



# FAMILY DAY CARE

Quality Home Based Childcare



## Kids at Home Family Day Care Newsletter

ISSUE 18 December 2012



Kids at Home Family Day Care  
has been rated as  
“**EXCEEDING NATIONAL  
QUALITY STANDARDS**”  
and we are thrilled to bits!!!



Kids at Home Family Day Care has completed the National Quality Standard Assessment and we are excited and proud to share our overall rating as:

**Exceeding National Quality Standard!**

What a great team effort! Educators and the coordination unit staff working together positively to generate this outcome!

The National Quality Framework aims to raise quality and drive continuous improvement and consistency in services across Australia, the commitment shown by the members of your service to successfully complete this assessment and rating cycle will no doubt help to foster a culture of continuous quality improvement.

**Summary of Comments from the Final Ratings Notice:**

Your service is commended on its achievements in providing quality outcomes for children. In particular the relationship with children, families, communities and the extensive support of the coordination unit demonstrates a commitment to quality by educators and the coordination unit staff. It is recommended that the coordination unit, educators and families continue to reflect on current practice to maintain the quality outcomes evident during this assessment and rating process.

Our Early Childhood Manager, from the Office of Early Childhood Education and Care acknowledged the efforts of management, Educators, staff and others involved in preparing for, and participating in, the assessment and rating process and wished us well in our important work with children and families.

Thank you to everyone for making Kids at Home a service of choice. We are looking forward to continuing our commitment to provide quality learning experiences and practice to children in our care.

Regards,

Nina, Donna

and Cathy



Did you Know...?

Bats always exit a cave to the left and enter from the right!

### In this Issue

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- Safe Play for Under 5's



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## Book Corner – Recycling stories for Children

### What's In the Egg?

Science Made Simple! "Whenever kids learn something about the world that they didn't know before, that's a discovery! With Little Pirate, kids learn how to make discoveries. When they join Little Pirate on an adventure, they will wonder, observe, experiment, draw conclusions, and build on what they've discovered. And the more kids discover, the bigger their world gets! It's not just birds that hatch from eggs, as Little Pirate discovers. Learn all about animals that hatch from eggs. Ten-spread case bound book with flaps, paper wheel that turns to transport Little Pirate into a world of wonder.



### Don't Throw That Away!

You can keep that trash and reuse it in all kinds of wonderful ways. You see that old jar? Don't throw that away! You can turn it into... a new vase! Follow an eco-conscious superhero as he teaches kids how to recycle and reuse common household items! The five large flaps throughout show that ordinary trash is really a treasure. From turning old clothes into fun costumes or an old box into a brand new car, kids will learn that saving the environment is super cool!



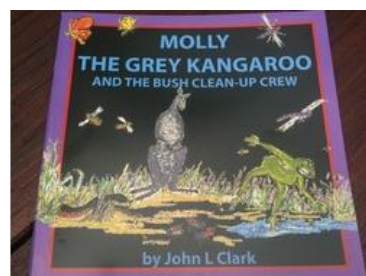
### Molly the Grey Kangaroo and the Bush Clean up Crew

Author John L. Clark

There is a place in the bush not far from you where people go on the weekends to have a BBQ.....

Award winning writer and illustrator, John L. Clark has a story to tell about what happened when it started to rain and the people left the bush.

All the Australian bush animals come into the story and there are surprises in store. This book will make you think and more importantly laugh, but it will also challenge your thought on littering!



## Educator's Corner

Kids at Home would like to welcome Jackie – Sunnybank Hills, Su Yin and Miyoung – Sunnybank, Celeste – Coorparoo, Jennifer – Camira, Tina – Albany Creek, Kellie – Redland Bay who have joined our team recently.

