



March/April 2025 Newsletter



Alpha Child Care Ltd.



Word From The Office

March April 2025 Dates to Remember

Tuesday March 4th – Shrove/Pancake Tuesday

Wednesday March 5th – Ash Wednesday & Lent

Monday March 10th –
Friday March 14th – March Break/Fun Week

Friday March 14th – Holi (Festival of Colours)

Monday March 17th –
Friday March 21st – Parent Appreciation Week

Monday March 17th – St. Patrick's Day

Thursday March 20th – First Day of Spring

Monday March 31st – Eid al Fitr

Thursday April 10th – Potluck 6 to 7:30pm

Thursday April 17th – Picture Day

Friday April 18th – Good Friday (Alpha is Closed)

Sunday April 20th – Easter

Tuesday April 22nd – Earth Day

Where has the time gone? I can't believe we are already heading into March! Here are some upcoming events to look forward to over the next 2 months:

On Monday March 3rd, it is Lent! This is a 40-day period for reflection and preparation for Easter, which is celebrated by the Christian community. Lent is a time to remember Jesus's fasting in the desert. It is also a time to ask for forgiveness, repent, and renew faith.

Tuesday March 4th is Shrove and Pancake Tuesday! This is celebrated by Christians as a day of confessing and receiving absolution from a priest. Pancakes are typically eaten this day as a last chance for indulgence before fasting for 40 days, which includes eggs, fat/sugar, and milk.

Wednesday March 5th is Ash Wednesday which is also celebrated by Christians and is the official start to Lent and fasting. It is a reminder of human mortality and the need for reconciliation with God.

From Monday March 10th to the 14th, is March Break and we are having fun week! Monday will be Backwards Day, Tuesday

is Jersey Day, Wednesday is Costume Day, Thursday is Rainbow Day and Friday is Pajama Day!

Also on Friday March 14th, it is Holi! This is a Hindu celebration also known as the Festival of Colours which welcomes Spring, love, and triumph of good over evil. It is celebrated by throwing coloured

powder and water, dancing, singing, and eating sweets.

From Monday March 17th to Friday March 21st is Parent Appreciation Week! Alpha's team would like to celebrate and appreciate parents for all that they do and being a key part to their child's development. We understand that it can be tough at times but with your hard work, patience, understanding, commitment and collaboration, you do make a difference in your little ones' lives. We would like to say thank-you and that you are appreciated!

On Monday, we will be sending out a parent survey for you to fill out, we value your feedback!

On Tuesday to Thursday, the children will be preparing small gift to be sent home for their parents, and on Friday we will be providing a continental breakfast for you to enjoy.

On Monday March 17th, it is St. Patrick's Day! This is a holiday celebrated by the Irish community to honour St. Patrick who was a patron saint in Ireland. It is a day to celebrate the culture and heritage of the Irish in general through parades, festivals, and wearing green!

Thursday March 20th is the first day of Spring! Let's welcome the warmer weather! Due to the Spring weather with it being a season of rain, please have your child equipped with the appropriate clothing such as rainboots, splash pants, etc.

Monday March 31st is Eid al Fitr which is celebrated by Muslims as mark for the end of Ramadan (a month of fasting, prayer, self-reflection and charity). It is also known as the Festival of Breaking the Fast where families and friends get together to rejoice with food, drinks, and gifts.

On Thursday April 10th, Alpha will be hosting their annual Potluck from 6:00 to 7:30pm. Classrooms

will have a sign-up sheet closer to the date, and families who are attending

can bring in a dish to participate. Portion size would be enough to feed

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Word From The Office cont'd

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just your family. We do ask for a list of ingredients and to ensure that it is peanut and tree nut free. Hope to see you there!

Thursday April 17th is Picture Day! Please have your child(ren) dressed in their picture day clothing, as well as have a spare set of clothing to change into after. Pictures will be taking place in the morning.

