how to deal with them. For example, if she is worried about missing you, the two of you can make a book of family photos to keep in her cubby and look at when she is lonely.

Notice nonverbal messages Most 2- and 3-year-olds are not able to use language to fully explain their feelings. Listen to what they're NOT saying.

Edited from a blog post courtesy of Rebecca Parlakian, Senior Director of Programs, Zero to Three

Get back into the routines of bedtimes and waking times The transition to child care is easier when you are not also dealing with a tired, cranky little one. In the week before your return to your child's program, begin to use 'school night' bedtimes and wake-up times so that everyone can get back into the child care routine.

Keep your tone positive and upbeat Children pick up on the reactions of the trusted adults in their lives. So try not to look worried or sad, and don't linger too long when it's time to go. Say a quick, upbeat 'goodbye' and reassure your child that all will be well.

Think about creating a special good-bye routine For example, you can give your child a kiss on the palm to “hold” all day long. Or, the two of you can sing a special song together before you leave. Goodbye routines are comforting to children and help them understand and prepare for what will happen next.

Truly, this hasn't been an easy past few months, but the return to child care is one sign that life is going back to (a new) normal. Supporting your child through this process – staying patient and loving even in the face of challenging behaviours – is a loving way to take that next step, together.



8 Reasons You (Really) Want to Spend Time in Nature

Pulling from research in psychology, epidemiology, neuroscience, and medicine, Dr. Willi Broeren, a family doctor in Fredericton and enthusiast of the great outdoors, created a compelling list of eight benefits of spending time in nature.

- 1 Access to parks reduces our risk of death and disease
- 2 It's good for your brain
- 3 Nature helps boost our immune system and decrease inflammation
- 4 Nature has the power to heal
- 5 Exposure to nature and greenery is good for students
- 6 Walking in the woods is good for your physical well-being
- 7 Time in nature makes us kinder
- 8 Being in nature makes us happy!

For his full article, click here: <https://tourismnewbrunswick.ca/story/8-reasons-why-you-really-want-spend-time-nature>

Be sure to try this tonight:

Grilled Peaches

The grill can elevate sweet, juicy Ontario fresh peaches from an over-the-sink snack to a stunning dessert or a side dish.

1. Halve and pit the peaches. Brush olive oil on the flesh side of the peach to prevent sticking.
2. Grill the peach flesh side (cut-side) down, over medium heat, for 4 to 5 minutes until you see grill

- marks on the flesh.
3. Flip the peaches and cook until tender (4 to 5 more minutes)

Serve on their own, with ice-cream or yoghurt or as a side with your main dish.



FAMILY DAY



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FOCUS Newsletter

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For countless families, Family Day is the only way!