We have had a few staff changes due to something being in the water and causing a baby boom. Megan is now being kept busy with the arrival of her 3rd child on the 11<sup>th</sup> November, a beautiful baby girl, Jaslin weighing in at a whopping 4.69 kgs, 57cms mother and baby are doing well and brothers Levi and Harley are thrilled to bits. Peta has also left the Kids at Home team under Doctors orders to take it easy until she gives birth to her baby due in March 2013. We also have a new full time Coordinator Donna, and a part time administration assistant Cathy join our team. Donna's experience is vast and incorporates supporting all children's services sectors throughout Queensland to prepare for Quality Assurance processes and the new National Quality Standards and Frameworks. Cathy has a background in administration and is making her way through understanding how child care benefit and processing systems work which is a lot to take in.



Kids at Home Family Day Care

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



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## Diary Dates for June 2012 – July 2012

### Term 4 ends

Friday 14<sup>th</sup> December 2012

### Christmas Day Public Holiday

Monday 25<sup>th</sup> December 2012

### Boxing Day Public Holiday

Wednesday 26<sup>th</sup> December 2012

### New Years Day Public Holiday

Tuesday 1<sup>st</sup> January 2013

### Office Closure Dates

Thursday 20<sup>th</sup> December 2012 – Tuesday

1<sup>st</sup> January 2013

### Office re-opens

Wednesday 2<sup>nd</sup> January 2013

### Australia Day

26<sup>th</sup> January

### Australia Day Public Holiday

Monday 28<sup>th</sup> January 2013

### School starts back

Tuesday 23<sup>rd</sup> January 2013



## December

### Safety Audit & Risk Management

- ☐ Check smoke detectors



## January

### Safety Audit & Risk Management

- ☐ Pool Safety Checklist
- ☐ Check smoke detectors



## Prepare for Summer Fun in the Sun

It's that time of the year to be vigilant with sun safety practices. The UV Index is now at 11+ which is extreme and we need to ensure "wrap, splat and wear a hat" and limit our time out in direct sunlight.

To keep children sun safe, please send sun safe clothes and broad brimmed hats with your children. Clothes such as singlets and tops with thin straps can expose children's delicate skin to harmful UV rays, so ensure you send in spare clothes or dress your children in clothes that cover as much skin as possible eg. long sleeves and high necks/collars and is made from close weave materials such as cotton, polyester/cotton and linen.

Be mindful of play time outside to reduce the amount of exposure to direct sunlight and keep with sunsafe practices and limiting time in the sun to early morning and late afternoon.

For more information go to the cancer council <http://www.cancercouncil.com.au>

**TIP:** Listen to your local radio and TV weather reports on what the UV index will be on the day!



### **Wrap!**

Make sure you are wrapped up in a T-shirt, and wear shorts and sunglasses.



### **Splat!**

Splat on sun cream to all parts of the body and face before going outside and remember to reapply frequently and generously.



### **Hat!**

Wear a wide brimmed hat that keeps your face and neck shaded.



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## **Information from the Family Assistance Office to parents**

**Name Change:** Family Assistance Office is now known as the Department of Human Services.  
[www.humanservices.gov.au](http://www.humanservices.gov.au)

Parents are sometimes given information by the Department of Human Services that is misunderstood, misleading or incomplete and this can cause arguments with their child care service about what is the correct situation. When this happens, we need details about the source of the information so that we can do something about it.

Please tell us – Kids at Home:

- How and when was the information given?
  - if by phone, what was the receipt number for the call?
  - if at a Centrelink or Medicare office, where was it and who did the family speak to?
- What questions did the family ask?
- What advice did the FAO give the family?

Armed with these details, we can work with the FAO to ensure staff learn more about CCB and improve the quality of advice they give to people in the future.

**Absences:** Families are allocated 42 Absences in which CCB and CCR are paid as a reduction per financial year, Absences include public holidays, family holidays and children's illness.

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

### **Why do I pay for care on a public holiday?**

Charging practices are commercial decisions made independently by services and individual child care Educators and are not a matter regulated by family assistance law. This includes the widely-used practice of charging for public holidays when your child does not attend care. This practice is used by child care Educators because, like most employees, are entitled to be paid for public holidays when they would otherwise be at work.