Friday April 18th is Good Friday, and Alpha will be closed. This is the day that Jesus was crucified on the cross at Calvary, which is observed by the Christian Community. It is a day of sorrow, penance, and fasting, and a day to reflect on Jesus's sacrifice.

Sunday April 20th is Easter Sunday which is celebrated by the Christian community for the resurrection of Jesus. Colourful Easter Eggs is often used to represent this day as it symbolizes new life and rebirth. With the ending of lent, and eggs being forbidden to eat, it became a symbolic reference to commemorate this day.

On Tuesday April 22nd, it is Earth Day! This is a global event that raises awareness and encourage action to protect the environment. So, let's do our part! Parents can bring in any recyclable materials for the children to use/reuse to enhance their play, ideas, and creativity. This



can include cloth, ceramics, plastics, glass, metals, wood, etc. Loose parts are a great way to recycle and reduce waste while creating and building fun ways to utilize it through every day play. Some examples are: using plastic or glass bottles to create shakers, metal cans as building blocks, wooden or glass beads as pretend food, etc.

I hope everyone has a great start to Spring and enjoy the warmer weather!

Until next time,
Padmini (Shivana)

Seedeyal RECE
Supervisor
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Junior Toddlers

Spring has finally arrived, and we are excited to share all the wonderful activities and learning experiences planned for the months of March and April. This season is filled with opportunities for the children to explore changes in nature, learn about weather patterns, and discover the vibrant beauty of springtime. Thank you for your continued support as we watch your little ones grow, learn, and explore each day.

Curriculum Highlights:

March: Spring and Weather Changes, we will focus on understanding seasonal changes, observing nature, and exploring weather patterns. The children will participate in spring nature walks where children will look for signs of spring, such as blooming flowers, green grass, and birds returning to trees. We encourage them to point out what they see, hear, and smell. Activities to try will be:

- ♦ Weather crafts, including creating colourful rainbows using finger paints, paper plate tissue paper sun craft, and making fluffy cloud collages with cotton balls.
- ♦ Simple science experiments, like watching how water evaporates in the sun, dancing pompoms in a jar and making "rain" in a jar using water and shaving cream.
- ♦ Sensory activities, like making weather sensory bottles, zip lock bags, rain sticky wall, cloud and rain sensory bin, and mess free rainbow painting.
- ♦ Reading engaging books such as *Spring is Here!* by Will Hillenbrand and *Raindrop, Plop!* by Wendy Cheyette Lewison.



as learning about plants, gardening, and caring for the environment. Activities will include:

- ♦ Planting seeds in small pots and observing daily changes at home as the plants grow. Children will learn how plants need water, sunlight, and soil to thrive.
- ♦ Exploring sensory bins filled with soil, flowers, and garden tools to engage their curiosity.
- ♦ Eco-friendly art projects using recycled materials, such as making flowers from egg cartons, coloring them, and decorating plant pots.
- ♦ Singing songs like *The Green Grass Grows All Around*, *Recycling song* to foster interest in nature.
- ♦ Go on a backyard bug hunt with a magnifying glass to observe ladybugs, ants, and caterpillars. This is a wonderful way to teach toddlers about the insects living in gardens.

On March 17th, wear something green to celebrate St. Patrick's Day! We'll enjoy crafts, including making shamrock art, and participate in a treasure hunt for "Leprechaun Gold.". On April 22nd we will participate in Earth Day with hands-on activities focused on environmental awareness, including creating "Earth" paintings.



Please ensure your child has weather-appropriate clothing for outdoor play, including light jackets and rain boots when needed. Check your child's cubby for extra clothes suitable for the changing weather and don't forget to label all belongings to prevent mix-ups.

