



FAMILY DAY CARE
Quality Home Based Childcare

newsletter



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did you know?

Your stomach doesn't just growl at you when you're hungry. The sound comes from the muscle contractions in your gastrointestinal tract. This is actually happening all the time, but when your stomach and intestines are empty, there's nothing to muffle the sound



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medical and health

please keep me home

People especially little children due to their developing immune systems are very susceptible to the many new and exotic germs and viruses that are floating around everywhere in our environments. These can be picked up at public places such as shopping centres, schools, playgrounds, indoor play centres or visiting friends and of course child care.

Common germs are viruses, viruses are very small organisms that infect living cells and these are shared very quickly. Hand, Foot and Mouth is one of these viruses that are being shared at the moment along with Chicken Pox. If you suspect your child is unwell or has picked up a virus please keep them at home to avoid close contact with others and sharing these nasty germs and viruses in child care and public places.



It's nice that we share but when children are dropped off into care that are clearly not well it is not nice to share their germs with the other children their families and educator and their family as this impacts on EVERYONE. It is a vicious cycle and one which we aim to keep at bay or stop completely and need all parents to respect and consider their child's health and well-being and inconveniencing other families.

Children that are generally not well are sharing their germs or virus and it is best that they stay home in a familiar environment with either mum or dad. By doing this the child recovers faster and eliminates others from becoming sick, thus continuing the germ sharing cycle.

tips to fight flu



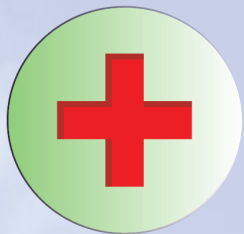
For a stronger immune system, get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat a well balanced diet every day.

- Be a "healthy habits" role model for your children.
- Keep your distance from someone who has flu symptoms

cover your cough

- ◆ Cover your mouth and nose with a tissue when you cough or sneeze.
- ◆ If you don't have a tissue, cough or sneeze into your upper arm, not your hands.
- ◆ Put your used tissues in a wastebasket.
- ◆ Wash your hands with soap and water or alcohol based hand rub (also called a hand sanitizer).
- ◆ Stay home while sick, but if you must go out in public (for instance, to seek medical care), wear a surgical or procedure mask.





medical and health

administration of non-prescribed medication —

On enrolment parents are requested to authorise one initial dose of paracetamol in the event of a high temperature or moderate pain (refer to Children's Health, Illness, Immunisation and Exclusion Policy). The Educator will endeavour to contact the parent if the authorisation has been signed to advise them of the circumstance. The parent can then advise the Educator what they would prefer i.e. give the dose, come and pick the child up and/or take for medical treatment. In the event that the parent cannot be contacted and the authorisation has been signed, the Educator will contact the Coordination Unit before administration of the paracetamol. Parents will be required to sign incident report form when they collect their child from care.

In accordance with our Policy Under 2's MUST provide the Educator with their preferred bottle of paracetamol with chemist label documenting the child's name and dosage to be clearly labelled on bottle. Best Practice for over 2's is also to provide your Educator with your child's preferred bottle of paracetamol with chemist label documenting the child's name and dosage.

learn healthy habits

Start by learning healthy habits that can help prevent you from getting infected with flu or spreading flu germs at home, child care or work. Simple actions, like covering your mouth and nose when you cough or sneeze and cleaning your hands often, can stop flu germs! Take these precautions even if you don't feel sick. You could be infected with flu and able to spread germs 24 hours before your symptoms begin.