### **DEEWR will be conduction target audits of Attendance Records**

DEEWR have received reports from the public in relation to the potential incorrect claiming of financial assistance. This is in the area of attendances of children in care. It is the parents responsibility to ensure that the details of their child's days in care, absences and hours in care have been documented correctly.

### **Educators responsibilities**

As an educator, you should be giving attendance reports to your service about the care you provide each week/fortnight. You must make sure you report attendance correctly. This means only reporting attendance for sessions that the child actually attended. You can report absences, but only if the child would otherwise have been in care and only if the family was charged a fee for that care.

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

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





## Are you experiencing challenging behaviours from your children? If YES! please read on.....

You might often feel exasperated with your children when they behave in an undesirable manner. Some parents give up, others yell, and some ignore their child's behaviour. However, these methods of parenting only stop the behaviour for a short while. To truly amend your child's undesirable behaviour, you need behaviour management strategies that will help you to guide

and set boundaries for your high spirited child into behaving in a more social manner, at home, care, school and around others.

**Patience, consistency and caring** for your child will help nudge them in the right direction. It won't happen over night but if you are consistent and calm, you will be able to see the results of how consistency in your approach to the undesirable behaviour can influence your child's behaviour.

As a parent, your resolve may weaken when you become stressed, tired or simply worn out from your child's behaviour. When your child misbehaves, they are testing you to see how far they can go. If you offer inconsistent direction and guidance, they will know that they can easily push you to the edge where you don't want to deal with their behaviour anymore. Firm guidance, patience and consistency in setting routines and boundaries for behaviour management proves one of the most effective strategies of all.

**Set clear expectations** keep it appropriate to the age of your child, don't ramble on and offer an in depth explanation of what you want. Keep it simple. Say what is happening and what you expect.

**Keep a routine** Plan ahead to avoid or manage potentially difficult situations. Toddlers thrive on routine and knowing what to expect each day, will assist them with knowing what's going to happen next. Try not to schedule a trip to the shops for example during lunchtime or naptime; you're just setting yourself up for failure.

Don't count! "One, two, two and a half, two and three quarters..... Counting is not a good idea when trying to get your toddler to recognise, understand, and respect your authority as a parent especially if you do not act on the consequences on "three".

**Enforce appropriate guidance without excessive warnings** It's crucial in these early years that you teach your child that there are consequences, both negative and positive for their behaviour. It's during these times that you can help your child understand that different types of behaviour produce different results—some pleasant, and some not so pleasant.

Sometimes the best way to handle a tantrum is to simply ignore it (ensure your child is safe whilst doing this). Make a conscious effort to be nonchalant. Try to busy yourself with some laundry or something else so it doesn't break you.

**Be consistent** You'll find that if you're consistent with your approach, you'll send the message to your toddler that no matter how long they stand there crying and screaming, you're not going to break and give in.

If you want your child to quit yelling, then don't raise your voice at your child. If you want them to be kind, then model kindness. If you expect your child to be patient, without fussing, then you need to model patience.

Be sure to recognise and celebrate their acceptable behaviour and right choices, too. The reward could be just to celebrate as a family, doing something special together. This reinforces appropriate behaviour, AND fosters family time. You'll be pleasantly surprised how your child reacts to well placed encouragement, along with structured routines and positive guidance and boundary setting.

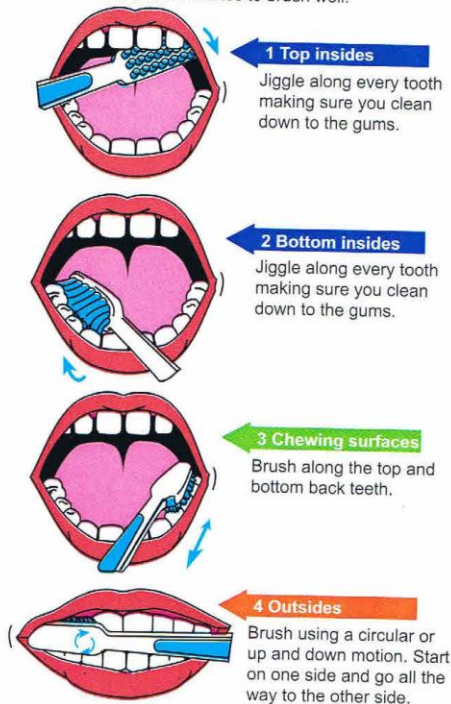
**Triple P sessions for parents** are held on a continual basis across Brisbane and surrounding suburbs check out their details at <http://www10.triplep.net/?pid=14>





