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The [EPL](#) annual summer program for kids has begun. The program includes the summer reading challenge, events and guest performances, contests, prizes and more. For their schedule, click on [EPL](#)

### Severe Weather

Summer in Edmonton may come with severe weather. It is important to keep children safe and be reassuring. We can prepare children by talking to them about weather. We should have a severe weather plan.

#### Remember:

- ✓ If you are outside, get inside.
- ✓ If you're outside and can't get inside, don't stand under or near large objects, like tall trees. Lightning is more likely to hit something tall.
- ✓ BE CALM.
- ✓ Be informed. Check [Environment Canada](#) for weather updates.



### I Think My Child May Be Autistic. What Do I Do? What is Autism?

Autism is a neurodevelopmental disorder that impacts brain development. The result is that most individuals experience communication problems, difficulty with social interactions and a tendency to repeat specific patterns of behaviour. They may also have a markedly restricted range of activities and interests. Autism Canada, *Autism Explained*, Retrieved June 28, 2022, from <https://autismcanada.org/autism-explained/>

According to Autism Canada, Parents (and grandparents) are often the first to suspect that a child might be on the autism spectrum. If parents are concerned, they should discuss their observations with a family doctor, pediatrician or nurse practitioner.

Early screening of a child results in an earlier diagnosis and more effective treatment. The earlier the diagnosis can be confirmed by a specialized diagnostic team, the earlier any necessary treatment can begin.

Families may use a screening tool to help identify developmental delays. Remember screening tools do not provide conclusive evidence of developmental delays and do not result in diagnoses. A positive screening result should be followed up with your child's health care provider immediately if you think something is wrong. <https://autismcanada.org/autism-explained/screening-tools/>

For further information and resources, visit [Autism Canada](#)

### Educator's Birthdays

\*Verica B. \* Radhika P. \* Tracy R.  
\*Durga D. \*Swati D. \* Baiying L.\* Chhaya P.



## July 2022



### Educator's Anniversaries

\* Maria G. 3 years

Sun	Mon	Tues	Wed	Thu	Fri	Sat
					1 <b>Canada Day</b> Approved Educator holiday Northalta office closed	2
3	4 Parent Fees Due	5	6 Parents: Late fee applies to unpaid childcare fees	7	8	9
10 <i>Eid al-Adha</i>	11	12	13 Educator payment email sent	14	15	16
17	18 Educator payment email due BY 9:00a.m.	19	20	21	22 <i>K-Days begins</i>	23
24	25	26	27	28	29	30
31						

## Upcoming Events and Celebrations

A variety of festivals and activities are resuming in Edmonton. Visit the [City of Edmonton](#) for a list of events. For information on parks and spray decks, visit the [City of Edmonton](#).

**July 1st - Canada Day** - Canada Day is a celebration of Canadian history, nationalism, and heritage. Canada became self-governing on July 1st, 1867.

**July 10<sup>th</sup> - Eid al-Adha** is a festival celebrated by Muslims all over the world. It is also known as Eid ul-Zuha which translates to the 'Feast of the Sacrifice'.

**July 22-31 - K-Days** is 10 days of rides, games, music, food and adventure. Check out all the K- Day activities and attractions at [www.k-days.com](http://www.k-days.com)



Northalta celebrates an  
inclusive and diverse Canada!

Have a fun and safe Canada Day long weekend!



## City of Edmonton - Spray Parks



*Spray parks are a great way to beat the heat. They are a fun way for people to connect with each other and their community.*

*Most spray parks are open for the season. Use the Status link on the City of Edmonton website to check for planned closures. Unplanned closures may not be included right away. If you have questions or concerns regarding a spray park, please contact 311.*

## Canadian Red Cross - Water park safety and Water safety



The Canadian Red Cross has tips to ensure water parks are fun and safe for the whole family.

### **Water park safety tips include:**

- Read posted rules with your children to make sure they understand and know how to apply them while enjoying the water park.
- Watch your children and ensure they are on appropriate water rides for their body weight and height.
- Remember to use sunscreen with a minimum SPF of 30. Reapply every 2 hours.
- Keep hydrated! Drink at least half a cup of water every half hour to an hour-and make sure the kids do too!

### **Water safety tips include:**

- Use diapers designed for use in water. They don't get as heavy as regular diapers and are less likely to cause your child to lose his balance in a wading pool.
- When your children are playing under a sprinkler, watch for pools of water collecting on the ground. They can be slippery. Move the sprinkler often or take a break until the water has drained. Use sprinklers on grassy surfaces only, and make sure the play area is free of toys or other obstacles.
- A backyard water slide should be used with caution. Set it up on a soft, grassy slope, free of bumps, and well away from trees or shrubs. Teach children to slide in a sitting position.

***Remember: A small child can disappear in seconds and can drown in only a few centimetres of water—enough to cover the mouth and nose.***

***Typically, these drownings occur in backyard pools, toddler pools, the bathtub, or at the beach.***

Canadian Red Cross, *Health and Safety Tips, Summer Water Safety*. Retrieved June 28, 2022 from [Redcross.ca](https://www.redcross.ca)

Please visit Canadian Red Cross for more [water park safety](#) and [water safety](#) tips and resources.