



FAMILY DAY CARE

Quality Home Based Childcare



Kids at Home Family Day Care Newsletter

ISSUE 28 April/May 15



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Hope you all had a lovely enjoyable Easter break, the weather was perfect, especially after all the rain and the prediction of more rain over the Easter weekend.

Just a little over 4 weeks till Mother's Day, so I hope all those mum's out there have a great day, and get spoilt rotten!

Regards,

Sharyn, Nina, Nicola Nicole,
Debbie, Nicola, Laraine & Andy

Did you know?
There are worms in Australia
that are over 4 Feet Long!



www.kidsathome.net.au

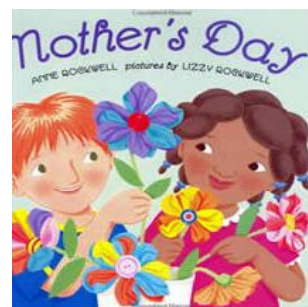
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Book Corner – Mother's Day

Mother's Day

By Anne Rockwell

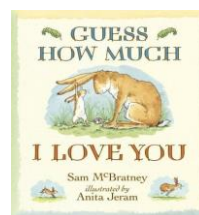
Each child in Mrs. Madoff's class knows just how to celebrate Mother's Day. Jessica and her mom go hiking together. Sam helps pick out a new kitchen table. Sarah and her dad take Grandma to her favourite restaurant. And when a surprise visitor comes to class, the kids learn how to make a handmade gift that's straight from the heart. Here's a loving tribute to all the mothers, grandmothers, and mothers-to-be everywhere, perfect for sharing any day of the year.



Guess How Much I Love You

By Sam McBratney, Anita Jeram

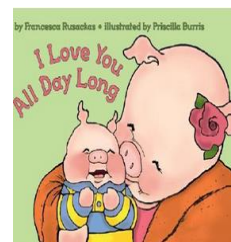
This is the story of two Nutbrown Hares, Big Nutbrown Hare and Little Nutbrown Hare. The two are never stated to be father and son in the original storybooks, though are referred to as such in the narration for the animated television series. Little Nutbrown Hare asks Big Nutbrown Hare the titular question, "Guess how much I love you?", and the book continues as the two use larger and larger measures to quantify how much they love each other in answer to the question. The story is simple, but effectively shows the love the two share for each other.



I Love You All Day Long

By Frances Rusackas, Priscilla Burris

I LOVE YOU ALL DAY LONG offers reassurance that no matter where Owen is or what he's doing, his mother loves him, whether they are together or apart. Owen's anxious question prompts this heartwarming, comforting tale of how a parent's love stays with a child whether they are together or apart - all day long.



Educator's Corner

We would like to welcome some new Educators on board the Kids at Home team:

Caitlin (Ferny Grove), Karen (Oxley), Lynn (Birkdale), Claire (Surfers Paradise), Sarbay, (Ferny Grove), Tarnya (Warner), Jo (Ferny Grove) and Maria (Bellbowrie)

Upcoming Children's Live On Stage Shows:

Mr Maker Live Stage Show – QPAC, 7th & 8th July 2015

The Very Hungry Caterpillar Show and other timeless stories shows – La Boite's Roundhouse Theatre, Kelvin Grove, 14th – 18th July 2015

Disney on Ice: Dare to Dream – Brisbane Entertainment Centre, 27th – 29th June 2015



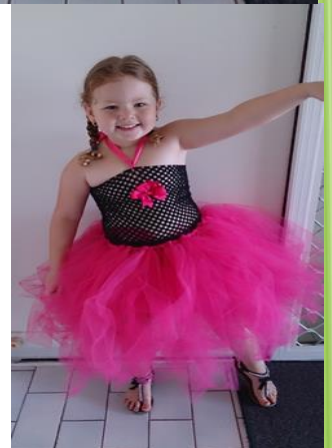
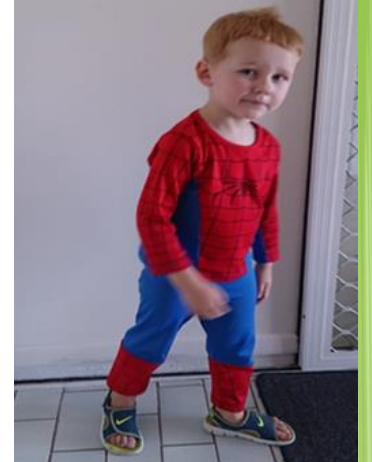
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I want to be day!

