



FAMILY DAY CARE

Quality Home Based Childcare



Kids at Home Family Day Care Newsletter

ISSUE 20 April May 2013



Children are the world's most valuable resource and its best hope for the future !

John Fitzgerald Kennedy



Do you shop at Woolworths?

Kids at Home are collecting earn and learn points and would be grateful if you could collect them for us so we can use them to purchase some resources for the children in our care.

More details inside our newsletter p3.

Regards,

Nina, Donna, Megan
and Nykaela

Did you Know...?
Vincent Van Gogh only sold 1 painting his whole life and that was to his brother!



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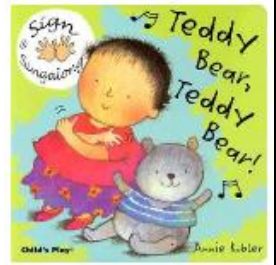
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Book Corner – Inclusion

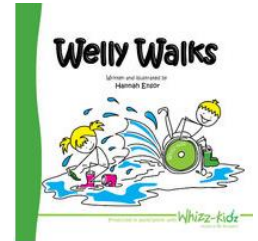
Teddy Bear, Teddy Bear *by Annie Kubler*

Favourite nursery rhymes and songs with simple and clear signing instructions. Even proficient speakers will long enjoy singing to a favourite song or rhyme. 12 pages.



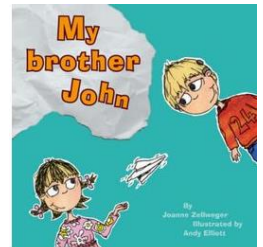
Welly Walks *by Hannah Ensor*

A book of puddles, splashing, and getting soaking wet. Perfect for ages 2-5, a simple story told with humour, following two young children splashing in the puddles, but is Mum really too old to play? Engaging and entertaining while breaking down the fear of 'different', helping all who read the books (parents included) look past the wheelchair and see the child.



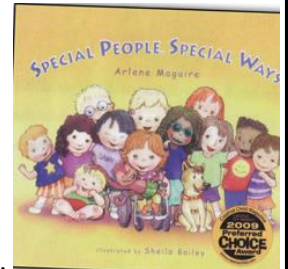
My Brother John *by Joanne Zellweger and Andy Elliot*

John has a hearing aid and cochlear implant. This light-hearted book manages to get across substantial information about deafness and hearing aids without detracting overly from the fun.



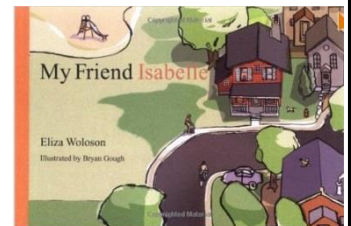
Special People Special Ways *by Sheila Bailey*

Share a joke or a dream. Make someone feel good. We need laughter, hugs, and to be understood. Though we seem different, inside we're the same. Our hearts are for caring, no matter our name. Arlene Maguire's delightful rhymes combine with Sheila Bailey's rich watercolour illustrations to take the reader on a journey of discovery. Each page portrays positive images of children with various disabilities. Winner of an iParenting Media Award, this book illustrates that beyond our physical limitations is a world of unique gifts for each of us to share. Teachers and parents love to read this book aloud to promote understanding and tolerance at school and at home. The detailed artwork attracts children of all ages.



My Friend Isabelle *by Eliza Woloson*

Isabelle and Charlie are friends. They both like to draw, dance, read, and play at the park. They both like to eat Cheerios. They both cry if their feelings are hurt. And like most friends, they are also different from each other. Isabelle has Down syndrome. Charlie doesn't. Written by Isabelle's mother, this charming tale encourages readers to think about what makes a friendship special. The book also opens the door for young children to talk about differences and the world around them. It's a wonderful story to read at bedtime or to share at school. Lively full colour illustrations dovetail beautifully with the text to bring the simple story to life. Ages 2 to 6.



