



# FAMILY DAY CARE

Quality Home Based Childcare



## Kids at Home Family Day Care Newsletter

ISSUE 29 June/July 15



### In this Issue

Welcome to our Winter issue of the Kids at Home Family Day Care Newsletter. We have lots of information and interesting reading material in this issue so be sure to grab yourself a nice hot cuppa and snuggle in for some light reading ... Enjoy!!

Regards,

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

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

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- Get out, Fire about! – Fire safety campaign



[www.kidsathome.net.au](http://www.kidsathome.net.au)

T : 07 3040 0430  
F : 07 3036 6194  
E : [info@kidsathome.net.au](mailto:info@kidsathome.net.au)





## **Nominate your educator in the 2015 Excellence in Family Day Care Awards**

Your family day care educator plays an important role in the life of your child and family.

They provide a home away from home to make your child feel safe, secure and supported. They instil confidence, encourage individuality and inspire inquisitive minds.

If your child's family day care educator is dedicated to high quality education and care then we urge you to nominate them in the 2015 Excellence in Family Day Care Awards.

The Awards recognise and celebrate the amazing work of family day care educators in shaping the lives of children right around the country.

This is a rare opportunity to say thanks to your family day care educator for their commitment to your child's wellbeing, learning and development.

Here are some great reasons why you should be involved

- To say thank you: it only takes a few minutes to express your appreciation for the important role of your family day care educator in the life of your child and your family
- Certificate of Nomination for your educator: every educator who is nominated receives a Certificate of Nomination – a small but important token of recognition of their work
- Great prizes for educators: every educator who is nominated and makes their supporting submission has the chance to win great prizes
- To help promote family day care: the Awards play an important role in promoting the family day care sector in the community.

This ensures the ongoing strength of the sector and its continued role in the early childhood education and care of children just like yours right across Australia.

To nominate your educator simply click here.  
[www.familydaycareawards.com.au/educator\\_awards/nominate-educator](http://www.familydaycareawards.com.au/educator_awards/nominate-educator)

To find out more about the awards visit [http www.familydaycareawards.com.au](http://www.familydaycareawards.com.au)

**Nominations close 6 August 2015**



[www.kidsathome.net.au](http://www.kidsathome.net.au)

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## Book Corner – Winter

### How the Weather Works

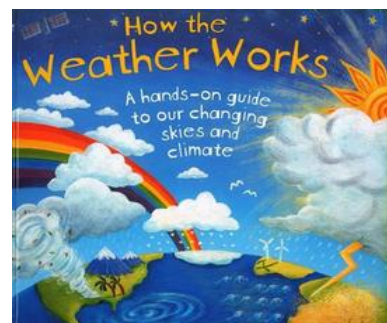
*By Templar (Illustrator)*

**What is a tornado? Why does it snow?**

**How is a hurricane created?**

**Find out in this novelty-packed introduction to our planet's weather.**

Tackling both normal and extreme scenarios, this is an entertaining and enlightening exploration of the world's weather. With bright, friendly illustrations, plus pop-ups, pull-tabs, and booklets, this interactive book stimulates learning and encourages children to think about how humans can influence the Earth's climate.



### Mix it up

*By Herve Tullet*

From the creator of the international bestseller *Press Here* comes a joyful exploration of colour that will enchant young and old.

Use your hand to mix up the colours. It's like magic.

Smudge, rub, shake and have fun!

An exuberant invitation to play.

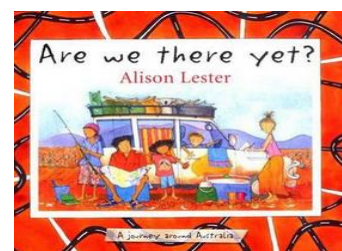


### Are we there yet? A journey around Australia

*By Alison Lester*

The year I turned eight, Mum and Dad took us on a trip around Australia. Luke, Billy and I missed school for the whole winter term.