I Want 2 Be Day on Friday 27th February 2015!

Back in February we participated in "I Want to be Day" and raised **\$174.00** for the Kids Cancer Project. Thank you to those who participated and a special "Thank You" to Sherrie, Debbie and Dee for your contribution to making this day a great day for the children who had fun dressing up and the families that made a donation towards this worthy cause.

I want to be day is an ongoing yearly event for Kids at Home. Our participation every year is to help raise awareness of childhood cancer and to also enjoy the many discussions and thought provoking imagination of what want to be when they grow up!

I wonder how much we can raise next year for the Kids Cancer Project? For more details about I want to be day and the Kids Cancer Project visit

<http://www.iwant2be.com.au/the-kids-cancer-project/>

Daniel Morcombe Child Safety

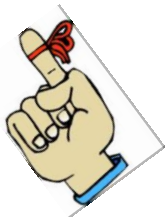
The Daniel Morcombe Child Safety Curriculum is available on the below Department of Education link. The parent guide is a very useful tool to reinforce what children are learning in school and be able to follow this through with discussions at home with your own children about personal safety and awareness, including cyber safety and phone safety by focussing on three key safety messages: **Recognise, React and Report**

<http://education.qld.gov.au/parents/school-life/child-safety-curriculum.html>



www.kidsathome.net.au

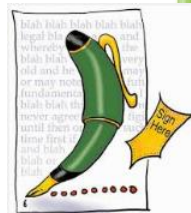
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Some important parent reminders

DON'T
FORGET

1. Change of Details – It is an important requirement that parents keep their contact details up to date for the purposes of meeting current legislation in regards to being enrolled in an approved Education and Care Service. This ensures we will be able to contact you in relation to enrolment details or in the case of an emergency. If you have changed address, email, phone contacts or emergency contacts please ensure that you have provided your updated information via your Educator. You will be able to access one of these from your educator, which will be passed onto the office.
2. Notification when ceasing care – Parents are required to give Educators /Kids at Home a minimum of 2 week notification of their intention to cease care. During this 2 week period it is a requirement under Legislation that children are to be attending care on the last day of care. Absences occurring after the last physical day in care are not covered by CCB or CCR and are full fee payment, this is applicable across all approved child care services. Please be aware that failure to provide this notification may result in the bond not being refunded.
3. Sick days or running late – Please advise your educator if running late or that your child will be absent. As you would be well aware Educators have busy schedules and routines that occur throughout the day which could be school drop offs or regular outings planned with the children, so it would be courteous to ring or text your educator to advise them if you are running late or will not be in that day.
4. Signing of attendance records accurately on arrival and departure – signing in and out on Attendance Records on arrival and departure is a legal requirement and it is the parents responsibility to ensure that they do this as per the “approximate arrival and departure time, on a daily basis”, not the book care times and at the end of the week! This is for insurance purposes, custody and family law matters and is necessary if parents want to ensure that CCB and CCR are paid as a fee reduction for care.



Treatment of Head Lice



What is the course of action?

Top 7 lice treatment tips

1. Check for live lice or nits (the live nits will be "cemented" onto the hair shaft and pop if squeezed) before resorting to insecticidal treatment. If you're only mildly affected, the comb and conditioner method is the safest.
2. Use all treatments as directed. Check how much to use, how long the treatment should be left on and whether to rinse the hair afterwards.
3. No treatment kills all lice in one hit – you need two applications 7 to 10 days apart. The first treatment kills live lice; the second, the young lice hatched in the interim.
4. Tell close contacts and report your situation to your kids' school immediately. Synchronised treatment prevents reinfestation.
5. There's no need to treat the whole family if they don't have live lice and eggs, and the risk of transmitting lice by sharing hats, hairbrushes or bed linen is low. To be safe, hot wash (at least 60°C) pillowcases, or dry them on the hot setting in your clothes dryer – heat kills lice and nits.
6. No product prevents head lice.
7. Tying back long hair can help prevent the spread of head lice.