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www.facebook.com/kahfdc



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Diary Dates for May 2013

Kiss Goodbye to MS

1st May

Tourette Syndrome Awareness Week

1st – 7th May

Miracle Month of May

1st – 31st May

State Education Week

5th – 11th May

Heart Week

5th – 11th May

International Composting Awareness Week

6th – 11th May

National Family Day Care Week

6th -12th May

World Asthma Day

7th May

World Red Cross Day

8th May

Time of Remembrance and Reconciliation of Those Who Lost Their Lives During the Second

World War

8th -9th May

International Nurses Day

12th May

Mothers Day

12th May

International Day for Families

15th May

RSPCA Million Paws Walk

19th May

Australia's Biggest Morning Tea

23rd May

National Walk Safely to School Day

24th May

National Sorry Day

26th May

Mothers Day

12th May

April

Safety Audit & Risk Management

- ☐ Check smoke detectors, Change battery
- 1st April
- ☐ Outdoor Play Equipment
- ☐ Animals
- ☐ General



May

Safety Audit & Risk Management

- ☐ Emergency Evacuation Practice
- ☐ Hazards/other issues
- ☐ Ventilation, Light and Heating
- ☐ Sleeping/Bedrooms
- ☐ Check smoke detectors



Woolworths Earn and Learn Points

We are excited to be taking part in the Woolworths Earn & Learn program.

You can help Kids at Home by collecting Woolworths Earn & Learn Points.

Just collect Woolworths Earn & Learn Points when you shop at Woolworths between Monday 8 April and Sunday 9 June 2013. We will redeem these for awesome educational resources for our school.

For every \$10 spent at Woolworths you will receive a Woolworths Earn & Learn Point. Pop them onto a Woolworths Earn & Learn Points Sheet and once it's completed, give them to your Educator to pass on to us or write Kids at Home FDC on them and drop them into the Earn and Learn Box at your local Woolies.

The more we collect, the more we can redeem. There are thousands of products available through the Woolworths Earn & Learn program, and we'd like to get lots of new gear! Products in the range include resources for mathematics, English, science, art & crafts, through to sports gear, library supplies and more.

We are grateful for your support and look forward to a successful program.

If you have any questions, please contact us on 3040 0430 or info@kidsathome.net.au

Educator's Corner

Kids at Home would like to welcome Kim – Upper Keperra and Sherrie – Narangba who have joined our team of Educators recently.

We also welcome back Megan from maternity leave, she will be working 2 days a week to settle back into work.



Everything you need to know about Immunisation and Child Care Benefits!

Questions and Answers

Q Why does immunisation matter for Child Care Benefit (CCB)?

A A child's immunisation records must be up to date for families to receive CCB entitlements.

Q How much notice will families be given before their CCB entitlement is affected?

A When a child's vaccination is four weeks late, the Department of Human Services writes to the parents and reminds them of the immunisation requirements for Child Care Benefit. After one month, the Department of Human Services will write again if they have not received proof and explain that the child's entitlement to Child Care Benefit may be cancelled. Families have 63 days in total to meet the requirements and to provide evidence to the Department of Human Services.

Q How does the Department of Human Services know when a child has been immunised?

A The doctor or immunisation provider sends the details when a child is immunised to the Australian Childhood Immunisation Register (ACIR). An immunisation history statement is made available to families and also to the Department of Human Services. This statement can be used by families to help keep track of their child's immunisations and as proof of immunisation for child care and school enrolments. Families can call 1800 653 809 to check their child's vaccination details have been received by ACIR.

Q What happens when a family does not respond to the reminder letters from the DHS?

A If they receive a reminder letter and they believe the child has up to date immunisation (or an exemption) they should contact the DHS for further advice. If the family does not act by the end of the period, a CCB cancellation letter will be sent to them.

Q What if the family did not respond to the reminder letters and the CCB was cancelled? How does it get restored?

A Once the ACIR record has been updated, the Department of Human Services will change the immunisation status to current. However, the family is still required to contact the Department of Human Services and ask for their CCB eligibility to be restored. Once CCB is cancelled, a new CCB eligibility start date is required.

Q Will the Department of Human Services backdate the CCB claim if it was cancelled and then reinstated?

A The back dating provision of 28 days will usually apply, however some families may still have a gap of several weeks where they are not eligible for CCB as a fee reduction.

In this situation, the family may still be eligible for CCB entitlements but will need to submit a lump sum claim at the end of the financial year for the period the service could not receive the CCB direct to the service as a fee reduction.

Note: If a family is not eligible for CCB entitlements they are consequently not eligible for Child Care Rebate (CCR) entitlements.

Parents are required to pay full fee for child care if CCB and CCR has been cancelled until it has been reinstated. Parents will be reimbursed the CCB and CCR at the end of the financial year for the period of time it has been cancelled if they fulfil DHS requirements.



