

**Southgate Medallion
Family Day Homes**
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**Southgate Medallion
Family Day Homes**
Excellence in Child Care & Early Learning

For the Parents



**Agency Office will
be closed:
Good Friday
March 30
Easter Monday
April 2**

Please inform your consultant of any changes to your schedule 5 business days prior to the end of the month so we can ensure the correct fee amount is withdrawn.

When terminating child care you are required to give your provider and the agency two weeks written notice.

Alberta Child Care Subsidy Office is open until 8 pm

Click [here](#) to view our website.

Click [here](#) to view our Facebook page.

Volume 1, Issue 2 Southgate Medallion Tribute March/April 2018

Parent Surveys and Tax Receipts

Parent surveys and tax receipts were dropped off at your day home in February. Please contact the office if you have not received your tax receipt for care provided last year.

We look forward to receiving your completed parent survey by March 15th. Thank you for taking the time to provide us with your feedback.

Easter Holidays

Please note that March 30th, Good Friday, is a regular statutory holiday. All day homes will be closed. April 2nd, Easter Monday, is a quasi-stat. Please speak to your provider if you require care.

Agency Emergent Curriculum Conference

Saturday, April 28th Southgate Medallion Family Day Homes will be hosting a conference from 8:15am - 3:00pm at the Woodvale Community Facility (4540 50 St.). Cost is \$70. Workshops on Emergent Curriculum will be presented by Tina Franchuk of Inspired Minds Early Childhood Coaching and Consulting. This conference is geared towards providers, however if you would be interested in attending please contact your day home consultant.

Little Warriors: Bottle Drive

Southgate Medallion Family Day Homes is a community supporter of Little Warriors. Little Warriors is a national, charitable organization committed to awareness, prevention and treatment of child sexual abuse.

Donate your bottles/recyclable beverage containers to Little Warriors. Simply take your containers to Winterburn Bottle Depot and they will donate 100% of the refund to Little Warriors if you specify the bottles are for Little Warriors. (Please check with them regarding income tax receipts)

OR: Simply donate online. Click [here](#).

Thank you for supporting Little Warriors.



New Year New Foods!

By Katie Henderson, Dietetic Intern

With the new year kicking off, now is the perfect time to start exploring new foods with your children. You may have tried introducing new foods already and found your child refuses. This can be extremely frustrating as a parent. Learning may take months before kids will even try a bite of something new! The key is to stay patient, remember how kids learn, and create a healthy environment for you and your family!

Before diving straight into exploring new foods we must remember what our role is as parents. Parents need to provide the healthiest environment for children to let them thrive and this includes daily exposure to healthy foods. Take your child grocery shopping and encourage them to pick out new fruits and vegetables that peak their interest! This allows your child to feel a sense of control with what they will eat. It also helps you create a healthy food environment full of new vegetables and fruit.

Next, we need to recognize that kids do not learn the same way as adults. We sometimes forget that foods that are familiar to parents are new and different for your child. Encourage your child to try new foods at a meal time with these great tips to start:

1. **Let kids play with their food!** Children learn by smelling, touching, looking and taking food in and out of their mouth. Encourage them to do this! This will allow them to get comfortable with foods, textures, and different smells.
2. **Pair new foods with familiar foods.** Sometimes it takes up to 2 dozen times for a child to accept new food. Mix the new food with familiar foods at all different meals and a variety of ways. For example, try mashing turnips with your child's favorite vegetable. Remember to stay patient and remain positive.
3. **Model food intake.** When children see that you are enjoying vegetables and fruit they want to be a part of that too! If you aren't eating those new foods, your child likely won't want to try them either. Also remember to talk positively about those foods.
4. **Avoid forcing new foods.** When children feel stressed, they are less likely to eat. Instead simply set out the new food with all the other foods. Remain neutral with all foods being offered.

With these tips, we hope that you can have fun exploring new foods and flavours with your kids. We wish you the best of luck and let the testing begin!

Source: Southside Primary Care Network

