



FAMILY DAY CARE

Quality Home Based Childcare



Kids at Home Family Day Care Newsletter

ISSUE 22 SPRING 2013



Exceeding
National Quality Standard



Australian Children's
Education & Care
Quality Authority



Spring is in the air and the warm days have begun so early this year. We have been enjoying the sunshine so much however are a little concerned about what this means for a scorching summer.

We would like to take this opportunity to welcome Clare Rattu on-board as our newest Coordinator. She joined the coordination unit last month and has been settling in well. She has 7 years experience in childcare settings and we are excited to have her as part of the team.

Regards, *Sharon*, Nina, Donna
Nykaela and Clare

Did you Know...?
A cat has 32 muscles in
each ear!

In this Issue

- Book Corner
- Diary Dates
- Sep Oct Nov Safety Audit
- Calender events
- Information about Fees & Absences
- Healthy lunchbox ideas
- Sun Protection
- The importance of keeping children active
- Incorporating nature into your environment
- Sustainability in childcare



www.kidsathome.net.au

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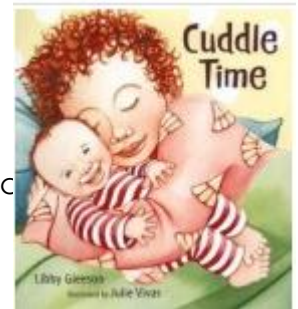
Book Corner – family

Cuddle Time

Author Libby Gleeson and Julie Vivas

This book is perfect for a younger age group. It speaks about the magical world of babies filled with jumping, rolling and cuddles. This book celebrates liveliness, joy and the close bond of a parent/c. It is spoken through a creative rhyming text.

Most suited for readers- Age 0-2 years



Family Forest

Author Kim Kane and Lucia Mascuillo

While some children have a family tree- others have a family forest! This sensitive and beautifully illustrated book celebrates the diversity of families in a fun loving and humorous manner. Family forest explains family dynamics of all types and speaks about the uniqueness of families.

Most suited for readers- Age 2+ years



My Granny went to Market

Author Stella Blackstone and Christopher Corr

This creative tale tells the story of Granny taking a magic carpet ride around the world to collect beautiful and magical objects. The bright and colourful pictures are sure to delight all readers. The book is superbly written as a rhyming story which explores many exotic places throughout the world.

Most suited to preschool readers- Age 4 & 5 years



Educator's Corner

Kids at Home would like to welcome Kylie (Taigum) and Christy-Lee (Kippa-Ring) who have joined our team recently.



Kids at Home Family Day Care
www.facebook.com/kahfdc



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September

Safety Audit & Risk Management

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



October

Safety Audit & Risk Management

- ☐ Hazards/ Other issues
- ☐ Ventilation Light & Heating
- ☐ Sleeping/ Bedrooms
- ☐ Check smoke detectors



November

Safety Audit & Risk Management

- ☐ Emergency & Evacuation Procedure
- ☐ Kitchen area and facilities
- ☐ Indoor Play Areas
- ☐ Fire Protection
- ☐ Check smoke detectors



You may have already received the following information (via your Educator) about the Yes Doctors information which is a new after hours service to assist if required. The incentive is to provide a free after hours service that comes to the patients home to keep our hospitals free for emergencies.



After-hours Bulk Billing Doctor in Your Home



We Are OPEN When Your GP is Closed

Call Us On

1300 980 980

When you require after-hours care in your own home, including aged care and nursing. Our experienced doctors can provide you with prompt access to quality medical assistance, personal care and advice. Within 24 hours of your treatment a copy will be provided to your GP.



**Monday - Friday 6pm - 8am
Saturday from 12pm
Sunday & Public Holidays 24Hrs**

**PH: 1300 980 980
www.YesDoctor.com.au**

**HAPPY
HEALTHY
FAMILIES**

**6TH
SEPT
2013**

FREE FAMILY FUN DAY!

9:30am to 12:30pm

Free Jumping Castle, Face Painting,
The Balloon Dude, Stories,
Entertainment, Petting Zoo, Music
and performances.

