

Bloordale Newsletter

November 2020



Celebrating 49 years providing childcare in Etobicoke

From the Desk of the Co-Assistant Supervisors

Let's chat about Mental Health

"It's OK not to feel OK"

Many people may feel sad, stressed, anxious, confused, scared or angry during the COVID-19 pandemic. These are normal and common responses to unexpected or stressful situations.

It is important to take care of yourself and get the most from life. Below are 10 practical ways to look after your mental health. Making simple changes to how you live does not need to cost a fortune or take up loads of time. Anyone can follow this advice. Why not start today?

- *Talk about your feelings
- *Keep active
- *Eat well
- *Drink sensibly
- *Keep in touch
- *Ask for help
- *Take a break
- *Do something you're good at
- *Accept who you are
- *Care for others

Let's chat about Programing

Program planning plays a major role when it comes to providing quality care for the children. It is important to support a nurturing, inclusive program plan that promotes mental health awareness and ways to check in on each other. The children's play-based program focuses on The Four Foundations of "How Does Learning Happen?"

Engagement - Can be practiced by talking to children about their day, asking open ended questions, providing an environment and experiences to engage children in active, and creative play.

Well-Being - Can be practiced by observing patterns in children's health and encouraging each child to develop a positive sense of self, to make healthy choices for good mental and physical health.

Expression - Can be practiced by encouraging children to communicate/express themselves in different ways and provide programs that foster their communication, thoughts and ideas.

Belonging - Can be practiced by establishing connections with the children where they can build a sense of belonging among and between children, adults and the world around them.

Interesting to Note

Now that November is here, it is also that time of year again when we reset our clocks and try to readjust to the time change associated with Daylight Saving Time (DST). While some people breeze through the change seamlessly others feel out of sorts for days, children included. Young children need regular sleep and do not tolerate sleep modifications as well as adults. The loss or gain of just one hour can really affect a child's attention span, appetite, and overall mood. Even though our brain knows that the time on the clock has changed, our body's internal clock does not. The good news: you can take steps to help ease the effects of DST.

Start Early, give yourself more time to adjust before the work week begins. Reset one of your clocks Friday night or Saturday morning; be mindful of the correct time in the event of weekend activities planned.

Stick with a Routine as it is critical for young children to have a routine during bedtime. One option: giving your child a warm bath, reading a book, and snuggling together before lights out.

Be Sympathetic the time change can cause short-term changes in your child's mood, but your understanding and support will help them adjust a little better.

Remember: these effects are short-lived, within a week or so everything should be back to normal.

Board and Staff News

The Board of Directors will meet this month by ZOOM on Wednesday, November 11th at 7:00 p.m.

Please notify Michelle if you would like to attend so that she may forward the access information.



Important Dates

November 1

*Daylight savings ends (turn your clocks back one hour)

November 11

*Remembrance Day



Terry Tan reduced hours for December/24th & 31st will be 7:45-2pm and closed on December 25th & 28th also closed on January/01st.