Join Grace and her family on their adventurous and sometimes funny expedition. A warm, heartfelt story based on an actual journey undertaken by the much-loved, award-winning author and illustrator, Alison Lester.



### Upcoming Children's Live On Stage Shows:

**Peppa Pig Live! Big Splash Brisbane Shows** - @ Brisbane Powerhouse 21<sup>st</sup>-23<sup>rd</sup> October 10am & 12.30pm

**The Wiggles Big Show! & Cinderemma Live In Concert** - @ Brisbane Entertainment Centre 22<sup>nd</sup> December 10am & 1pm

**The Sound of Music Musical in Brisbane** - @ Lyric Theatre QPAC 11<sup>th</sup> March to 10<sup>th</sup> April Matinee & Evening Performances



Kids at Home Family Day Care

[www.facebook.com/kahtdc](http://www.facebook.com/kahtdc)



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## Educator's Corner:

Kids At Home would like to welcome all of our existing educators moving across from other schemes and some new educators starting their Family Day Care journey... The Gap

### Ashgrove

Helen  
Catherine  
Samantha

### Oxley

Karen

### Murrumba Downs

Fiona

Sharon

Leanne

Candice

Barbara

Gail

Michelle

### Albany Creek

Ange  
Isabel

### Wynnum

Sandi

### Sherwood

Akane

### Marsden

Racquel  
Brigita

### Bellbowrie

Maria

### Forest Lake

Indri

### Braken Ridge

Jane

### Newmarket

Chelsea

### Pacific Pines

Marie  
Dalena  
Nicolle

### Ferny Grove

Joanne  
Tiabei

### Molendinar

Shakila

### Parkwood

Riki

### Morningside

Jennifer

### Boronia Heights

Joanne

### Edens Landing

Lisa

### Merrimac

Michelle

### Bethania

Mari

### Browns Plains

Clare

### Carrara

Renee

### Surfers Paradise

Claire

## Safety Audits for the winter months:

### August

#### Safety Audit & Risk Management

- ☐ Emergency & Evacuation Procedure
- ☐ Outside/water hazards
- ☐ Prams and strollers
- ☐ Veranda/balcony
- ☐ Check smoke detectors



### July

#### Safety Audit & Risk Management

- ☐ Bathroom and toilet areas
- ☐ Nappy change
- ☐ Laundry
- ☐ First Aid Kit
- ☐ Check smoke detectors

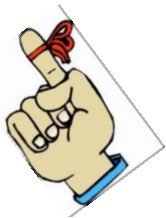


### September

#### Safety Audit & Risk Management

- ☐ Outdoor-Play Equipment
- ☐ Animal
- ☐ General
- ☐ Check smoke detectors





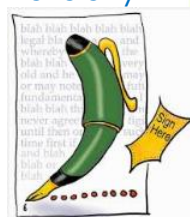
# Some important parent reminders

DON'T  
FORGET

1. **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.



2. **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 parent's responsibility to ensure that they do this as per the "approximate arrival and departure time, on a daily basis", not the book care times or 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.



3. **Alternative care required if your educator is sick or on holidays** – There will be times that your educator may not be able to offer care for you due to illness, appointments, family matters or holidays. If at any stage you do require alternate care please contact the Kids At Home office and we will assist you the best way we can in finding alternate care.



4. **Ekka Public Holidays 2015** – The Royal Queensland Show runs from the 7<sup>th</sup>-16<sup>th</sup> August 2015 with the Public Holidays falling on the Monday 10<sup>th</sup> August for Logan City/City of Redland/Moreton Bay Region, and Wednesday 12<sup>th</sup> August for Brisbane City.

**Ekka**  
magic every time







### **If your child is sick, the best place for them is at home ...**

We are now coming into the dreaded flu season and here are some things you should be aware of with children and attending care. Please inform your Educator if your child has not been well, not slept well, off their food etc. If your child has had vomiting and diarrhoea then they need to stay home until 24 hours after last episode.