After you treat your child's head with your chosen treatment and have removed all the nits (the lice eggs found on the shaft of the hair follicle), there are a number of steps that are recommended:

1. Everyone in the household should change his or her clothing and bed linens. These items, as well as any hats, scarves, coats, and gloves, should be washed in hot water (at least 140° F).
2. Dry them with heat for at least 20 minutes.
3. If something is not machine-washable, take it to the dry cleaner—but please warn them about the reason the items need to be cleaned.
4. Vacuum all chairs, sofas, headboards, and anything that may have contacted anyone's head.
5. Soak combs, brushes, and any hair ties in 10 percent bleach or 2 percent Lysol for one hour. You can also heat them in water—as close to boiling as possible. Even safer—go out and get new combs, brushes, and hair ties.
6. One last thing—do not use your pet's flea shampoo—it is true that these contain some of the same ingredients as the human lice shampoos, but they have not been tested on children and may be unsafe to use!

Prevention?

Getting into the habit of regularly checking your child's hair before an infestation takes place. Teaching the children good habits by avoiding sharing combs, brushes, hair clips, accessories, hats. Also to periodically in the home soak hair care products such as brushes, combs, hair ties, headbands.



Threadworms in children



Worms affecting people in Australia:

- About one month after the egg of the threadworm is swallowed, the adult worm comes out of the child's bottom (anus) and lays her eggs on the skin around the opening causing very bad itching. Scratching or not washing hands after going to the toilet can result in the eggs being carried on the hands back to the mouth, when another cycle of worm production begins.
- The eggs can also be moved onto clothing, bedding, and other surfaces, where other people can pick them up. The eggs can survive up to 2 weeks on surfaces.

Signs and symptoms:

- The main sign of threadworms is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much.
- Threadworms do not cause major health problems, and are usually not the cause of tummy pain.
- Scratching of the bottom can cause a red rash around the anus, which can sometimes become infected.
- In girls they can move into the vagina, causing itching and a vaginal discharge.
- Occasionally adult worms can be seen on a person's poo.
- If you look carefully at the child's bottom, around the opening (anus), you can sometimes see the worms there, especially when the child first gets up in the morning.

What to do if your child has threadworms:

- All family members should be treated at the same time.
- Children can get worms again, even when they have been treated because the worms lay eggs around their bottoms. The area becomes very itchy, and by scratching, children can get the worm eggs under their fingernails, then carry them back to their mouths, giving themselves another bout of worms or spreading them to other people.
- They need to be taught not touch or scratch around their bottoms where there are likely to be worm eggs.
- Keep fingernails short and well scrubbed.
- Ointments or creams used for nappy rashes such as zinc and castor oil, smeared around the anus at bed time and in the morning may help with itching.
- Get children to sleep in tight fitting underpants or pyjamas so it is not easy for them to scratch - wash all their underpants in hot water.
- Wash clothes, pyjamas, sheets and pillow cases in hot water. Do not shake the sheets when you take them off the bed.
- Disinfect the toilet seat often with antiseptic cleaner.

Treatment

The good news is that threadworm infection, though very annoying, is not generally serious and is easily cured with medication.

Your doctor will advise you on the best treatment. Drugs such as pyrantel (Combantrin) or mebendazole (Banworm) are very safe and often recommended. Special precautions may be given for children under 2 years of age and during pregnancy.

It is recommended for the child to shower on the night the medicine is given and again the next morning to remove eggs laid during the night.






HINT: Give the whole family a worming treatment at the beginning of each school term for prevention



Serve sizes for 1 – 5 years

Food Foundations • an NAQ Nutrition program

By providing children with the recommended amounts from the Five Food Groups and limiting the foods that are high in saturated fat, added sugars and added salt, they will get enough of the nutrients essential for good health, growth and development. The amount of food children need will depend on their age, gender, height, weight and physical activity levels.

