



## Community Child Care ~ November 2016

### Join us at the Merry Mingle!

You should have received your invitation to the annual Merry Mingle Wednesday November 30 at the Kanata Golf and Country Club on Campeau Drive. Please call the office (613-592-4636) and let us know whether or not you can attend.

*We look forward to seeing everyone!*



### Nutrition Facts

Don't battle over meals or worry too much about picky eaters. When it comes to feeding a child:

#### **YOU decide:**

What foods are offered:

- Offer healthy foods from all four food groups.

WHERE foods are offered:

- Serve meals in a sit-down eating area and eat with your child.

WHEN foods are offered:

- Offer meals and snacks every two to three hours.

#### **The CHILD decides**

- If and how much they will eat

Don't worry! A child may eat none of one thing but a lot of another, or very little at one meal, but a lot at the next. As tastes change, what a child refuses one month, they may love the next.

Keep offering a variety of healthy choices, and as long as your children have energy and are not hungry, they are probably eating well.

*Adapted from the Dairy Farmers of Canada 2010, revised 2013 TeachNutrition.ca*



### PD Day

English and French Public and Catholic schools  
**November 18, 2016**

### Coffee Connections

We had a great provider turnout at our Coffee Connections community of practice on October 25. We had a chance to reconnect, welcome new providers and plan upcoming topics of discussion.

One decision we made was to schedule our meetings on Tuesdays and Wednesdays. We will try to alternate the days, depending on the availability of an appropriate room in the building.



Mark your calendar for the next Coffee Connections on the evening of December 14. If anyone would like to host a Coffee Connections evening in their home, call the office and leave a message for Lise or Bridget.

### Attendance Sheets

Please send in your signed attendance sheets at the end of every month. We have to reconcile the attendance you give us over the phone with the signed sheets, and with billing parents and the city.

Occasionally a parent disputes having authorized a provider to be paid when they were away. Each child has a limited number of paid days away, and parents are charged additional fees if they exceed that number. If a provider and the parents have not signed the attendance sheets we cannot defend having paid the provider and we might have to clawback payment. Those signed attendance sheets are your invoice, and the parent's signature on them is what gives us the authority to pay you.



The other issue with not having signed attendance sheets is that recording of drop-off and pick-up times every day is now a regulatory requirement. If you do not have signed sheets you are in non-compliance! The Ministry will be checking for them when they visit for licensing, and if they drop in on providers at other times.

# Building Self-Esteem: Feeling Lovable and Capable

## Bâtir l'estime de soi : se sentir aimable et capable

Monday, December 12  
6:30 to 8:30 p.m.

Le lundi 12 décembre  
18 h 30 à 20 h 30

Self-esteem is a buzz word in books on parenting and education, but what does it really mean? Learn ways to help your children to have a good self-image while you guide them through positive discipline. This workshop will focus on young children, but the techniques work to build self-esteem for all ages ... including parents!

Quels sont les éléments de l'estime de soi, ce terme tellement à la mode dans l'éducation des enfants?

Vous apprendrez des façons de bâtir chez l'enfant une image positive de lui-même tout en le guidant par des stratégies de discipline constructive. Des techniques qui favorisent l'estime de soi à tous les âges... y compris chez les adultes.

**Register for this workshop at [www.wocrc.ca](http://www.wocrc.ca)**  
**Pour s'inscrire à cet atelier : [www.wocrc.ca](http://www.wocrc.ca)**

*Cet atelier est offert en anglais seulement. Si vous cherchez des ateliers sur la discipline offerts en français, veuillez visiter [www.parentresource.ca](http://www.parentresource.ca)*

