



FAMILY DAY CARE

Quality Home Based Childcare



Kids at Home Family Day Care Newsletter

ISSUE 31 Autumn 2016

Leaves of Gold - their former green,
The richest colour briefly seen.
A canopy of purest light,
Falls glittering down - into the night
As winds of change draw ever near,
The trees - they seem to have no fear
They know its time - they must transform.
And with that, something new is born,
And so it's been, since the dawn of time - all things must learn to
bend with climate.

Rebekah Ann Stephenson

The Kids at Home team would like to welcome all our new families that have started this year and welcome back to our existing families.

Where has the start of this year gone? Easter has come and gone and so has summer, but no one has told our weather here in QLD that, we will pretend and enjoy the colours that autumn should bring us and just imagine it is cooler!

We will admit that we are not IT savvy graphic designers, publishers or journalists but we aim to provide lots of useful information in our newsletters. We hope you enjoy our first newsletter of the year it has cross section of information that we hope is of interest and is an enjoyable read.

Regards,

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

Did you know?

Apples are more effective at waking you up in the morning than coffee?



In this Issue

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www.kidsathome.net.au

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Educator's Corner

We would like to welcome

Anita (Beenleigh), Maddi (Murrarie), Debra (Bulimba), Kelly (Bulimba), Fiona (Sandgate), Tony (Sandgate), Chaya (The Gap), Tamika (Albany creek), Shaymaa (Upper Coomera), Felice (Oxley), Felicia (Chermside), Diane (St Lucia), Kerrie (Ashgrove), Ruby, (Moggill), Kerrie (Ashgrove), Michelle (North Lakes), Linda (Hervey Bay), Kim (Hervey Bay) and Kamalika (Forest Lake)
to our team of dedicated Kids at Home Educators.

April

Safety Audit & Risk Management

- ☐ Check smoke detectors
- ☐ Emergency and Evacuation Procedures
- ☐ Bathroom, toilet
- ☐ Nappy change
- ☐ Laundry



May

Safety Audit & Risk Management

- ☐ Pool Safety Checklist
- ☐ Outside area/water Hazards
- ☐ Prams and Strollers
- ☐ Veranda/balcony
- ☐ Check smoke detectors



June

Safety Audit & Risk Management

- ☐ Kitchen area and facilities
- ☐ Indoor play areas
- ☐ Fire protection
- ☐ Check smoke detectors



What are some **fun & free** activities to do with children in Brisbane?

1. **Fort Lytton Brisbane** – a historical fortress that is open to the public on Sundays between 10am to 4pm with free guided tours and free entry – although a gold coin donation is welcome. [Click here](#) to take you to a website that will show any upcoming events being held throughout the year.
2. Living in Queensland we are privileged with such wonderful weather to get out and enjoy the outdoors and our surrounds. When we were younger there was nothing more exciting and tempting than to find some trees, climb them and let our imaginations guide us in adventure. There are some great parks and picnic spots that we can head to with our young ones and enjoy the outdoors – **Wellington Point Reserve** (the pick of the bunch!), **Scarborough Beach Park**, **Sherwood Forest Park**, **New Farm Park**, **Arthur Davis Park**, or your **local park** or **backyard**.
3. Take a walk through some local bushland and explore the birds/plants/the smells and textures – 'Best of all lookout' Springbrook, easy 700mtr trek to a gorgeous outlook; '**Walkabout Creek**' **The Gap**, great visitor centre with wildlife talks and interactions on weekends, plus some great trails to explore; the **Mt Cootha Gardens Children's Trail** a 17 steps trail that will teach them things about stingless bees, birds, frogs and plants.

The information above came from the website <http://www.brisbanekids.com.au/activities/free-activities>



Kids at Home Family Day Care

www.facebook.com/kahfdc



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Reading CORNER

Reading to children, even before they can understand words, teaches them to associate books with love and affection.

your eCards
www.eCards.com



"When I say to a parent,
"read to a child",
I don't want it to sound like medicine.
I want it to sound
like chocolate."

Mem Fox

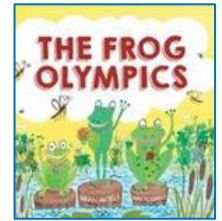
BOOKS
build a
stairway
to your
IMAGINATION

The Frog Olympics by Brian Moses, illustrated by Amy Husband

Laugh out loud with this wonderfully funny and charming picture book story about frogs coming together from around the world to participate in and celebrate their 'Frog Olympics'.

The rhyming text is brilliant to read out loud

Great for discussion starters about the Olympics and to talk about inclusion and how people, or frogs, of every size and ability can take part in the Olympics.