**123 PARADISE ROAD,
SLACKS CREEK
3290 5200**



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Calendar Events

Date	Event	Website
September		
1st	Father's Day	
2nd-8th	National Child Protection week	http://napcan.org.au
2nd-8th	National Asthma Week	http://www.asthmaaustralia.org.au
7th	White Balloon Day	http://www.whiteballoonday.com.au
8th	International Literacy Day	http://www.unesco.org
11th	World First Aid Day	http://www.ifrc.org
16th	Australia Citizenship Day	http://australiancitizenshipday.govspace.gov.au
16th	World Parks Day	http://www.worldparksday.com
20th	International Day of Peace	http://www.internationaldayofpeace.org
29th	World Heart Day	http://www.world-heart-federation.org
October		
5th	Word Teacher's Day	http://www.worldteachersday.org
6th	R U Ok Day	https://www.ruokday.com
7th	Labour Day	KAH Office closed
16th	World Food Day	http://www.worldfooddayusa.org
21st	Pink Ribbon Day	http://www.pinkribbonday.com.au
31st	Happy Halloween	
November		
5th	Melbourne Cup	http://melbournecup.com
11th	Remembrance Day	http://www.awm.gov.au
14th	World Diabetes Day	http://www.idf.org/worlddiabetesday
24th	White Ribbon Day	http://www.whiteribbon.org.au



Information on Payment of Fees and Absences

- Payment for child care is based on the hours the parent books their child into care to allow them time to travel to and from work
- Parents MUST sign in and out on attendance records every day both on arrival and departure
- Educators must supply parents with a receipt or some form of documentation for payment of fees
- Kids at Home send out 12 weekly statements for usage of care this is a government requirement based on attendance record information.
- Parents are required to pay for absences when their child does not attend care this includes illness, family holidays and public holidays
- Parents are reminded that full fees may need to be paid to the Educator whilst on Holidays or long absences to keep the placement available.
- We are required to follow strict guidelines with payment of CCB and CCR on absences. For example if children do not return to care after a holiday or they are absent during the 2 weeks notice period, full fees will apply according to Legislation and criteria being met for these absences.

Reminder

Its that time of the year again for our annual Parent Direct and Chalk toy fundraiser. The catalogue will be delivered from 2nd September to your educator for collection, orders are required to be returned to your Educator by 21st October.



Healthy Lunch Boxes

It can be hard to come up with new and creative lunches every day. Here are a few easy recipe ideas to help promote good health and interest in eating. You can find these recipes at-

<http://www.kidspot.com.au/best-recipes>



Chicken wraps



Corn Picklets



Macaroni mix



Mini Pizzas



Mini Quiche



Vegetable soup



Vietnamese Rolls



Cheese & Zucchini scones



Grape Caterpillar

Tips to assist a fussy eater

- Make sure your child has not filled up on drinks or “sometimes foods” before a meal
- Stick to a regular mealtime routine
- Make the mealtime enjoyable
- Don't bribe or punish your child for refusing to eat
- Keep trying to introduce foods that your child has previously refused. Sometimes children need to see a new food at least 10 times before they finally taste it
- When offering a new food, offer some familiar foods as well.
- Be a good role model by eating the same foods that you are offering your child
- Set a time limit of around 20 minutes for a meal. After that time, remove any uneaten food and let your child leave the table.
- Do not offer other food or drinks until the next planned meal or snack
- Try to always stay calm and don't make a fuss if your child refuses to eat