Food Group	Serve Size	Serves per day for 1 – 5 years	Serves whilst in 8 hours of care (50%)
Vegetables and Legumes/Beans 	<ul style="list-style-type: none"> • ½ cup cooked green or orange vegetables • 1 cup leafy salad veg • ½ cup cooked dried or canned beans/lentils • ½ medium potato 	2 – 4½	1 – 2½
Fruit 	<ul style="list-style-type: none"> • 1 medium apple, banana, orange • 2 small apricots • 1 cup diced/canned fruit • 1/2 cup (125ml) fruit juice 	½ – 1½	½ – 1
Grain (cereal) foods 	<ul style="list-style-type: none"> • 1 slice of bread • 1 medium roll • ½ cup cooked rice, pasta, noodles • 1 small English muffin • 2/3 cup wheat cereal flakes 	4	2
Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans 	<ul style="list-style-type: none"> • 65g cooked lean meats such as beef, lamb, veal, pork • 80g cooked lean poultry such as chicken or turkey • 100g fish fillet • 2 large eggs • 1 cup cooked/canned legumes 	1	½
Milk, yoghurt, cheese and alternatives 	<ul style="list-style-type: none"> • 1 cup milk • 2 slices (40g) cheese • ¾ cup (200g) yoghurt • ½ cup ricotta cheese 	1-2	½ – 1

*please note this is an approximate guide only based on the Australian Dietary Guidelines and includes morning tea, lunch and afternoon tea

To meet additional energy needs, extra serves from the Five Food Groups or unsaturated spreads and oils or discretionary choices may be needed by children who are taller, more active or older in their age band.



Fussy Eaters

Food Foundations • an NAQ Nutrition program

Children, like adults, have likes and dislikes when it comes to food and eating. Here are some suggestions to help you deal with mealtime fussiness:

- When a child refuses to eat initially do nothing. Most problems only become big issues when an adult reacts and a power struggle begins
- Make sure you offer plenty of healthy choices. Allow children to choose from a small number of different foods. For example, offer two different types of sandwiches and let the child decide
- If the child refuses to eat do not provide an alternative such as chips or biscuits or prepare a special meal for them
- Be a good role model. Be enthusiastic about eating nutritious foods and react positively to any that the child eats
- Encourage children to feed themselves. This can be messy but will help them take control of their eating. Finger foods are very helpful
- Try placing all of the foods for the meal in the middle of the table and encourage children to choose their own meal. This is a good way to encourage them to choose new foods
- Encourage children to eat with other children or adults. Children learn by watching others and are more likely to be adventurous if they are not eating on their own
- Don't allow children to fill up on juice, cordial or milk throughout the day. Limit juice to 125ml per day and make sure it is diluted with water. Avoid soft drinks and cordials all together. Limit milk to 600ml per day (for over 12 months)
- Don't allow children to fill up on less nutritious foods between meals. Offer fruit, yoghurt, scones and muffins as healthy snacks
- Try to include children in the food preparation. Even a two year old can tear up lettuce leaves or arrange cherry tomatoes on a plate
- Limit all distractions at mealtimes. Turn the television off and put the games and mobile phones away



Federal Budget Changes 2015

Due to cuts to child care funding implemented by the Abbott government, from the 1st July 2015 the rules for receiving Community Support Program (CSP) funding will change. Only services that meet very specific criteria will be eligible, and the reality is that almost all Family Day Care services will lose this funding overnight, which typically represents 50% of their income.

What this means in real terms is that from 30th June 2015 it is very likely the fees parents pay for care will have to increase.