If your child has contracted a contagious illnesses (such as gastro, colds/flu, school sores, conjunctivitis) then your child cannot attend care until they have seen a Doctor and/or antibiotics have been taken for a period of at least 24 hours. Your child will also require a doctors clearance to return to care.

As a child care service we are required to adhere to the Public Health Act 2005, which states that if a child is unwell they should not attend child care. This is to ensure everyone is protected, other children, their families as well as the Educator and their family.

It is such a vicious circle when illness goes through a child care environment and we need to ensure we limit this as much as we can. So please be understanding and assist us in keeping a germ free environment by keeping your child at home until they are feeling better or have been cleared by their Doctor to attend care again.

Remember to wash your hands after you sneeze or wipe your nose as this can limit cross contamination, from home to child care and from child care to home.



# Hand, foot and mouth disease

## DESCRIPTION

This is a mild viral illness and has nothing to do with animal diseases with similar names (eg foot and mouth disease in livestock).

Symptoms include a slight fever, loss of appetite, blisters in the mouth and on the hands and feet, and a sore mouth for a few days before the ulcers or blisters appear. Affected young children may refuse to eat or drink. Less commonly, blisters may be seen in the nappy area.

Hand, foot and mouth disease is spread through contact with the fluid in the blisters. This is most likely to occur when the virus becomes airborne during coughing, singing, talking, etc. Contact with faeces can also spread the infection.

## INCUBATION PERIOD

Usually 3–5 days<sup>92</sup>.

## INFECTIOUS PERIOD

As long as there is fluid in the blisters. The faeces can remain infectious for several weeks.

## EXCLUSION PERIOD

Exclude until all blisters have dried.



# Warning

There is an outbreak of Hand, foot and mouth in Brisbane so please read carefully.

(sourced from 'Staying Healthy in Child Care')

## CONTROLLING THE SPREAD OF INFECTION

Allow blisters to dry naturally. The blisters should not be deliberately pierced because the fluid within the blisters is infectious.

Follow good hand washing and cleaning procedure.

## TREATMENT

Usually none is required.





# National Immunisation Program Schedule Queensland

March 2015



Age	Vaccine	Disease	Routine childhood vaccination plus	
			Additional vaccines for Torres Strait Islander people	Additional vaccines for medically at risk children*
Birth	HBVaxII (paediatric)™	Hepatitis B	BCG (tuberculosis) <sup>#</sup>	
2, 4 & 6 months Vaccines due at 2 months can be given from 6 weeks of age. 4 & 6 months vaccinations should be given at 4 & 6 months.	Infanrix hexa™	Diphtheria-tetanus-pertussis-hepatitis B-polio-myelitis-Haemophilus influenzae type b (Hib)	* Influenza from 6 months to less than 5 years of age (Do not administer bioCSL Fluvox® to this age group)	
	Prevenar 13™	Pneumococcal (13vPCV)		
	Rota Teq™	Rotavirus		
12 months	Menitorix™	Haemophilus influenzae type b (Hib) Meningococcal C		
	Priorix™ or M-M-R II™	Measles, mumps, rubella	Hepatitis A >> Vaqta Paediatric™	Pneumococcal (13vPCV) >> Prevenar 13™
18 months	Priorix Tetra™	Measles, mumps, rubella Varicella	Hepatitis A >> Vaqta Paediatric™ Pneumococcal (13vPCV) >> Prevenar 13™	
4 years Vaccines can be given from 3 years 6 months of age	Infanrix IPV™	Diphtheria-tetanus-pertussis-polio-myelitis		Pneumococcal (23vPPV) >> Pneumovax 23™
	Priorix™ or M-M-R II™	Measles, mumps, rubella (if child has not already had 2 doses of measles-mumps-rubella containing vaccine)		
Year 8	Gardasil™	Human papillomavirus		
	Varilrix™ or Varivax™	Varicella		
Year 10	Boostrix™	Diphtheria, tetanus, pertussis		
	Boostrix™	Diphtheria, tetanus, pertussis		
15 to 49 years			Influenza *Pneumococcal (23vPPV) >> Pneumovax 23™	
50 years and over			Influenza Pneumococcal (23vPPV) >> Pneumovax 23™	
65 years and over	Influenza Pneumovax 23™	Influenza Pneumococcal (23vPPV)		

