



Welcome!



MESSAGE FROM DIANE DALEY, CEO

My warmest welcome to you! Whether you're new to Family Day or your family is returning for another year, we are so pleased to have you with us for 2022/23. We look forward to meeting and connecting with you.

We are also incredibly pleased to share that Family Day has opted in to the Canada-wide Early Learning and Child Care system (CWELCC). This system will:

- give families access to more affordable and high-quality child care options
- help lower child care fees for parents of children under the age of six
- increase child care spaces
- support the child care workforce
- support inclusive child care

Parents or guardians of children under the age of six do not have to apply to receive a child care fee reduction.

In May, it was my privilege to attend the World Forum on Early Care and Education, an on-going global exchange on the delivery of quality services for young children in diverse settings. The

World Forum Foundation is committed to improving the lives of children throughout the world by connecting, informing and inspiring the early childhood professionals who support their growth and development.

I found this Forum timely and relevant. Our children need early childhood leaders who are effective change agents for quality early childhood development.

That being said, these past two years have certainly been challenging for the childcare and education sectors.

While many children, students and families are likely eager to return to a "more normal" fall routine, it's only natural that some may be feeling uncertain about what the end of summer holds.

Even as society opens up, we must keep in mind that each child will approach this new season with feelings ranging from excitement to nervousness to worried to anxious—and everything in between.

Throughout the pandemic, many families have experienced financial,

employment, social and health challenges, significant disruptions and profound loss. Some have also witnessed inequities, systemic prejudice and racism in these unprecedented times.

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, having some practical coping tools can bolster resilience and mental health.

In this issue, we offer some essential expert advice to support a mentally healthy Fall/Winter routine. Here's to a smooth transition for everyone. And always remember: you know your child best!



For more details and the most up-to-date information, visit our website:

<https://familydaycare.com/canada-wide-early-learning-child-care-plan/>





THE MANY FACES OF ANXIETY

If your child is feeling fearful or overwhelmed, you might notice things like headaches, trouble sleeping, irritability or emotional outbursts. They might seem withdrawn, overly tired or restless.

Watch for signs of anxiety so you can provide support, such as:

- Talking together about the return to end-of-summer 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
- Checking in regularly; emotions and feelings may change from day to day or week to week
- Normalizing any fears and reassuring them that they can manage and that adults will be there to help



TAKE CARE OF YOU AND YOUR CHILD

You and your child's overall health and well-being is of the utmost importance! The end of summer is a terrific opportunity for everyone in the family 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

Also, pay attention to stress levels. When you begin to feel anxious or upset, take a few deep, slow breaths to calm yourself.

If your child has been learning remotely for more than two years, talk to them about what might be different, such as how their friends may have changed in their absence.



CONVERSATION STARTERS

Consider asking your child:

- How are you feeling about daycare/school this year?
- Who are you looking forward to seeing this year?
- Is there anything you're feeling worried about?
- How can I help you to feel comfortable?

Provide your child with a safe space to share feelings. Mirroring — reflecting a child's experience — is one of the most important parenting skills. If your child seems troubled, pick a quiet moment and say, "I'm noticing a different vibe with you. I feel like there's more going on than you're sharing."

Children often take their emotional cues from the adults in their lives, so it's important to remain calm, listen to concerns, speak kindly and reassure. Let your child lead the conversation. Think WAIT (Why Am I Talking?) before you speak.

Remind your child that you are there to help them work toward solutions.

After so much time at home, young children may take longer to adjust or warm up to unfamiliar teachers and caregivers. Students may find their new in-person school day more exhausting than they anticipated. Encourage them to pace themselves.

If your child has COVID-19 fears, address them honestly. Give direct, age-appropriate answers to their questions. If you don't know the answer, look it up together using trusted online sources (like the UNICEF and World Health Organization websites: www.unicef.ca; www.who.int).





Nutritious Food Fuels Good Mental Health

Snacks and lunches are an important part of good mental health for children of all ages. 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 needed to power through each day. You can be assured that the food Family Day provides for younger children ticks all the boxes. We know that children get along better with peers and cause fewer disruptions when they eat properly.

If you are packing lunches for older children, here's a healthy, tasty, nut-free, easy-to-pack snack recipe:

<https://www.realmomnutrition.com/nut-free-snack-bars/>

A new Portal that works for Everyone

With more than 50 centres – plus more than 200 licensed home child care programs – Family Day offers care to thousands of families like yours. But that means lots and lots of information, and we want to make it easier and more efficient for you to put in and change your child's important information.

FAMILY DAY CHILD INFORMATION MANAGEMENT PORTAL

Coming soon, our new Child Information Management Portal (or "Portal", for short) will be a one-stop site for you to update your child's information, manage and make payments, register for programs, and more! No matter how many children you have, no matter how many programs you're registered in, Family Day's Portal will handle it all in one place.



Keep your eyes peeled for more information in the coming months.
We can't wait for you to see it!



OPEN DOORS
FAMILY DAY OUTDOOR
LEARNING ADVENTURES

*Join us for a fun day
in the Forest!*

Kortright Centre for Conservation

Saturday, October 1, 2022

from 10 a.m. to 2 p.m.

Rain or Shine

Register for FREE

REGISTER: <https://www.eventbrite.ca/e/family-days-outdoor-adventure-tickets-379211029397>

Pick-up time can be a special time



It's so true... pick-up time can be a special time for everyone—parent, child and staff. Your child's day is fresh in his/her mind,

so it can be one of the best moments to have a conversation. For the staff, these few minutes are when information can be passed along. So where possible, avoid interruptions from your mobile device and really enjoy the moment.



Sources: <https://www.realmomnutrition.com> ● <https://smho-smsoc.ca> ● <https://ontario.cmha.ca> ● <https://www.unicef.org>



FAMILY DAY

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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

Writing and Design:
WISHART.NET



United Way
Greater Toronto

For countless families, Family Day is the only way!