## How to brush

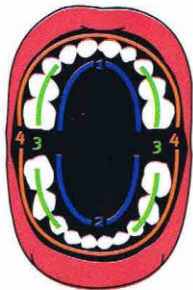
- Use a soft bristled toothbrush with a small head and a fluoride toothpaste.
- Take one to two minutes to brush well.



Clean your teeth like this twice every day.

Parents should assist with toothbrushing until children are about eight years of age.

Keep toothpaste out of reach of small children.



**What makes a good lunchbox? Check out these links...**

[http://raisingchildren.net.au/articles/packing\\_a\\_lunch\\_box.html](http://raisingchildren.net.au/articles/packing_a_lunch_box.html)

<http://www.health.gov.au/internet/main/publications.nsf/Content/phd-gug-brochures>



## Dental Hygiene Facts

### Tooth friendly foods

- Most of the sugar we eat comes from commercially prepared foods, you can reduce your sugar intake by using the information on food labels as a guide to sugar content
- Look at the quantity per 100g column to enable comparison with other foods.
- Look for foods with less than 10g of total fat and 3 g of saturated fat,
- Look for foods with less than 15g of sugar.
- Other names for sugar include honey, sucrose, fructose and glucose syrup.

### Small children and food

- Small children have small tummies and are very 'busy' learning about their world. To grow up strong and healthy they require small, frequent and nutritious meals from a wide variety of foods everyday, foods that promote good health also promotes good dental health.

### What causes tooth decay?

- When we eat and drink, the bacteria in plaque use the sugars in food to make acid, some food and drinks, such as soft drinks and fruit rollups, are already acidic. This acid make holes in the teeth (decay).

### Tooth tips

- Provide healthy mini meals throughout the day
- Choose from a wide variety of foods everyday
- Save snack foods and treats for special occasions
- Foods like muesli bars, rollups, health bars and honey are not recommended as snacks, they contain high concentrations of added and natural sugars and will stick to the teeth more readily, dried fruits are a little better, but **fresh fruit and vegetables are the best choice.**
- Eat less sugar
- Do not add sugar to encourage fussy eaters continue to offer healthy foods and drinks
- Do not reward or comfort with sweets
- Water is the cheapest and the best thirst quencher.



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## **Safe Play for Children under 5**

Active and creative play is essential for children's growth, development and learning. Play provides opportunities for children to become physically active, as well as facilitating social interaction and assisting with the development of self esteem. This factsheet outlines tips on safe play practices for children and advice on what to look for in terms of safe play equipment and toys for children, in order to reduce the risk of injury.

[http://www.smartplay.com.au/ImageLibraryAssets/resources/national/under\\_5s\\_fact\\_sheet\\_final.pdf](http://www.smartplay.com.au/ImageLibraryAssets/resources/national/under_5s_fact_sheet_final.pdf)



### **A danger to small children**

In Australia, an estimated 4 children per week present to an emergency department with an injury related to a button battery. These button batteries are required to be screwed down in toys BUT they are accessible by children in items such as musical birthday cards, mini remote controls and keyless entry remotes. With Christmas coming and many gifts being given to children please be aware to check the safety of the toys as well as the batteries that they may have or may require. If a child swallows a button battery, it can lodge in their throat and burn through the oesophagus in as little as two hours. Symptoms of ingestion can be similar to other childhood illnesses, including coughing, drooling and discomfort. Injuries can be extremely serious and may require major surgery

#### **Safety tips**

- Keep button batteries and devices out of sight and out of reach of children
- Make sure the battery compartment on devices is secure
- Dispose of old button batteries immediately



If you think your child has swallowed a battery, take them to hospital immediately

Call the Poisons Information Centre on 13 11 26 for additional treatment information

Tell others about this danger - and share these steps.

