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# dragonfly gazette

Sept 2018

## News Around The Pond

Hello **dragonfly** families,

First I would like to give a big THANK YOU! To all of the providers and families that made our first Family Picnic such a success. We were so happy to see each and every one of you and thoroughly enjoyed the good food and conversation—I can't wait to do it again next year!

September is back to school time., and with it comes renewed parent/provider agreements, school transportation forms, and all too often, an increased spread of illness through out our community. Please ensure you sign and return any applicable paperwork you have received from your families provider in a timely manner and take a peak at the info below for some information for cold & flu season.

### Easing First Day Anxiety

Whether it's the first day of child care, kindergarten, or school it is for children (and parents!) to experience some back-to-school anxiety. Here are a few strategies that are recommended to help ease those back-to-school worries:

Take Care of the Basics (Hunger and Sleep)

Encourage Your Child to Share Their Fears

Avoid Giving Reassurance; Problem-Solve and Plan Instead!

Focus on the Positive Aspects!

For the complete article visit: <https://www.anxietybc.com/parenting/helping-your-child-cope-back-school-anxiety>

### Handwashing: Help stop the spread of illnesses

It's Cold and Flu season! Washing your hands correctly (or using an alcohol-based hand rub) is the most effective thing you can do to protect yourself against a number of infectious diseases, such as influenza (the "flu") and the common cold. Not only will it help keep you healthy, it will help prevent the spread of infectious diseases to others.



### When to keep your child home:

If a provider notices that a child exhibits any of the signs or symptoms listed below, the provider must ensure that:

- the child's parent(s) arranges for the immediate removal of the child from the program premises; and
- the child does not return to the program premises until the provider is satisfied that the child no longer poses a health risk to others in the program. (e.g., the parents provide a physician's note, the child has been symptom-free for at least 24 hours.)

Signs or symptoms of illness exhibited by a child include:

- a child vomiting, having a fever, diarrhea or a new unexplained rash or cough;
- a child requiring greater care and attention than can be provided without compromising the care of the other children in the program; or
- a child having or displaying any other illness or symptom the staff knows or believes may indicate that the child poses a health risk to persons on the program premises. (FDH Standard 10:C)

**FDH Standards Briefs**

The Family Day Home Standards Manual for Alberta is made up of three parts; Child Family Services Authority Standards, Agency Standards, and Family Day Home Standards.

Let's Start with the Family Day Home Standards section

**Standard One: Insurance Coverage**

All providers must have current insurance policies.

Standard 1A: Liability All providers must be covered by liability in the amount of not less than \$2 million per occurrence.

Standard 1B: Transportation Where the provider transports children, automobile liability insurance coverage must be obtained by the provider at a minimum of \$1,000,000 per occurrence.

<http://www.humanservices.alberta.ca/documents/family-day-home-standards-manual.pdf>

\*Note: As per Dragonfly's contract with CFSA, Dragonfly Providers are required to have automobile liability insurance coverage in the amount of \$2,000,000 coverage per occurrence.

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|    |                 |    |    |    |   |    |
|----|-----------------|----|----|----|---|----|
|    |                 |    |    |    |   | 1  |
| 2  | 3<br>Labour Day | 4  | 5  | 6  | 7   | 8  |
| 9  | 10              | 11 | 12 | 13 | 14  | 15 |
| 16 | 17              | 18 | 19 | 20 | 21  | 22 |
| 23 | 24              | 25 | 26 | 27 | 28 Spotlight Fair<br>(see attached poster from CPC) | 29 |
| 30 |                 |    |    |    |   |    |