Keep hands clean



Your hands may look clean, but they have germs on them that could make you or someone else sick. Avoid touching your eyes, nose or mouth. Wash your hands often with soap for 20 seconds, or use alcohol-based hand sanitizer to protect yourself from germs and avoid spreading them to others. Soap or alcohol-based hand rub kills the flu virus. When water is not available, alcohol-based hand rubs may be used.

wash hands:

- After wiping or blowing your nose or coughing or sneezing and after using the bathroom
- After being in contact with or being near someone who is ill;
- After touching handrails, doorknobs, telephones or other things handled by many people;
- Before and after eating or drinking;
- Before handling food, especially ready-to-eat foods like salads and sandwiches; and
- After handling garbage or trash.





childs development

transition to school -

2017 is a big year for some of the children who will be starting Prep. Throughout 2016 Educators and yourselves would have been preparing them for this new transition and experience. There is a lot of new things that the children need to get used to more children, new routines and schedules. Some children will transition well, while others will need a little more support and help from teachers and parents.

orientation to school -

Hopefully by now you have had the opportunity to take your Prep child to be to the school orientation day, most schools have been having some investigation mornings for the children to explore the classroom and have a walk around the school. Maybe over the school holidays you might be able to head up to the school and have a walk around and familiarise each other with the school environment?

Also to make your Prep child feel at ease about the transition you could go to the library and borrow some story books on 'school', Talk positively about your experiences at school and what you used to do.



First few weeks:

- They may be hungry when they arrive home, have a snack prepared for when you pick them up and organise for an early dinner as they may be tired and hungry earlier than normal.
- Be available to listen and talk about their day. The first couple of weeks it might be best to not add on extra-curricular activities until they get used to the new routine.

getting ready -



- Get them involved in the process of purchasing shoes, shopping for uniform, choosing lunchbox
- During the month of January get them to practice dressing and undressing themselves with toileting in their uniform, some uniforms can be quite tricky to get on and off.
- Establish a good bedtime routine and schedule for the start of the new school year
- Involve them in collating lunch and snack ideas that are healthy
- Get them to open and close the containers that you will be sending to school and also that they can open any packet items themselves
- Try and organise to have the first day off so that you can drop off and pick up to support your new Preppie on their first day.





childs development

QUT Health Clinics - FREE back to school health checks for Kids in Brisbane!

QUT Health Clinics will once again be providing free children's health checks at Kelvin Grove on the 10th, 11th and 12th of January 2017 for school-age kids and those getting ready to start school. Free parking will be provided on the day.

Registration is Essential— book in now by ringing 3138 9777 or for further information.



checks include:

Foot Checks

- Footwear and orthotic advice
- Foot/ankle pain
- Heel pain
- Knee pain

Vision screening

- Squinting
- Headaches/dizziness
- Difficulty concentrating

Nutrition assessments and dietary advice

- Fussy eaters
- Healthy lunch box tips
- Allergies and intolerances

Education and development assessments

- School readiness
- Reading ability

tips in managing stress:

- Develop a positive goodbye routine
- Always say goodbye and reassure your child when you will be back
- Avoid lengthy goodbyes
- Be positive and talk enthusiastically about what they will be doing during the day
- Manage your own emotions with the separation

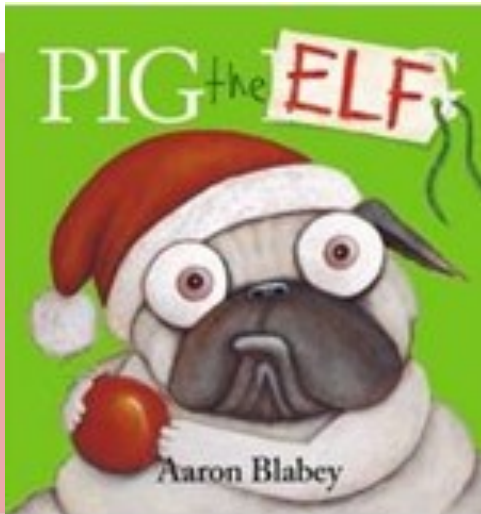
preparing practically

- Buy iron on labels with your child's name and label EVERYTHING, socks, jocks, hats, shirts, skirts!
- Write their names on the inside of their shoes with a permanent pen. Also whilst your doing that place half a smiley face in the left shoes and the other one in the right to match up like a puzzle piece—as there are only a few styles of school shoes available there may be more than 1 style within your child's class.
- Buy them shoes with Velcro not with laces