IMPORTANT INFORMATION about children, illness and child care

Now that we are coming into the season where illness such as coughs, colds and flu's love to come and visit, it is important that we are aware of how an illness as simple as a common cold with sneezing and coughing impacts on children and families using care, and Educators and their families.

We have just been informed by the Department of Health that Queensland is currently experiencing higher than average influenza (flu) hospitalisations for this time of year and have requested that we inform parents of the importance of keeping their child/ren at home when they are ill and that when a child is sent home from care with an illness, they are taken to the Doctor to ensure that what they have isn't serious or contagious and asking the Doctor for a letter of clearance of any contagious diseases or of what illness they have.

As a Government Approved Education and Care Service we are required to adhere to legislation regarding exclusion of children from care when they are ill, these include illness and infectious diseases such as influenza, measles, whooping cough, diarrhoea and vomiting, chicken pox, school sores, hand, foot and mouth disease these being only a few of the communicable diseases that spread so quickly through child care services.

We are required to follow the below legislative requirements regarding illness of children in care, which are represented in our policies and procedures.

The Public Health Act 2005

<http://www.health.qld.gov.au/publichealthact/documents/fs-cont-cond.pdf> ,

<http://www.health.qld.gov.au/publichealthact/documents/pha-cont-cond.pdf> ,

Staying Healthy 5th Edition <http://www.nhmrc.gov.au/guidelines/publications/ch55>

Time Out http://www.health.qld.gov.au/ph/documents/cdb/timeout_poster.pdf



Every year we experience children arriving for their day in care when they are clearly unwell and should not be left in care, but be at home in the comfort of their own surroundings where they can recuperate whilst being cared for either by mum or dad.

When children arrive into care when they are unwell it puts everyone involved in an awkward position. Educators are required to follow legislative requirements through policies and procedures and have an ethical obligation to protect all children in care from becoming ill, and it is the parents responsibility to acknowledge that their child is sick and that they need to keep them at home where they are comfortable. It is not the Educators responsibility to care for sick children. Most work places these days are accepting of parents working around their workload, such as working from home, putting in extra hours to make up for days taken off to care for their sick child.

Children who are unwell should see a doctor to be diagnosed. If the cause of the illness is an infectious disease, the Education and Care service who are your Educator and Kids at Home should be notified so that they can prepare and distribute the appropriate fact sheet to other families just in case their children come down with the same illness.

Some things to think about when you have a sick child:

What do you do with your child/ren when they are sick and you need to go to work? It is important to think about a course of action in this situation before it arises and line up help as a back up. Having a contingency plan in place will save you time and energy, not to mention a lot of stress!

Here are some ideas for you to consider:

Figure out a solution in advance

- Parents take turns staying home with their sick children when necessary
- You may also be lucky enough to have parents or in-laws living in the area. You will be surprised at how wonderfully supportive they can be. If possible, don't call on their help for the whole day, maybe just a few hours to handle the important matters at work and then work from home if necessary.
- Talk to neighbours who are stay-at-home mums or family members. You may be pleasantly surprised how many people are willing to help out in this situation.

Split the day with your partner

- Another alternative when children are sick is to split the day. For example you can go to work in the morning, from 7:30 until 12:30, come home, and then your partner can go in and work from 2:00 until 8:00.

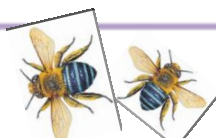
Save your sick days

- Try to save your sick days so that you don't have to take unpaid days – ask your HR department about what arrangements can be made with flexible leave practices.





National Sorry Day (26th May) is an annual day of commemoration and remembrance of all those who have been impacted by the government policies of forcible removal that have resulted in the Stolen Generations



Do you know what a Pollinator Corridor is?

I recently attended a QECSN – Queensland Early Childhood Sustainability Network where Michael Fox from the Mount Gravatt Environment Group spoke about Pollinator Corridors which is a project that the group has been facilitating since September last year.

Michael's inspiration for the idea of creating a wildlife corridor linking Mt Gravatt Conservation Reserve with Bulimba Creek via Mt Gravatt Showgrounds came from the model of the Pollinator Pathway in Seattle <http://www.pollinatorpathway.com> and the High Line in New York <http://www.thehighline.org/about/park-information>

How it works: Firstly there was a need to create a pollinator friendly habitat which requires the cooperation of the community, to create the pollinator links in their backyards, unit balconies, parks, schools, community groups and businesses. Pollinator Links have the potential to create an urban pollinator habitat by interconnecting patches of bushland with wildlife friendly backyards.