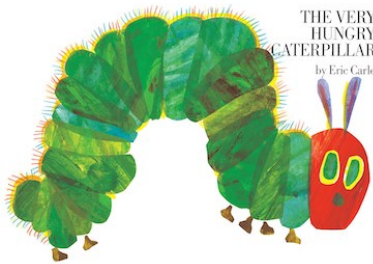
In April we will explore Earth and growing things such

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Junior Toddlers cont'd

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You can help your child further discover nature during the spring months by taking a walk with your child to observe flowers blooming, insects buzzing, and birds singing. Ask questions like, "What colours do you see on the flowers?" or "Can you hear the birds chirping?" Encourage simple gardening activities at home. Let your child help water the plants or plant their own seeds in a small pot. Talk about weather changes daily. You can ask, "Is it sunny or



cloudy today?" or "Do you think it might rain later?" and show weather flashcards to help them visualize and learn better. Bring storybooks about nature and gardening to read in an outdoor space. Stories like *The Very Hungry Caterpillar* or *Plant the Tiny Seed* can complement the gardening experience.

Thank you for being an essential part of our learning community. We look forward to a joyful and productive spring season filled with growth and discovery.

Roopneet RECE, Kelly and the Jr. Toddlers

Senior Toddlers

Welcome to the exciting months of March and April! Our Senior Toddlers had a fantastic time celebrating Valentine's Day with fun games, dancing, and exchanging cards and treats with their peers. They have also been making great progress in various developmental milestones and our next goal for some of our friends will be toilet training. To support this important transition, we have some helpful toilet training tips for parents to try at home.

When To Start Toilet Training

Here are some tips on when can start to toilet train you toddler or preschooler. Remember every child is different.

1. Keep in mind that it's not a training. It's just about looking to see whether the child is ready and encouraging them.
2. Wait until they can ask themselves.
3. Wait until they are ready (anywhere between 22 months to 3 years old).
4. Ignore social expectations, it doesn't matter if your child starts late.
5. Wait for your child to show interest ie. if you ask if they want to sit on the toilet, they do so without protest. Don't rush them.
6. For some, if you wait till they are ready they will basically do it on their own

Toilet Training Tips

1. Stop liquids 2 hours before bed.
2. Use a real toilet not little potty

- one and put a small seat on top.
3. Have your child wear rubber shoes. Easy to wash and quick to dry.
4. Layer your toddler's bed – sheet, mattress protector, and so on.
5. Load them up with fluids so they can learn the feeling of a full bladder. Make them drink all day long. More tries equals more success.
6. If nothing comes out after a few minutes let it be. Forcing creates resistance.
7. Have the children help clean up their messes!
8. Make a big deal of "throwing away" any diapers in the house. Show you are committed too.



Tips on Getting them to Go to the Toilet

1. Here are some tips on actually getting your toddler or preschooler to go to the washroom.
2. Don't over prompt.
3. But be diligent about talking to them every 15-30 min
4. Give your child their own timer to start and let them tell you when it goes off to try.
5. Scheduled toilet breaks woven into daily routine.
6. Don't ask if they need to go to the toilet. Just say, come on time to go on the toilet.

Potty Training Words Of

Encouragement for YOU!

1. Have lots of grace and patience. It takes time. Sometime many weeks. They are learning a new skill. Give encouragement not reprimands.
2. Don't force it. See what your child's comfortable with.
3. Be consistent. It doesn't happen overnight but they need you to guide them.
4. Don't make a big deal out of it. They get it when they're ready.
5. *Just breathe.*
6. It's a journey. Likely won't be perfect after one weekend.
7. Commit 100%. Consistency is key. Putting on a diaper/pull up for car rides or certain situations is confusing.
8. Support and encourage them, don't shame them for accidents.
9. Only praise no consequences.
10. Stick with it and trust your child.
11. It will take longer than you think for them not need frequent prompts/reminders ie 3-6 weeks. It doesn't mean you or they have failed.
12. Go easy on yourself and flow with your child. Some take 3 days and some take 3 years.
13. Make sure that you're ready as well as your toddler.
14. No expectations before. Know there is a light at the end of the tunnel!
15. Make it fun!
16. Don't give up. Stay consistent.
17. Don't stress over it.