The importance of reading to children at a young age

We all know reading to our children is a good thing, but are you familiar with the specific advantages that toddlers or preschool-aged child can receive by being exposed to the merits of reading? Below are some benefits that highlight the importance of reading to children between the ages of two and five. On page 6 of this newsletter we have included information about an App called SPEAK. SPEAK is free and has simple activities to assist with enhancing and encouraging children's oral language from birth to school age, its easy enough to download and a useful tool to encourage being mindful about how "chatter matters, make it happen"!

A stronger relationship with parents As your child grows older, they will be on the move, playing, running, and constantly exploring their environment. Snuggling up with a book lets parents and children gain meaningful time to slow down and recapture that sweet, cuddly time enjoyed when your child was a baby. Instead of being seen as a chore or a task, reading will become a nurturing activity that will bring the parents and children closer together.

Basic speech skills. Throughout toddlerhood and pre school, children are learning critical language and enunciation skills. By listening to you read predictable text like in Dr Seuss books or some favourites like, "Brown Bear what do you see?" – Bill Martin Jnr and Eric Carle "We're going on a bear hunt" - Michael Rosen, "Boo to a Goose" – Mem Fox, you are reinforcing the basic sounds that form language. "Pretend reading", when a toddler pages through a book with squeals and jabbers of delight, is a very important pre-literacy activity. As a pre schooler, your child will likely begin sounding out words on their own.

The basics of how to read a book. Children aren't born with an innate knowledge that text is read from left to right, or that the words on a page are separate from the images. Essential pre-reading skills like these are among the major benefits of early reading.

Better communication skills. When you spend time reading to toddlers, they'll be much more likely to express themselves and relate to others in a healthy way. By witnessing the interactions between the characters in the books you read, as well as the contact with you during story time, your child is gaining valuable communication skills.

Mastery of language. Early reading for toddlers has been linked to a better grasp of the fundamentals of language as they approach school age.

Academic excellence. One of the primary benefits of reading to toddlers and pre schoolers is a higher aptitude for learning in general. Numerous studies have shown that students who are exposed to reading before pre school are more likely to do well in all facets of formal education. If a student struggles to put together words and sentences, how do we expect that they will easily grasp the concept of maths, science, and social concepts they will be presented with when they start school?

More logical thinking skills. Another illustration of the importance of reading to children is their ability to grasp abstract concepts, apply logic in various scenarios, recognise cause and effect, and utilize good judgment. As toddlers or pre schoolers begin to relate the scenarios in books to what's happening in their own world, they will become more excited about the stories you share.

Acclimation to new experiences. As your child approaches a major developmental milestone or a potentially stressful experience, sharing a relevant story is a great way to help ease the transition. For instance, if your little one is nervous about starting pre school, reading a story dealing with this topic shows them that anxiety is normal.

Enhanced concentration and discipline. Toddlers may initially squirm and become distracted during story time, but eventually they will learn to stay put for the duration of the book. Along with reading comprehension comes a stronger self-discipline, longer attention span, and better memory retention, all of which will serve your child well when they start school.

The knowledge that reading is fun! Early reading for toddlers helps them view books as an indulgence, not a chore. Children who are exposed to reading are much more likely to choose books over video games, television, and other forms of entertainment as they grow older.



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DON'T
FORGET

Parent Reminders



Updating change of details: Provide all changes of your contact information to your Educator and your Educator will pass that information on to the office for us to update our files. Or alternatively you can email change of details to info@kidsathome.net.au or call us on 3040 0430.

Emergency contact details updated: Please make sure that all your emergency contact details are up-to-date with your Educator, your Educator will then be able to pass that information on to the office. It is extremely important to keep this information up-to-date with your Educator, when your child is ill you need to be contactable. It can be very stressful for your Educator to have a sick child, trying to keep them safe and comfortable plus attending to the needs of the other children in care.

Signing attendance records: Parents please remember to sign in and out on your child/ren's attendance records on arrival and departure. The attendance records are legal documents that must reflect the actual arrival and departure times for emergency and legal reasons. Attendance records must also be signed off at the bottom of the page to certify that all the details are true and correct.

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

We are now coming in to the dreaded flu season and here are some things you should be aware of with children attending care. Please inform your Educator if your child has not been well, not slept well, their eating habits have changed, and most importantly if you have given your child a dose of paracetamol during the night or before coming into care. If your child has had vomiting and diarrhoea then they need to stay at home until 24 hours after last episode.