What are Pollinators? Birds, butterflies and bees are the pollinators that go from one backyard area to another creating the link. The maximum distance a pollinator source could travel/fly was a 10km distance so within that distance the project needed to create areas to attract the commuting pollinators through a pathway for the project to succeed ensuring the route from Mt Gravatt to Bulimba Creek without a break in the 10km radius.

FACT: European honey bees cannot buzz-pollinate therefore the reason to encourage native Blue-banded Bees into your backyard provides valuable buzz pollination of backyard vegetable crops like tomatoes, capsicums and eggplants.

What was needed: Food such as nectar rich flowers, fruits, seeds and insects, spiders and lizards. Breeding environments with the use of nest boxes and bee blocks. Water provided in the form of a bird bath, frog pond and local creeks.

End result: the community has come together and has assisted the project to start making its way, to assist the "pollinators" to the project's destination.

Would you like to assist in creating one in your backyard?

What we can do: Even though we may not live in the area, the Mt Gravatt – Bulimba Creek project is looking at how we as a community of many suburbs can work together to create many pollinator pathways throughout the suburbs of Brisbane, eventually connecting all the wildlife corridors in some way for future generations.

I thought what a great idea! How could Kids at Home, its Educators, children and Families contribute and support the idea within their own backyards and make a contribution to ecological biodiversity.

A few ways we can do this are as follows:

- Provide a bird bath for the pollinators to drink from, as they get thirsty as well
- Plant native plants, that attract butterfly's and birds, citrus trees or some vegetables
- Bird nesting boxes, bee blocks – see next page on how you can build your own



For more information about the pollinator corridor

<http://megoutlook.files.wordpress.com/2012/09/pollinator-link-habitat-brisbane-city-wide-3-sept-12-pdf.pdf>

For more information about the Mount Gravatt Environment Group

<http://megoutlook.wordpress.com>



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Backyard Bee Homes

By Michael Fox
Mt Gravatt Environment Group
www.megoutlook.wordpress.com

DO YOU need more bees to pollinate your backyard vegetables? We have more than 1500 Australian native bee species just waiting for an invitation.

Species like our local Leafcutter and Fire-tailed Resin Bees *Megachile* sp. are not well known, because, unlike the social Sugarbag Native Bees that live in colonies storing honey, Leafcutter and Resin bees are solitary and only seen in the warmer months - September to March.

If you find neat coin-sized circles cut out of your rose bush leaves, you probably have Leafcutter bees in the area.

Female Leafcutter bees cut circular pieces of leaf from roses or native ginger. Rolling the leaf between her legs, she files with it to a suitable hollow where she makes a cigar shaped series of brood cells to be stocked with pollen ready for egg laying.

The larva hatch next spring to feed on the pollen before emerging to go to work in our backyard vegetable gardens.

A backyard bee home to attract native bees can be made with pieces of bamboo cut to provide a variety of holes of 5-10mm diameter. By cutting either side of a node you can vary the depth between 50 to 80mm deep.

I made a decorative bee home for my daughter's balcony garden by filling a tube of black bamboo with smaller bamboo of different sizes. You can even use with a piece of scrap PVC downpipe stuffed with bamboo or simply drill holes in an old timber fence post.

Backyard bee homes also provide habitat for other useful insects and lizards that will help control garden pests like aphids on your roses.

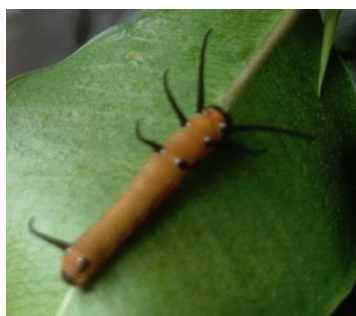


www.southsidesport.com.au

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Did you know there are different sized bird houses that attract different kinds of birds? Mt Gravatt Men's Shed have been building bird houses for the Mount Gravatt Environment Group, which they also have for sale. Here is a link to Men's Shed locations including the Mount Gravatt site.