Until Next Time

Kulvinder RECE and the Senior Toddlers!

Junior Preschool

Hello Junior Preschool Families!
We've made it through January and February, and with Spring just around the corner, we're excited to share some fun activities for you and your little ones to enjoy in March and April!



For March:

• **Maple Syrup Festival:**

During March Break, check out the sugar bush tours, maple taffy tastings, pancake breakfasts, and more at various locations across the GTA.

• **SpringFestTO:**

This family-friendly indoor carnival, held during March Break at the Better Living Centre at Exhibition Place in Toronto, promises a day of fun, games, and entertainment for all ages.

• **Disney on Ice:** Head to the First Ontario Centre in Hamilton for a brand-new Disney on Ice show featuring both classic and modern Disney characters, amazing costumes, and enchanting sets.

• **Imagine Dragons:** Enjoy a magical evening of music with the iconic Imagine

Dragons band at the picturesque Casa Loma in Toronto.

• **Royal Ontario Museum:**

Explore the ROM, one of the largest and most diverse museums, offering over six million objects spanning art, history, and nature from around the world.

• **Ontario Science Centre:**

Dive into the wonders of science with hands-on exhibits, interactive demonstrations, and programs for guests of all ages.

For April:

• **Downey's Farm:** The Easter Bunny is hopping back to Downey's Farm, ready for fun with the kids and their helpers.

• **Bluey's Big Play:**

Don't miss Bluey and her family in their first-ever live theatrical production, featuring all your favourite characters brought to life as giant puppets.

• **Fun and Learning in High Park:**

Celebrate spring at Toronto's largest park with family-friendly events hosted by the High Park Nature Centre. Get outside and discover nature with your little ones.

• **Community Clean-up:**

Celebrate Earth Day by taking part in one of the community clean-ups organized by the City of Toronto. It's a great way to give back to the planet with your family.

• **The Lorax:**

In honour of Earth Day, join Hot Docs and the Ontario Science Centre for a special screening of the 2012 animated film *The Lorax*



Until next time,
Niketta RECE and the Jr. Preschoolers

School Age

Hello School Age Families. It's been a very fun and busy couple of months for our School Ageds! We've had two successful PD Days, where the children enjoyed dressing up, singing, dancing, and even performing their own comedy skits at our Disco Karaoke Party. What a blast! We also got creative and spread the love over Valentine's Day. We hope the children enjoyed it as much as we did—it was wonderful to see all the kindness being shared among friends.

Our Literacy Night, themed "Let's Go Green," was another highlight! It was fantastic to see the children participating in planting their own vegetables. A big thank you to all the parents who joined us and helped their children plant seeds—it was a great way to connect and learn together as a family.

Upcoming Events:

St. Patrick's Day:

Let's celebrate on Monday, March 17, 2025! Don't forget to wear green to join in the fun.

March Break:

We have an exciting March Break planned for those attending, and we can't wait to see everything come together! For those who won't be attending due to family visits, vacations, or just some well-deserved downtime at home, we



hope you have a fun and safe time. We look forward to hearing all about the wonderful things you did when you return!

New Program: Legends MMA with Instructor Leron

We're excited to announce our new program with Legends MMA, led by instructor Leron. Classes will take place on Thursdays from 4:15-5:15 pm. Please ensure your child is dressed in comfortable gym-style clothing to allow for easy movement. Please note that some sessions may occasionally be moved to Wednesdays, and we will provide advance notice to help you prepare. This program is designed to build confidence, teach respect and self-control, and educate children on important topics like stranger danger, anti-bullying, and self-defence. While we encourage full participation, we understand that some children may prefer not to join the sessions. For those who choose not to participate, we will provide alternative activities such as worksheets on stranger danger, crosswords, books, journaling, puzzles, and colouring pages. These will be quiet, individual activities to ensure minimal distractions during the program. We kindly ask that parents talk to their children about using the lessons from the MMA program for educational purposes only—not for rough play during or after class.