If your child has contracted a contagious illness (such as gastro, vomiting, 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 control the spread of infectious disease to the other children in care, as well as their families, and also the Educator and their own family too.

It is such a vicious cycle when illness goes through a child care environment and we need to ensure we minimise this risk 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.



what to do when sick

chibird & tumblr

- 1) sleep.
- 2) chicken noodle soup!
- 3) water.
- 4) fluffy blankets.
- 5) tissues.
- 6) avoid infecting others!



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Some ways to help prevent the onset of the Flu

Last winter there were 90,000 cases of flu, 25,000 more than the previous year.

1. Flu Vaccine – Those most at risk are older people, the very young, pregnant women, and those with underlying disease, particularly chronic respiratory or cardiac disease. You can access the flu vaccine from your local GP or from participating Chemists. The Chemist Warehouse offer the vaccine from \$8.99-\$11.99, you can book online today at

<http://rsvp.chemistwarehouse.com.au/>

2. Children's Probiotics – can be given in a drink each day to help improve gut health.
3. Load up on Vitamin D, Multi Vitamins, Zinc, Echinacea
4. Practice good hygiene
5. Maintain a good sleep schedule
6. Maintain a well balanced diet
7. Saline Spray – you can purchase a pump action one – twice weekly



Germ Farm



Scrub'em!

SPEAK



The Department of Education and Training in a joint initiative with the Queensland Health and Redland City Council have developed an oral language app that can be used by parents, educators and carers of children from 0-

6 years of age to support and nurture their language and oral development. The **SPEAK** (Speaking Promotes Education and Knowledge) oral language app is available for free to download from the iTunes and Google Play. The app is broken into 5 age areas with 10 talking points which then has four sections that provide free activities to enhance and encourage oral language.



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Kids At Home Panadol Information

When can an Educator administer Panadol to your child?

Only in the following circumstances;



High temperature

Moderate pain

OR

Letter from the Doctor explaining the reason for administering Panadol



Even though parents have signed permission for the Educator to provide an emergency dose of Panadol, the Educator is still required to contact parents prior to administering a one off emergency dose.

The Educator is also required to contact the Kids at Home office to discuss the reason for administering an emergency dose of Panadol to a child and inform them if the parents have been contacted.

Once administered an incident report form is to be completed detailing the reasons why the dose of Panadol was given. This form is to be completed by the Educator and is to be signed by both the Educator and the parent, a copy of the form is then passed on to Kids at Home.

Parents are required to advise their Educator if they have given their child a dose of Panadol during the night or that morning. **Over dosage of Panadol can be fatal to children.** It is not the Educator's responsibility to care for a child that is sick and to give panadol to children when in care.

Some simple words we use in child care to assist children with their behaviour and to respect others

5 Rules



-  *Listening Ears*
-  *Quiet Voices*
-  *Gentle Hands*
-  *Walking Feet*
-  *Respect each other and our belongings*

“Children must be taught
HOW TO THINK,
not what to think.”
Margaret Mead



NO JAB NO PAY Bill 2015 came into effect on the 1st January 2016.

FACT SHEET: Australian Government Department of Health new immunisation Requirements information for Family Assistant payments;

[http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/67D8681A67167949CA257E2E000EE07D/\\$File/No-Jab-No-Pay.pdf](http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/67D8681A67167949CA257E2E000EE07D/$File/No-Jab-No-Pay.pdf)

We have been informed that Centrelink (Department of Human Services) have been overwhelmed with the amount of data being submitted regarding children's immunisation status and those that are on a catch-up schedule. This has delayed the turnaround timeframes of information being processed in a timely manner, which has then impacted on families Child Care Payments, either not be paid/being cancelled or not being cancelled because of the delay in processing of this information.

As a Service Kids at Home does not have the authorisation to change any information regarding parents immunisation status or their eligibility to access Child Care Benefits or how they are paid (either to the service or directly to parent), our software links directly to Centrelink which communicates to our software and provides us with current (as per their records) eligibility of Child Care Benefit entitlements. It is the parents responsibility to follow-up any changes to their circumstances (such as immunisation) that has the potential to impact on their eligibility to receive Child Care Payments.