book corner

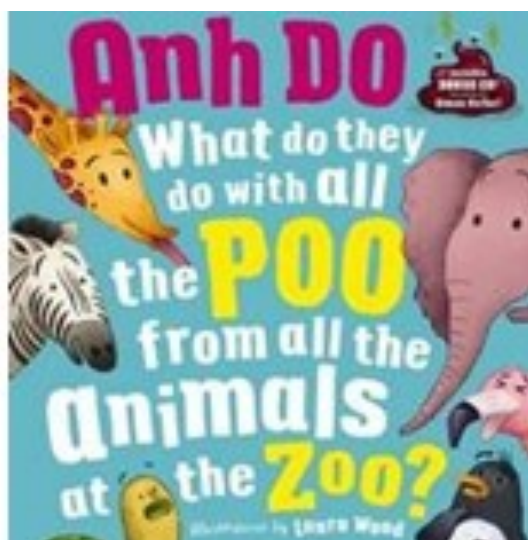


Pig The Elf by Aaron Blabey

No one loves Christmas more than Pig. And the world's greediest Pug will stay up all night to get his presents!

Jingle Bells, Rudolph Smells by Beane Yipadee and Paul Bevis

Jingle bells! Rudolph smells from eating carrots and hay, went over a bump and he did a trump, and it went in Santa's face hey. Laugh out loud as you sing along to this hilarious, smelly-as Christmas song... and find out how Santa's #1 stinky-bottomed reindeer saves Christmas

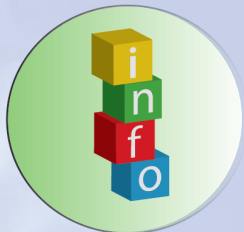


What do they do with all the Poo from all the animals in the Zoo?

By Anh Do

What do they do with all the poo, from all the animals at the zoo? The hippos, the tigers, the kangaroos - what do they do with all that poo? There's so much poo at the zoo...Where does it all go? Do they mix it into chocolate ice-cream? Sprinkle it on pizza? Stir it in the local swimming pool? With the hilarious bonus CD recording, you can sing along in search of the stinky truth.





educator corner

educator responsibilities

As an educator, you should be giving attendance reports to your service about the care you provide each week/fortnight. You must make sure you report attendance correctly.

This means only reporting attendance for sessions that the child actually attended. You can report absences, but only if the child would otherwise have been in care and only if the family was charged a fee for that care.

Accordingly, if you, as an educator, submit attendance reports that are inaccurate, the service may decide not to submit the information to the CCMS until they are satisfied the report is correct. They do not have to submit exactly what you provide to them, indeed it is their responsibility to check and verify attendances before they are submitted for the payment of Commonwealth funds.

we would like to welcome...



important



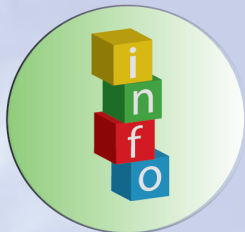
Even though your service is responsible for the accuracy of the attendance reports, particularly in relation to the calculation of CCB and CCR, if, for example, an educator provided false attendance records to their service and gained a financial advantage, this could be a crime and they could be subject to criminal prosecution for fraud.

An invoice and or a receipt must be provided to parents for the care period documenting the fortnight ending and the amount paid.

new educators

Jasmin (Camp Hill), Herta (Carina Heights), April (Strathpine), Judy E (Warner), Leanne (Bray Park), Desley (Bray Park), Emma & Suzy (Murrumba Downs), Andrea (The Gap), Virginia (Drewvale), Sam (Mt Cotton), Judy P (Murrumba Downs)





parent information

water safety

Water play is a great way for the children to cool off and have fun splashing around with water, either in a spray bottle, wading pool, watering cans, sprinkler, or water troughs and buckets. We don't need much water just enough to cool ourselves down when needed.