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Senior Preschool

Hello Alpha families, welcome to the months of March and April! We hope you and your families are safe and in good health. As we transition into spring, our preschoolers have been actively developing essential early learning skills. This past month, we focused on letter recognition, counting, and fine motor development, particularly the pincer and tripod grasp, to support children in printing the first letter of their name before starting school. During our interactive learning sessions and concept circle time, we explored letters and numbers using various materials to enhance engagement and understanding.

With March Break around the corner, we are excited for a season full of fun and discovery! Below are some engaging activities that families can enjoy together during the break:

March Break Activity Ideas:

1. **Movie Day:** Instead of watching a movie, create one! Dress up in costumes, prepare delicious snacks, and act out scenes from a favourite film. Transform your living space with decorations that match the movie theme.

2. **Picnic Day:** Take a trip outdoors for a refreshing spring picnic. If the weather isn't ideal, bring the experience indoors! Lay a tablecloth and blankets on the floor, prepare a picnic-style meal, and enjoy the cozy setting right in your living room.

3. **Treasure Hunt:** Design a simple treasure hunt using clues to lead children from one spot to another. At the final destination, hide a small "treasure" for them to find—this could be a treat, a book, or a small toy.



4. **Spring-Themed Crafts:** Get creative with *spring-inspired art*! Use construction paper, glue, and scissors to make flowers or butterflies. Take it a step further by collecting leaves, flowers, or sticks from outside and using them as unique paintbrushes for nature-inspired prints.

5. **Science Experiments:** Engage in hands-on learning with simple science activities like:

- **A baking soda and vinegar reaction** (fizzing volcano experiment).

- Creating a rainbow in a jar using different liquids.

- Observing how different liquids freeze at various rates. These fun experiments spark curiosity while reinforcing basic scientific concepts.



6. **Animal-Themed Activities:** Dedicate a day to learning about animals by:

- Making animal masks using paper plates and craft supplies.

- Mimicking animal sounds and movements for a fun, interactive experience.

- Exploring different animal habitats through books or short documentaries.

Hope you enjoy these activities at home.

Until next time...

Manpreet (RECE) Ritika (RECE) Raman (CYW) and the Sr Preschoolers

School Age cont'd

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Alpha Snack Time

Snack time will be served after our afternoon group meeting. Children are invited to sit and enjoy their snacks for 15 minutes. After this, snacks will be stored away. We also kindly remind parents that snacks brought to Alpha are not to be shared with friends, due to severe food allergies and/or food restrictions.

Keeping Our Space Tidy

On Fridays, please take home any artwork your child may have left in their cubby. This helps us keep things tidy and makes room for new creative projects each week.

Easter Fun

Easter is just around the corner,

falling on Sunday, April 20, 2025. We'll have some fun Easter crafts and activities set up for the children in the weeks leading to Easter Day. We're looking forward to another great month!

As always, feel free to reach out to Sarmini or Michelle with any questions, concerns, or ideas related to our School Age Program.

If you're looking for a fun craft to try at home, here are some ideas to get creative with your family:

- ♦ **Egg Decorating:** Traditional egg decorating with paint, markers, and stickers. You can also dye the eggs using food

coloring or natural dyes.

- ♦ **Paper Plate Easter Bunny:** Cut and decorate a paper plate to make an Easter bunny face. Add cotton balls for the bunny's tail and ears.
- ♦ **Easter Basket Weaving:** Make a simple woven basket using colourful strips of construction paper or strips of felt. Add a handle and fill it with fake grass for a fun way to hold Easter eggs or treats. These are simple crafts that can be done with kids or as a fun activity for yourself!



Thank you,
Michelle, Sarmini RECE and the School Age Gang!

Alpha's Kitchen

Sharing some recipes from Alpha's kitchen. Getting children involved makes cooking fun.