It is important for parents to keep their Educator up to date with their child's immunisation status for a variety of reasons (as set out in points 1-7 below). Keeping your Educator up to date will assist us in situations where there has been an outbreak of a contagious disease in the community (via shopping centres, playgrounds, indoor playcentres) school, family contacts or child care environments. Providing this information will assist Kids at Home, Educators and families with making decisions on the potential impact to their specific circumstances due to the following points;

1. Children in care are different ages and some younger children may not be fully immunised due to their age;
2. Children in care (or siblings at home) may be immunosuppressed;
3. Children in care have not be immunised/fully immunised because of a reaction or illness at last immunisation; or
4. Children in care are on a catch-up schedule because of points 2 and 3;
5. The family has a new born baby at home that isn't old enough to be immunised;
6. Older or younger siblings of children in care have a contagious disease or are a carrier and may pass this on;
7. Child Care related payments will cease if immunisations are not up to date and full fees will be required to be paid.

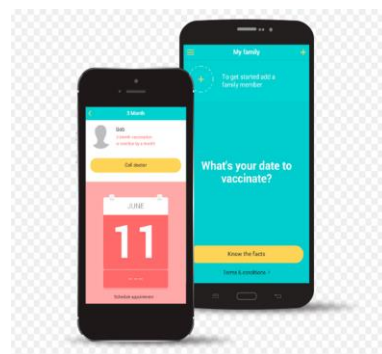
A families immunisation status is a medical record and is considered ***private and confidential*** information. A families immunisation status will not be disclosed to any parties other than to those that are authorised such as Kids at Home and its Educators, the Families Doctor and Centrelink as per applicable legislative requirement.

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>





What is planned for the 2016 Kids at Home Play sessions?



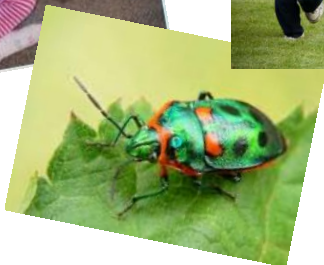
This year our play sessions are going to be bigger, better and with more of a purpose linking children to different communities and activities.

Here's a little taste of what is to come for children and their Educators...

1. The Bug Lady <http://www.bugsed.com/index.html> – is doing a presentation at an Educator's home on the Gold Coast. Michelle (the Bug Lady) shares her love and interest of bugs in a fun interactive workshop!
2. Physikids workshop <http://physikids.com.au/> – We already have Educators who use a similar company as a weekly activity for their children to attend and highly recommend the benefits of being able to access these kind of weekly workshops. This workshop will be an opportunity for other Educators to join in and experience every aspect of physical development in a fun and encouraging environment, with an option to include Physikids as part of their regular weekly planning for their children to attend.
3. Sensory Space Marsden <http://www.logan.qld.gov.au/facilities-and-recreation/libraries/library-locations/marsden-library> – guided tour and activities with the Young People's Librarian.
4. Reverse Garbage Internal Workshop <http://www.reversegarbageqld.com.au/> – hands on and guided workshop with recyclable materials, this will be an opportunity for children to create 3D objects and drawing on their 2D collage skills.

Some of the excursions will have limited vacancies, others will be no limit and open to all Educators in the location the play sessions will be held.

Educators are able to take up the opportunity to attend these play sessions as a way to expose children to new activities and experiences in different settings, meet up with other Educators and their children, and for Mentors to observe Educators and children outside of the home environment whilst helping to support and supervise children, assist with facilitating children's curiosity, confidence, problem solving, belonging to groups and communities and so much more like having fun whilst learning!



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 your 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>

The Child Care Rebate assists parents or guardians who are working, studying or training with their out of pocket child care costs. Child Care Rebate is not currently income tested. Using an approved child care service such as Kids at Home for the purpose of work, training or study-related reasons the Government will subsidise 50 per cent out of pocket child care costs, up to the annual cap. For the 2015-2016 income year, the Child Care Rebate annual limit is \$7,500 per child per financial year.

For families using more than a couple of days a week care the CCR amount will start to get close to the cap of 7,500 as we are getting closer to the 30th June 2016. Please be mindful of this as it will affect the amount of payment for care, requiring more to be paid to your Educator.

Also just as a reminder to be eligible to receive the Child Care Rebate (CCR) as a lump sum payment at taxation reconciliation you must first be assessed for Child Care Benefit (CCB) eligibility via Centrelink. If you have not contacted Centrelink to be assessed for CCB and been provided with an eligible CRN for both parent and child, and have not provided us with both CCB eligible CRN's, CCR will not link automatically and payment will not be made. If you make a claim through centrelink and they inform you that they have no record of your child being in care, this is a clear indicator that you have not provided us with CRN's to link with your child care usage. For more information click on this link; <https://www.humanservices.gov.au/customer/services/centrelink/child-care-rebate>



"Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood."