Water activities are a fun way for children to not only just cool down but to experience a sensory and social activity that can include mathematical concepts, problem solving skills, it is open-ended, and provides opportunities for extended learning. We have strict guidelines around the usage of water play in Family Day Care. Kids at Homes Policy & Procedures reflect legislative requirements as there are specific guidelines that Educators are required to follow to ensure the safety of each child in care when using water as a basis for a play activity.

We have listed some of the requirements, but if you would like to discuss this further with your Educator please do not hesitate to have a chat with them, contact us and/or have a look at our Policy for water safety.



Please note: Swimming pools in an Educators home are not to be used in Family Day Care, we have strict legislation around child:adult ratios, so please do not ask or request that your child can swim in an Educators pool, whether they can swim or not. Please respect our strict policies and QLD legislation around pool safety.

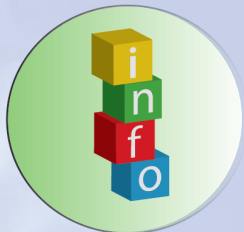
please be aware!

things to think about!



- A wading pool activity is considered to be a pool of water no more than approximately 15cm deep.
- Children must be closely supervised near water activities by the Educator, it is not the responsibility of other adults or older children in the FDC environment.
- Children are never to be left unattended when in a wading pool.
- Water is to be emptied out of wading pool, buckets, troughs etc after use/activity
- Use of wading pool activities should be discussed with parents prior to participation in activity.
- All children should wear appropriate bathers, go to the toilet before entering the pool, and follow correct toileting hygiene practices while in the pool.





parent information

what does first and last day mean?

First day

Under the Act the child is considered as not having started care until the first actual day of attendance. For example, if confirmation has been received by the Educator/Kids at Home and a booked care contract is in place for example care on Monday, Tuesday and Friday and the child does not actually attend care until the Friday, the Friday is counted as the **FIRST** day of care. Payment for the Monday and Tuesday will be charged as full fee as per the Act.

Last day

Under the Act the child is considered to have ceased care after the last day the child actually attended the child care service. For example, if 2 week confirmation has been received by the Educator/Kids at Home of a child ceasing care and the child either does not attend the full two weeks or only a couple of days then does not return, the child's last day is actually the last day they attended. All absences from the last day up until the actual last day of the 2 week notification will be charged as FULL FEES. However if the child is absent (and still within 42 absences and/or has a Dr Certificate (meets exceptional circumstances)) for all but the last day of the 2 week notification and attends care on that last day Absences will be paid under the Act.

The Act therefore does not permit CCB to be paid for days before the services has started providing care or after the service has stopped providing care and services can neither record nor report these days as absences.



payment of absences



Exceeding allowable absences (42) per financial year or being absent on the first day of care or the last day of care results in the payment of full fees for ALL Absences in these circumstances, unless supporting documentation such as a doctor or employer (for rotating shift work), letter or court order for shared care arrangements etc can be provided at the time. Otherwise full fee payment is required for days in care that do not meet Australian Government Child Care support system Acts and legislations. The full fee for the period of care is payable to your child's Educator.

public holiday fees

Fee charging practices are commercial decisions made independently by services and individual child care Educators and are not a matter regulated by family assistance law.

This includes the widely-used practice of charging for public holidays when your child does not attend care. This practice is used by child care Educators because, like most employees, are entitled to be paid for public holidays when they would otherwise be at work.



parent information



sun safety -

Protect your skin with 5 steps:

1. Slip on a protective clothing— cover up with long sleeve shirts made from close weaves such as cotton/linen/polyester. If swimming wear a Lycra shirt
2. Slap on SPF30 or higher sunscreen applied 20 mins before going outside
3. Slap on a hat that is broad brimmed and provides good protection to the face, neck and ears
4. Seek Shade where possible
5. Slide on sunglasses that are close wrapping and offer Eye Protection Factor (EPF) of 9 or above

* Follow the link below do download the Free app to your phone iPhone and android

<http://www.cancer.org.au/preventing-cancer/sun-protection/uv-alert/sunsmart-app.html>

2016 New Smoking Laws—implemented on 1st September 2016:

Family Day Care is identified as an Education and Care facility/service. Therefore this means you and your residence that you provide education and care for children in.