Family Day Care Australia (FDCA) forecast that parents would be faced with an increase of \$30-\$35 per week. However, Kids at Home and our Educators have been working hard to reduce the impact of these government cuts. We are still looking at several options, and will announce our new rates in the coming weeks. What we can assure parents is that our increase will be lower than forecasted, and likely to be lower than other Family Day Care services in South East Queensland. Kids at Home have been a very active part of the 'Families Need Family Day Care' campaign run by FDCA. Sharyn has had meetings with our local member Terri Butler MP, and she has mentioned us twice in parliament. But remember, it's not too late for your voice to be heard too. You can contact your local member, or sign one of the various petitions (linked from our Facebook or website www.kidsathome.net.au or www.facebook.com/KAHFDC).



We believe that Early Childhood should be an area of investment for government, not an area for cuts. Although these cuts will represent a challenge for Family Day Care in Australia, you can be assured Kids at Home will continue to provide competitively priced, quality home based child care for you and your family.

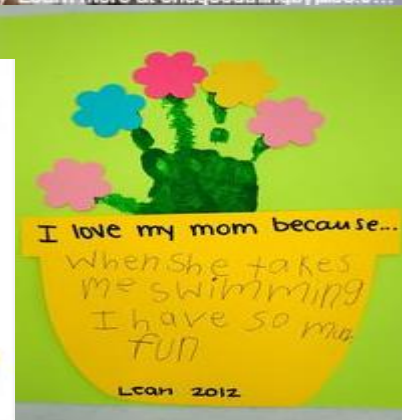


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Mother's Day Art & Crafts Ideas or maybe a few ideas for cooking 'breakfast in bed' for mum!

For more ideas and recipes hop onto [Pinterest!](#)



Dental Hygiene

It's very important in helping children develop good oral health practices from a very early age for at least two important reasons:

- firstly, good oral health makes a contribution to general wellbeing in children and secondly;
- early childhood dental hygiene is a key factor in the development of healthy adult teeth.

Tooth decay is Australia's most common health problem, with five times the prevalence of that of asthma among children. 11 million newly decayed teeth develop each year. According to government reports, it's also the second most costly diet-related disease in Australia, which is all the more concerning given 90 per cent of all dental disease is preventable. "The number one cause of tooth decay is consumption of sugary foods and drinks on a regular basis. The bacteria in your mouth convert sugars into acids. Over time, acids eat away at the surface of a tooth, attacking the enamel, weakening the tooth and causing decay in the form of holes or cavities.

Brushing Children's Teeth

Remember


- Brush as soon as your child's teeth have come through the gums
- Brush teeth twice a day using a low fluoride toothpaste, the fluoride in toothpaste will help to prevent tooth decay
- Many toddlers cannot avoid swallowing toothpaste, so a low fluoride toothpaste should be used e.g. "My First Colgate," "MacLean's Milk Teeth," and "Oral B Stages" toothpaste.
- When brushing your toddlers teeth, you may find it easier to lay them in your lap with their head resting against your arm or stand behind them, this way you will have more control and feel more secure.
- Swish and swallow water after eating is okay to do after eating lunch or any other meals until we can brush next time.

Toothbrushes

- Use a child-sized soft toothbrush and replace it regularly

Toothpaste

Is your local water supply fluoridated?

 X No	✓ Yes
Birth to six months brush your child's teeth without toothpaste	Birth to 18mths brush your children's teeth without toothpaste
Six months to five years brush your child's teeth with a small pea size amount of low fluoride toothpaste	18 months to five years brush your child's teeth with a small pea size amount of low fluoride toothpaste



Brushing

- Brush along the chewing surfaces of the teeth
- Use a circular or jiggling motion on the outside surfaces, being sure to brush the gums gently
- Repeat on the inside surfaces using a jiggling motion
- Spit out toothpaste but don't rinse
- For more information on dental hygiene and tooth decay visit www.noddecay.com.au



Useful tool for parents about childhood immunisation

There is a free **VacciDate** smart phone app for families to keep a record of each child's immunisations and provides reminders when vaccinations and appointments are due.

The campaign reminds parents that vaccinations need to happen 'on time' to give children the best protection against vaccine-preventable diseases. It also reminds parents to know their facts when making decisions about vaccinating children.

<https://itunes.apple.com/au/app/vaccidate/id891579530?mt=8>