Crescent Tuna Cheese Melts

Ingredients

- 1 Small Tomato
- 1/4 Cup Butter
- 2 Cups Broccoli Florets
- 1 Small Clove Garlic
- 2 Cups Cauliflower Florets
- 1/2 Tsp. Dried Basil
- 1/4 Tsp. Dry Mustard

Directions

Combine 1 198 g can Cloverleaf white tuna, drained, 1/3 cup mayonnaise, 1/3 cup chopped celery, 1/4 cup chopped green pepper, 2 chopped, hard-boiled eggs, 1 tsp dried onion flakes, 1 Tbsp lemon juice, a pinch of cayenne pepper, and 1 cup shredded Colby, brick or mozzarella cheese. Separate 1 235 g. container of Pillsbury Crescent Dinner Rolls into 4 rectangles; press centre diagonal seams together to seal. Divide tuna mixture evenly into centre of 4 rectangles. Roll up and press seams to seal; place seam-side down on greased baking sheet. Sprinkle tops of rolls with 1/4 cup more of cheese. Bake in 375 degree F. oven until golden. Makes 4 servings.

Chicken Soup with Pasta

Ingredients

- 3 Diced Chicken Breast or Left Over Chicken
- 1 Carrot Diced
- 1 Onion Diced
- 1 Green Onion Diced
- 1 Chicken Cube
- Salt & Pepper
- 1 Garlic Clove
- 1 Small Pkg Pasta

Directions

Boil chicken in a pot of water. Cook meat until tender. Peel and dice

carrots, onions, and green onion. Crushed garlic glove and add to pot together with chicken cube. Cook until tender, add pasta. Season to taste with salt and pepper. Service hot, with a sandwich or

crackers.

White Bean and Sausage Stew

Ingredients

- 1 pot
- 1 tablespoon olive oil
- 1 1/2 cup kielbasa sausage diced
- 4 cloves of garlic finely chopped
- 10 cups chicken broth
- 8oz of Ditatellini pasta or any other pasta for soup
- 1 8 oz can of peas you can also use frozen
- 2 15, oz. cans of white beans
- 10 oz. of baby spinach
- 1 cup of parmesan cheese

Directions

1. In a medium sauce pan sauté sausage, when cooked add garlic followed by chicken broth, bring to a boil.
2. Then add peas, beans and pasta let cook at medium heat for 8 mins.
3. Then add spinach and stir for a few minutes.
4. Add parmesan cheese and stir well.
5. You can add salt and black pepper to your liking keeping in mind the cheese can be very salty.
6. Serve with garlic bread or bruschetta

Easy Meat Loaf

Ingredients

- 1 lb Lean Ground Beef
- 1 Egg
- 1/4 Cup Ketchup
- 1/4 Cup Milk
- 1 Envelope Lipton's Onion

Soup Mix

- 1/3 Cup Bread Crumbs

Directions

Mix 1 lb. lean ground beef, 1 egg, 1 envelope Lipton's Onion Soup Mix, 1/4 cup ketchup, 1/4 cup milk, and 1/3 cup bread crumbs together thoroughly. Bake in loaf pan at 400 degrees F., for 30 minutes.

Oatmeal Chocolate Chip Cookies

Ingredients

- 2 Cups Flour
- 1/2 Tsp Salt
- 2 Cups Oatmeal
- 1/2 Cup Coconut
- 1 Cup Shortening
- 1 Cup Brown Sugar
- 1 Tsp Baking Soda
- 1/4 Cup Boiling Water
- 1 Pkg Semisweet Chocolate Chips
- 1 Tsp Vanilla

Directions

Mix together 2 cups flour, 1/2 tsp salt, 2 cups oatmeal, 1/2 cup coconut. In separate bowl, cream together 1 cup shortening with 1 cup brown sugar. Dissolve 1 tsp baking soda in 1/4 cup boiling water, add 1 tsp vanilla, then add to shortening mixture. Add dry ingredients to shortening mixture, a bit at a time. Fold in 1 package of semisweet chocolate chips. Drop mixture by spoon onto greased cookie sheet, then flatten with a fork. Bake cookies 12 to 15 minutes at 350 degrees F.