It clearly states, the following:

Smoking ban applies at all times – during service operating hours

5 meters beyond the family day care residence boundary

Five metre buffer zone

The buffer zone is a no-smoking area around the perimeter of schools and early childhood education and care facilities. The buffer zone extends for 5 metres beyond the facility land boundary.

It is your responsibility to ensure that you advise all individuals that you know are smokers (including yourself) are made away of these new smoking laws. For example, parents smoking at the front fence to the entry of the family day care residence. This is not a 5 meter buffer.

It may be a good idea to print out the attachment “We are SMOKE-FREE” and display on your parent notice board.

It is our responsibility to monitor these new smoking laws, it is your responsibility as an Educator to ensure that during the hours you operate you are aware of your responsibilities to the children and their families, and to ensure that this new law is being met.



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safety audit and risk management

If you are wondering what the Safety Audit and Risk Management boxes mean (below), these are areas that Kids at Home Educators conduct a thorough safety audit check each month in addition to their daily safety checklist. They check the various areas of their premises to ensure they maintain a high standard of safety and hygiene. Educators also complete a daily safety and hygiene audit of their environment as well to ensure that children have access to a safe, clean and hygienic environment.



Ensuring the Family Day Care environment is always as safe and as risk free as possible is very important.

January Safety Audit & Risk Management

- Check smoke detectors

February Safety Audit & Risk Management

- Emergency and Evacuation Procedure
- Bathroom, toilet
- Nappy Change
- Laundry
- Check smoke detectors



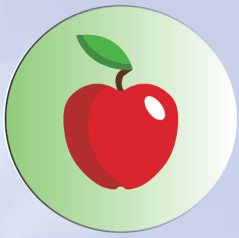
March Safety Audit & Risk Management

- Outside/Water Hazards
- Veranda/Balcony
- Prams and Strollers
- Check smoke detectors

November Safety Audit & Risk Management

- Emergency & Evacuation Procedure
- Kitchen area and facilities
- Indoor Play Areas
- Fire Protection
- Check smoke detectors





healthy eating

what should children eat?

For good health, well-being and a healthy weight, it is recommended that children eat:

- Plenty of plant foods, such as fruit, vegetables, bread and other grain-based foods
- Moderate amounts of animal foods (preferably lean and reduced fat) such as lean meat, reduced fat dairy products, chicken, fish and eggs.
- Small amounts (sometimes food or not at all) of fatty, high sugar 'extra foods', such as lollies, chocolate, soft drinks, cakes. Sweet biscuits, pies, sausage rolls, sugary drinks.

links to recipes



Here are some links to some simple recipes and ideas to inspire children to eat healthy food.

<http://www.taste.com.au/>

<https://theorganisedhousewife.com.au/category/lunchbox-ideas/>

10 ideas for lunchbox foods:



1. Chicken Mayo Nori rolls
2. Zucchini Slice
3. Mini ham and zucchini quiches
4. Lunch box noodle salad
5. Bolognese sandwiches
6. Hamburger
7. Chicken sandwiches
8. Leftover dinners
9. Chicken fingers
10. Pork Kofta Wraps

<http://www.kidspot.com.au/kitchen/recipes>



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snack ideas



beetroot bliss balls

Place all ingredients into a high speed food processor and process until smooth. Roll into little balls and then roll the balls in the shredded coconut. Place them in the freezer for at least 1hr.