<http://www.mensshed.org/home/.aspx>



EYLF Learning
Outcomes 2, 4, 5

The Kids at Home Hungry Caterpillar Story

Some pictures of what we found in our office garden. What a great activity to do with children. Exploring the garden, what can you find? Take some pictures and do a Google search just as we have done to identify what we have found. We believe the caterpillars and cocoon belong to the Striped Blue Crow (mulciber Cramer species) Butterfly. If we are incorrect please feel free to correct us and let us know what the butterfly species is.



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Food Allergies and Introducing Solids

courtesy of Tuckertalk www.gldnutritionaustralia.org



Food allergies are present in around 6- 8% of young children less than 5years of age. They are caused by the immune system falsely recognising the protein component of a food as a threat. Most food allergy reactions occur quickly; generally within 2hours of exposure, but eczema and gut related symptoms (such as diarrhoea or constipation) may take several hours or even a few days to develop.

Children are most likely to develop a food allergy when they are under 5 years of age. Reactions to cows milk, eggs, peanuts, tree nuts, soy, wheat, and fish account for more than 85% of food allergies in children. Allergies to nuts and seafood commonly produce the most severe reactions and are also more likely to be the allergies that persist for life. Most children diagnosed with allergy very early in life actually start to out grow their food allergies by 3-5 years of age.

Over recent times there has been some debate as to whether the time that solids are introduced will influence whether a child will develop a food allergy. Authorities differ in their recommendations. The National Health and Medical Research Council (NHMRC) and the World Health Organisation (WHO) currently recommend introducing solids from around 6 months of age.

The Australasian Society of Clinical Immunology (ASCIA), (who are Australia's peak Allergy body), currently recommend around 4-6 months of age for the introduction of solids. Discussions at present around earlier introductions of solids centre around giving the child early exposure to potential allergens. This may help the child to build up more of a tolerance to the proteins in foods (which is what usually causes the allergic reaction).

"Based on the currently available evidence, many experts across Europe, Australia and North America recommend introducing complementary solid foods from around 4-6 months."

So, when should we be introducing solids?

More research is needed in to the area of allergies to come to an agreement on the time that solids should be introduced. As discussed, authorities currently vary as to their recommendations. For the meantime though, listen to signs from the child as to whether they are ready to start on solids. After the age of 4 months old:

- ☐ Are they showing an interest in food and put things into their mouth?
- ☐ Are they able to sit upright when supported with good head and neck control?
- ☐ Are they able to suck small amounts of pureed food from a spoon? Always start with age appropriate foods and note, if there is a history of allergies in the family, always consult a health professional for advice prior to introducing solids.



For more information visit the following sites:

World Health Organisation: www.who.int

Australasian Society of Clinical Immunology www.allergy.org.au

National Health and Medical Research Council www.nhmrc.gov.au



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National Family Day Care Week

6th-12th May 2013



During the week of May 6th-12th Family Day Care Australia will be celebrating their silver anniversary - 25 years of being the national peak body for the Family Day Care sector.

Some of our Educators are participating in celebrating this week, joining many other Educators across Australia to assist Family Day Care Australia create a "NEW" Guinness World Record Attempt for the Largest Collage of cut out handprints.



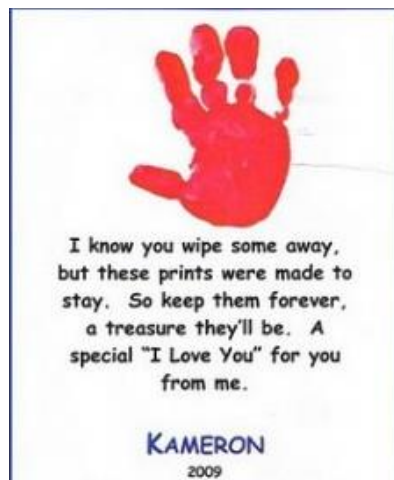
Some other activities Educators may be celebrating during this week with children and families:

- * Collating their own hand print artwork
- * Collating a children's artwork for an Exhibition
- * Holding a morning or afternoon tea for families and children
- * Develop a belonging wall, where parents and children can add their artwork
- * A come and play day where "all" family members are invited to come and play including grandparents, aunties, uncles, cousins etc
- * Visit another Educator to participate in the above activities

Please support your child's Educator if they are celebrating any activities during this week and enjoy the moment with your children.

Don't Forget Mothers Day - Sunday the 12th May

Some easy craft activities to do with children



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