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Word From The Manager

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As the mild weather approaches we are hoping the children can explore the outdoor environment and decrease the spread of germs when engaged outside on the playground for a minimum of 2 hours per day. Alpha had its challenges with children being sick and excluded for a minimum of 48 hours or longer to prevent the spread of germs. Alpha appreciates all families for keeping their sick child at home and appreciates families leaving work to pick up their child when an educator has called to report the symptoms their child is experiencing. Alpha abides by the rules of Peel Public Health and excludes children with fevers, diarrhea, and or vomiting for 48 hours after the symptoms have diminished. We know that this is a real inconvenience for families, but Alpha must follow this directive, and we have seen the positive effects of doing this as flu like systems seem to be distinguished within a very short period of time after starting. As a parent you can appreciate other children being kept home longer to ensure that they do not return to Alpha too soon where they can continue to spread germs to your child causing them to become sick and then you must keep them home for 48 hours. If we all take responsibility and follow these guidelines as set out by the Region of Peel Health Department we will continue to see great improvements in this area. Upon arrival each morning when your child's greeted by an educator, they do a quick visual health check to ensure that your child is well enough to remain at the centre for the day. If your child's educators feel that your child is not well enough to participate in all the daily activities of the classroom, they have the right to refuse to accept your child for the day. Often times we are also asked to keep a child in doors for

Alpha abides by the rules of Peel Public Health and excludes children with fevers, diarrhea, and or vomiting for 48 hours after the symptoms have diminished.

the day as they are not feeling well. If a child is unwell and not able to participate in all aspects of the program, then they are not well enough to be at centre. Daily outdoor activities is an important part of your child's development, therefore it is necessary for them to partake in outdoor activities one hour in the morning and one hour in the afternoon, weather permitting. We also encourage the children to wash their hands after each washroom routine, before and after lunch and snack and after they wipe their nose. We encourage the children to sneeze into their sleeves versus covering their mouth with their hand as this is the fastest way to spread unwanted germs. Both children and educators are encouraged to wash their hands as often as possible throughout the day.

In addition to children being excluded from the centre for 48 hours Alpha also has very strict disinfecting policies and procedures. When there is a sickness going through the classroom everything in that classroom is disinfected immediately. This includes washing all cloth items including all dramatic centre clothing, blankets and toys and equipment. Daily the washrooms are disinfected after each use and again at the end of the day. All tables and chairs are disinfected after every use, lunch, snack and playrooms and whenever necessary. Throughout the centre there are several hand



sanitizer stations for educators, parents and visitors to the centre to use as they wish, and we strongly encourage everyone to use it upon arrival at the centre and when exiting the centre. The educators disinfect high contact areas such as shelves, light switches, handles, walls etc.

If you would like more information about Infection prevention and control in childcare settings please visit [Infection prevention and control in childcare settings](https://infectionpreventionandcontrol.ca) please visit [Infection prevention and control in childcare - Region of Peel \(peelregion.ca\)](https://infectionpreventionandcontrol.ca) Here you will find resources and details on how childcare settings should manage illnesses and outbreaks. If you would like more information about conditions and treatments such as pink eye, chicken pox, hand, foot and mouth disease, febrile seizures, fevers, strep throat etc., please click on the link <https://caringforkids.cps.ca/handouts/health-conditions-and-treatments> and will tell you how to prevent the infection, how it spreads and the incubation period.

We hope these links will help answer some questions you may have and if you have further questions please feel free to see us in the office!

Until next time, my door is always open.

Patricia Andrade RECE
Manager

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We're on the web visit:
alphachildcare.ca