cornflake, sultana and cranberry biscuits

These tasty cornflake, sultana and cranberry biscuits have no added sugar and are perfect for school lunch boxes. They are nut-free and more-ish, which is the perfect combination.

fruity sticks

Using 3 different forms of melon and a punnet of strawberries cut the melons into 0.5 cm shapes and hull the strawberries, thread them through the base onto the skewer.

healthy roasted chickpeas

Drain and dry your chickpeas and toss in a bowl with the ingredients of 2tbsp of oil, 1 tsp each of garlic salt, dried thyme, rosemary and pepper then place on baking paper single layer and place in a pre-heated oven of 210c for 25 mins. Allow to cool.

yoghurts

Buy reduced fat yoghurt in bulk and scoop out into plastic cups. Try adding 100% fruit puree on top.

air popped popcorn

Serve in patty cases or paper bags.

blueberry muesli loaf

This delicious and wholesome blueberry muesli loaf cake is a bit like banana bread, but the addition of blueberries and muesli make it especially delicious. Its perfect for lunch boxes or after school snacks.

fruit smoothie

Place 1 cup low-fat milk, 1 cup of fruit, fresh or frozen, 1/2 cup natural yoghurt, 1 tbsp. wheat germ, 1 tsp honey, 6 ice cubes, blend on high for 2 mins.





We would like to thank all of our families for your continued support throughout 2016 and a big welcome to all our new families that have joined us recently. It has been a very busy and ever changing year with new legislations being thrown at us, which required the need to review our paperwork many times to ensure it reflects these changes, as you can imagine this has been very time consuming task. We have also had quite a few existing Educators join us from other services because their services have closed due to not being able to be sustainable from all the changes that have occurred over the last couple of years. As a service we value your feedback so please do not hesitate in contact our office if you have any queries or questions.

We have had some great outings this year put together either by Educators or the Scheme—

- Whiteridge Farm visit @ Caboolture, this was a great day shared with parents, grandparents, Educators, children and Mentors. If you are looking for a family outing on a weekend they are open to the public , a Family Pass is \$35, have a look at their website.
- Reverse Garbage workshop—gave the children an opportunity to work with varied recycled materials and gave some new inspirations to Educators and Mentors. It inspired the Mentors to plan in 2017 for some of their own workshops they want to run with the Educators and children with loose parts.
- We had our 2 National Family Day Care events during the week of the 1st May, which were a great hit with the local communities and allowed the Educators and children to attend and celebrate the part they all play in making Family Day Care so special.
- Botanical Gardens at Mt Cootha, what a great place to explore and take in the sights and learn about plants and nature.

There were many other smaller get togethers that gave Educators, children, parents and Mentors the chance to touch base, play, explore, learn and connect.

We would like to wish you all a Safe, Happy and Healthy Christmas and New Year, and look forward to working with you all again in 2017.





upcoming events



Christmas Parade presented by David Jones—Queen Street Mall to Kind George Square 16th to 24th December nightly at 7pm.

Brisbane's favourite family tradition, the Christmas Parade, returns to The City this December. Brimming with music and merriment, the Parade comes complete with a nativity scene, Santa and dozens of performers to entertain and delight all ages.

Tapescape @ Ipswich Art Gallery—from 5th December to 26th February 2017 from 10am to 5pm daily.

Cost is \$5 included with the entry to Construction Site plus \$3 to buy specially designed TapeScape Socks - not needed if you bring your own socks. BOOKINGS ARE REQUIRED.

Lollypop Land @ Kurwongbah from 18th November to 22nd January 2017 between 10am and 3pm—

Cost is \$10 per adult and \$5 per child. Bring your Brisbane Kids along to Old Petrie Town where the annual enchanting Christmas wonderland will once again be open for everyone to see. This year there will be a new display by Visual Display Artist Jule Barten and Original Doll Artist Chris Boston with new characters in a new magical world for everyone to see.