\* refer to Conditions associated with an increased risk of invasive pneumococcal disease (IPD) in current Australian Immunisation Handbook  
# All Aboriginal and Torres Strait Islander children aged 6 months to less than 5 years of age are eligible to receive influenza vaccine annually.





## Eligibility for funded vaccines

Unless otherwise specified funded vaccines will be provided for catch-up by the Queensland Health Immunisation Program up to the 10th birthday

Vaccine	Queensland Health Immunisation Program provides funded vaccines for the following groups (which may be additional to the routine schedule)
Hepatitis A	<ul style="list-style-type: none"> <li>Aboriginal and Torres Strait Islander children at 12 and 18 months. Catch-up funded up to the 5<sup>th</sup> birthday</li> </ul>
Hepatitis B (refer to the current Australian Immunisation Handbook)	<ul style="list-style-type: none"> <li>Household or other close (household-like) contacts of persons with hepatitis B</li> <li>Sexual contacts of persons with hepatitis B</li> <li>Migrants (who have a Medicare card) from hepatitis B endemic countries (if non-immune/not previously vaccinated)</li> <li>Aboriginal and Torres Strait Islander people (if non-immune/not previously vaccinated)</li> <li>Persons with chronic liver disease and/or hepatitis C</li> <li>Persons who inject drugs</li> </ul>
Annual Influenza Program	<ul style="list-style-type: none"> <li>Individuals aged 6 months and over with medical conditions predisposing to severe influenza (refer to Immunise Australia program <a href="http://www.immunise.health.gov.au">www.immunise.health.gov.au</a>)</li> <li>All individuals aged 65 years and over</li> <li>All Aboriginal and Torres Strait Islander children aged from 6 months to less than 5 years of age</li> <li>All Aboriginal and Torres Strait Islander people aged 15 years and over</li> <li>All pregnant women</li> </ul>
Measles, mumps, rubella	<ul style="list-style-type: none"> <li>Persons born during or since 1966 who have not already received 2 doses of a measles-containing vaccine (unless serological evidence indicates immunity)</li> </ul>
Pneumococcal (refer to the current Australian Immunisation Handbook)	<p><b>All children</b></p> <ul style="list-style-type: none"> <li>Prevenar 13<sup>TM</sup> at 2, 4, and 6 months with catch-up funded up to the 2<sup>nd</sup> birthday</li> <li>Aboriginal and Torres Strait Islander children:                             <ul style="list-style-type: none"> <li>Prevenar 13<sup>TM</sup> at 2, 4, 6 and 18 months of age with catch-up funded up to the 5<sup>th</sup> birthday.</li> </ul> </li> </ul> <p><b>Medically at risk children (see pp 326-327 of Australian Immunisation Handbook 10<sup>th</sup> edition)</b></p> <ul style="list-style-type: none"> <li>Under 5 years of age - Prevenar 13<sup>TM</sup> at 2, 4, 6 and 12 months with Prevenar 23<sup>TM</sup> at 4 years of age</li> <li>25 years of age - see The Australian Immunisation Handbook</li> <li>Catch-up funded up to the 10th birthday</li> </ul> <p><b>Adults:</b></p> <ul style="list-style-type: none"> <li>Aboriginal and Torres Strait Islander adults aged 50 years and older</li> <li>Aboriginal and Torres Strait Islander adults aged 35 - 49 years with risk factors - see the current Australian Immunisation Handbook</li> <li>All other adults aged 65 years and older</li> </ul>