Fred Rogers

Celebrating Kids at Home Educators

Kids At Home would like to share some photos that have been taken during Mentor visits to Educators homes. Mentors visit Educators and children on a regular basis, it is their role to oversee compliance with Education and Care Services National Legislation to ensure Educators are providing an environment that is optimal to children's wellbeing and learning. They also have the privilege of observing the many amazing play spaces and interactions children have during their visits which they document and link the play being observed to the Early Years Learning Framework (EYLF) and National Quality Standards (NQS).

Throughout the year we share these photos and stories of Mentor visits with our Educators in what we call our "celebrating Educators" publication. We like to praise the efforts, educational programs and varied experiences of what our Educators offer to each other. As you can imagine there are no two Educators alike, they have different environments, their approach and knowledge of a specific area of interest also varies, but they all have one underlying similarity, they care about the children and families, and they are passionate about what they do and we would like to share a snippet of this with you, our parents.

Outdoor environment: Sarah-Jane has developed over many years a beautiful and inviting outdoor space that the children can care for and feel a part of, as well as view the local wildlife that visit and feed from the array of plants and trees that Sarah-Jane and the children have lovingly tended to. On visits Mentors have been involved with the children and Sarah-Jane in planting new flowers and reinvigorating the dirt and plant feed, which the children have asked to do. Sarah-Jane has outings to Bunnings with the children so they can choose their own plants to tend to. Over the years Sarah-Jane has grown and refined a great garden that the children are able to view and access each day. The garden has had many great experiences to extend the children's knowledge of the environment, and allows for opportunities to discuss as a group how the life and health of living things are interconnected.

Outcome 2.4 Children become socially responsible and show respect for the environment.



Building Confident Learners:

Kim supports each child in becoming confident and involved learners through open-ended, unstructured/structured play learning that consists of active hands-on investigation; and children directing their own learning (Outcome 4 EYLF, QA 1 NQS)

Kim's warm, friendly and enthusiastic responses to the children in care, including her own daughters, have shown a greater concentration, persistence and an eagerness to learn within each child (Outcome 2 EYLF)



Kim engages the children in constant conversations about the child initiated topics, objects and events (family and local community) that are of interest to the child/ren. This ongoing interest leads the children in developing a positive attitude towards their own learning about who they are and about their world around them. (Outcome 2 EYLF)

Outcome 1: Children have a strong sense of identity **2.4** – Children learn to interact in relation to others with care, empathy and respect

As part of the weekly routine and special events throughout the year Dee and the children in her care visit the nursing home that a family member resides in. Each week they go and say “hi” and do any little jobs that she needs done.

At Christmas time each year Dee and the children make something to take to her and the other residents. Last year they made some yummy cookies!!! Dee said the children were excited and really wanted to do something for the elderly residents, and were keen to give out the biscuits to them.

In a world where many of us don't have our immediate or extended families living near us, it is great to see Dee promote a sense of community and role model respect and kindness through the simplest of gestures.

Outcome 2: Children are connected to their world **2.1** – Children develop a sense of belonging to groups and communities and an understanding of the reciprocal rights and responsibilities necessary for active community participation.

2.1.4 – Broaden their understanding of the world in which they live.

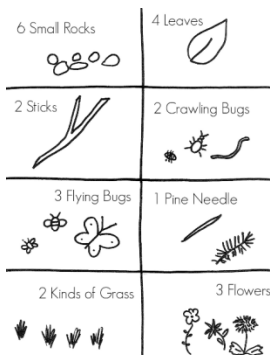


Scavenger Hunt Ideas for home or out & about in your local neighbourhood or National Park

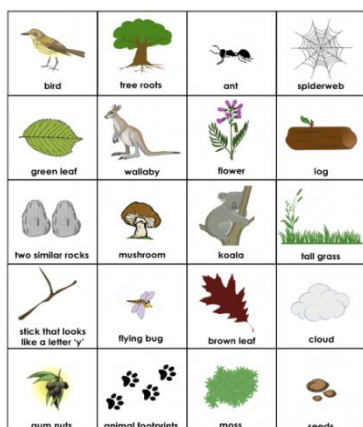
1. Label a bag with a colour and go and hunt around the house, backyard or a park and use in a collage activity after.



2. Go on a simple word/picture hunt with words/items relating to what your child is learning, post it notes are great for this.



3. Enjoy a nature scavenger hunt to find the many objects in nature, these could be colours, shapes, size, sounds, smells and even how they feel.



4. Using your own developed checklist or photo list or gaining ideas from or use printables that have been already developed <http://howtonestforless.com/2012/07/24/nature-savenger-hunt-for-the-kids-free-printable/>