Visit The [www.batterycontrolled.com.au](http://www.batterycontrolled.com.au) to learn more.



## **Childcare Placements – Educators required**

Kids at Home Educators operate in a wide area from North as far as North Lakes to the South East Suburbs to the Gold Coast and west to Redbank Plains to the East Redland Bay area and the many suburbs in between.

We have received many phone calls in the last few weeks requesting care in the following areas where we are particularly short of Educators.

The area from Tingalpa through to Bulimba, Carindale and Norman Park including all the suburbs in between and the Milton, Bardon, Wavell Heights, Kelvin Grove, Mitchelton, Northgate and Newmarket areas. If you know of anyone in this area who would be interested in operating a Family Day Care business, please give them our phone number to contact us to discuss the requirements.



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# The Early Years Learning Framework and My Time, Our Place for School Age Children

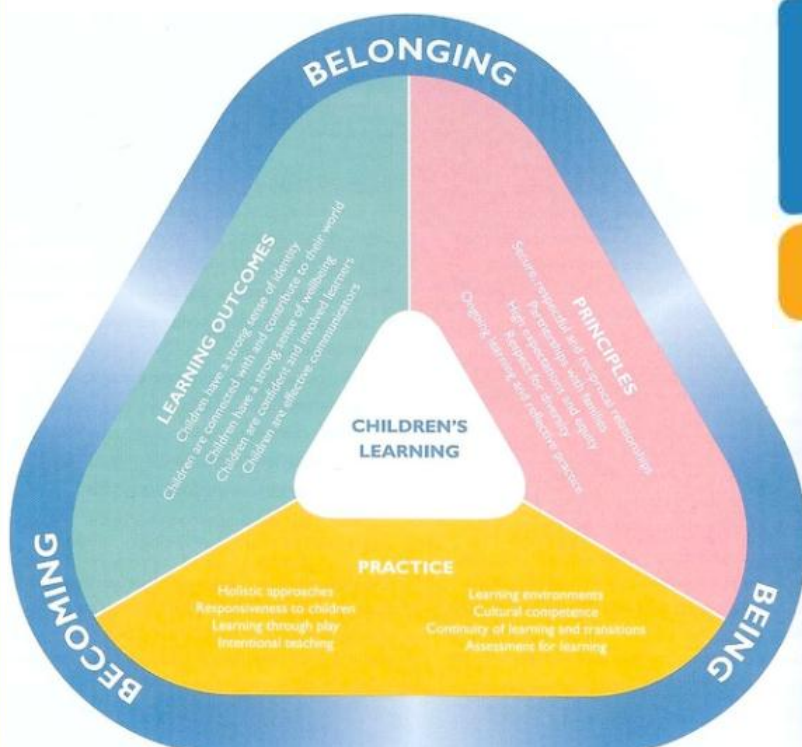
## **Educator correspondence with parents**

In line with Education and Care Services National Regulation and National Quality Standards, Educators have been putting a lot of effort into documenting what happens for children in care and you should be able to see evidence of this occurring.

All Educators have different methods of documenting and some use the computer whilst some will be hand written. You should be starting to see a regular plan/program and observations of your children's achievements, linked to the outcomes of the Early Years Learning Framework or My Time, Our Place for school aged children.

Please take the time to look at this information/documentation, share discussions with your children about it, and give feedback to your Educator. This will assist in providing high quality programs.

For more information about the Law and Regulations, National Quality Standards and the Early Years Learning Framework and My Time Our Place go to [www.acwcqa.gov.au](http://www.acwcqa.gov.au)



**BELONGING,  
BEING &  
BECOMING**