School Based Vaccination Program	Vaccinations offered in the school program (please read the notes below)	Schedule
Year 8	<ul style="list-style-type: none"> <li>Human papillomavirus</li> <li>Varicella (students who have no previous history of varicella vaccination or chickenpox infection)</li> </ul>	<ul style="list-style-type: none"> <li>3 doses - 0, 2 and 6 months</li> <li>1 dose - year 8 students aged 14 years at the time of the 1<sup>st</sup> varicella vaccination require 2 doses. The 2<sup>nd</sup> dose is free and should be given at least 1 month after the 1<sup>st</sup> dose.</li> </ul>
Year 10	<ul style="list-style-type: none"> <li>Diphtheria, tetanus, pertussis</li> <li>Diphtheria, tetanus, pertussis</li> </ul>	<ul style="list-style-type: none"> <li>1 dose</li> <li>1 dose</li> </ul>

Students who miss any doses of vaccine at school are eligible to receive their missing doses up to the end of the following year. Vaccinations not completed in this time frame will need to be purchased with private prescription

Adolescents not attending school who would normally be in either Year 8 or Year 10 are eligible for the vaccinations above

Vaccinations administered by a practitioner/clinic to school age adolescents must be recorded in the usual way and forwarded to Queensland Health, VMA/5, REPLY PAID 2368, FORTITUDE VALLEY BC QLD 4006

# National Immunisation Program Schedule Queensland

March 2015

## The NIP schedule

### What's new:

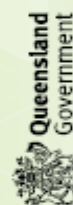
- All Aboriginals and Torres Strait Island children from 6 months to less than 5 years of age are eligible to receive funded influenza vaccine. Please refer to the Queensland Health Administration and Dosage of Influenza Vaccine for Children Under 9 years flowchart to assist you with appropriate administration
- 2015 will be the final year diphtheria, tetanus and pertussis (dTPa) vaccination offered to Year 10 students in the School Immunisation Program
- Human papillomavirus (HPV) vaccination for Year 10 boys in the School Immunisation Program has now ceased

### Important Schedule changes include:

- Two doses of MMR containing vaccine are recommended for all children. The first dose should be given at 12 months of age as MMR vaccine. The second dose should be given at 18 months of age as MMRV vaccine. **Do not give MMRV vaccine as the first dose of MMR containing vaccine in children less than four years of age**
- Children who have already received their 18 month old varicella vaccination should still be given their second dose of MMR vaccine at the 4 year old schedule point
- Hepatitis A vaccination for Aboriginal and Torres Strait Islander children will commence at 12 months with the 2<sup>nd</sup> dose of hepatitis A due at 18 months
- You may receive different brands of the same vaccines to administer in the schedule
- "Catch-up" now refers to children aged <10 years of age
- Please refer to the current Australian Immunisation Handbook for the most up to date information online at [www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/Handbook-to-home](http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/Handbook-to-home)

## Public Health Units

Tropical Cairns	4226 5555	Metro North, Brisbane	3624 1111	Metro South	3176 4000
Townsville	4753 9000	Rockhampton/Central West	4920 6989	West Moreton	3848 4700
Mt Isa	4744 7186	Sunshine Coast	5409 6600	Darling Downs	4699 8240
Mackay	4911 0400	Wide Bay	4303 7500	Gold Coast	5668 3700



## Some Date Reminders:

Date	Event	Website
1 <sup>st</sup> August	Jeans for Genes Day	<a href="https://www.jeansforgenes.org.au/">https://www.jeansforgenes.org.au/</a>
4 <sup>th</sup> August	National Aboriginal & Islander Children's Day (NATICD)	<a href="http://aboriginalchildrensday.com.au/">http://aboriginalchildrensday.com.au/</a>
12 <sup>th</sup> August	Royal Queensland Show - Ekka	<a href="https://www.ekka.com.au/">https://www.ekka.com.au/</a>
6 <sup>th</sup> September	Father's Day	
8 <sup>th</sup> September	International Literacy Day	<a href="https://www.education.gov.au/news/celebrate-international-literacy-day">https://www.education.gov.au/news/celebrate-international-literacy-day</a>
12 <sup>th</sup> September	White Balloon Day	<a href="http://www.whiteballoonday.com.au/">http://www.whiteballoonday.com.au/</a>
21 <sup>st</sup> September	International Day of Peace	<a href="http://www.unaa.org.au/international-day-of-peace.html">http://www.unaa.org.au/international-day-of-peace.html</a>
29 <sup>th</sup> September	National Police Remembrance Day	<a href="https://www.police.qld.gov.au/aboutUs/commemoration/remembrance/">https://www.police.qld.gov.au/aboutUs/commemoration/remembrance/</a>

**If you or your family are in need of an after hours GP in Brisbane on a weeknight, weekend or Public Holiday call, NATIONAL HOME DOCTOR SERVICE ON 13 SICK (that's 13 7425) for a BULK BILLED Doctor to your door**

### THREE WAYS TO REQUEST A HOME VISITING DOCTOR



**CALL 13 SICK (7425)**



**DOWNLOAD THE APP AND REGISTER**



**BOOK ONLINE**

Our call centres are open from 4pm AEST on weekdays, from 10am on Saturdays & all day on Sundays and public holidays.



[www.kidsathome.net.au](http://www.kidsathome.net.au)

T : 07 3040 0430  
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# Did you know that you can get an app for your phone that you can track your CCB and CCR payments?

It is called  
“express plus families” mobile apps



These apps allow you to:

- Update information
- Payments of CCB/CCR (etc) – keeping track of what you are receiving or payments being cancelled
- Letters
- Update Income estimates
- Statements



You can access more information about this on the app via this government link  
<http://www.humanservices.gov.au/customer/services/express-plus-mobile-apps>

Or go straight to itunes and download via this link <https://itunes.apple.com/au/app/express-plus-families/id573743329?mt=8>



## **Noah's Ark Fact Sheets:**

Noah's Ark Children's Services Resource Unit has developed an extensive range of Fact Sheets to assist families, schools and professionals to support children with disabilities and additional needs. Each Fact Sheet is developed with a holistic approach; it is important to remember that each child and family will be different and individual. You find the factsheets on the link below:

<http://www.noahsark.net.au/resources/online-fact-sheets>



[www.kidsathome.net.au](http://www.kidsathome.net.au)

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F : 07 3036 6194  
E : [info@kidsathome.net.au](mailto:info@kidsathome.net.au)



# Protecting your family from a home fire

**GET OUT  
FIRE ABOUT.**  
BE PREPARED WITH A FIRE ESCAPE PLAN.

The Queensland government “Get out, fire about” campaign aims to Educate the public about the fire risks around your home and how to best prepare yourself and your family in the event of a fire.

**Research has shown that more people die in house fires during the winter months than any other time of the year!**

Please go to <https://www.qfes.qld.gov.au/fireescape/index.html> for more information on fire safety and creating your very own specific plan for your household.

When fire strikes, you may only have a few minutes from the sounding of the smoke alarm to when your life is seriously threatened by fire or smoke. It is very important that you prepare and practise an escape plan and that everyone in the household knows what to do.

**How will you escape?**

## Some tips for parents

In our busy lives we sometimes forget to take the time to stop and enjoy the moment with our children. It is amazing how children's behaviour can change for the better by following the below points:

- By just taking the time to play with children and enjoying their company can make a huge impact on their development and social and emotional wellbeing;
- Let children know they are important by consistently responding to their needs;
- Have fun with children, share laughter and joyful moments, just because you are an adult doesn't mean you can't have fun;
- Encourage and acknowledge children's efforts, remember they do not know as much as adults and high expectations can impact on a child's self esteem;
- Be sure to recognise and celebrate acceptable behaviour and right choices children make, don't always focus on the negative.

Adapted from The Early Years Learning Framework (EYLF)



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