Source-

<http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-gug-child-familybook>



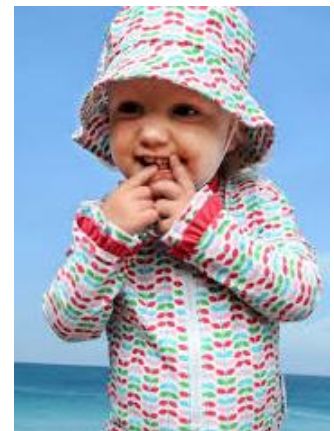
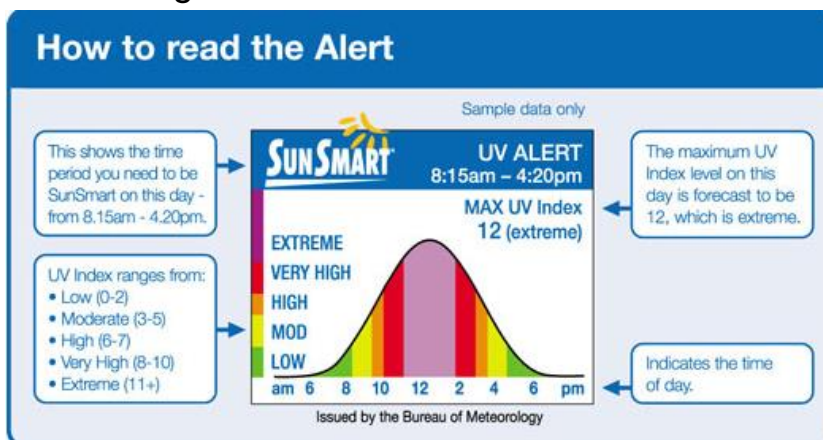
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The warm weather is back!

As we are coming into spring, it appears the lovely warm days have followed. It is fantastic that we can spend more time outdoors enjoying the weather however we also need to take into consideration appropriate sun protection for our children. The Cancer Council website (www.cancer.org.au) contains a lot of information on sun protection- including a phone application that informs you of current Ultraviolet radiation being emitted.



What is Ultraviolet Radiation?

The sun emits three types of radiation- visible sunlight (light we can see), Infrared radiation (heat we can feel) and Ultraviolet (we cannot see or feel.) Of these Ultraviolet radiation is the most dangerous. Effects from over exposure to UV include sun burns, premature aging and skin damage leading to skin cancer. Children and teenagers are particularly at risk as they are the most vulnerable to UV rays. This application is fantastic for advising the safest times/ days for small amounts of sun exposure so we can ensure our children are getting enough vitamin D to promote strong bones and calcium absorption.

Sourced from- <http://www.cancer.org.au>



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The 5 S's for Sun Protection are:

Slip on some sun-protective clothing that covers as much skin as possible.

Slop on broad spectrum, water resistant SPF30+ sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards.

Slap on a hat – broad brim or legionnaire style to protect your face, head, neck and ears.

Seek shade.

Slide on some sunglasses – make sure they meet Australian Standards.





Keeping kids active

Children require exercise and movement to develop gross motor skills, self confidence and improve fitness and co-ordination. Creating a healthy attitude towards exercise and movement in the early years supports life long health and wellbeing. There are lots of ways that children benefit from movement and exercise. Being active:

- Helps in achieving and maintaining a healthy weight
- Contributes to healthy development and growth
- Supports strong muscles and bones
- Improves the cardiovascular system
- Helps relaxation
- Provides friendship opportunities
- Maintains and develops flexibility
- Improves and corrects posture
- Develops good social skills
- Improves balance, movement and coordination
- Improves self-confidence and independence.

Long term benefits- lower risk of diabetes, heart disease and obesity



What's the difference between movement and exercise?

Movement is what we do everyday in our general life (crawling, walking, kicking, stomping and stretching.) Exercise is planned, structured, repetitive and purposeful. It improves one or more types of physical fitness including strength, flexibility and endurance. Both are equally important for maintaining good health.



Sourced by- <http://www.rch.org.au/ccch/growthrive/movement>



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How to incorporate nature into Children's Play?



Children learn in constructive/hands on ways and develop a love for learning through exploring their natural environments. Studies have shown that children who do not have a connection to the natural world experience increased stress and decreased focus. Incorporating natural environments into your day does not have to be a massive challenge. Simple ideas can assist in developing projects that can be done within a group. A few of these ideas include-

Installing a bird feeder to a near by tree. This inexpensive idea is great for teaching children about seasons, habitat and patterns of migration. If the birds do not come, that can be a tool to led into further (critical thinking) conversations about why and allows children to use their problem solving abilities to figure out how we can improve their feeder/location of feeder. The only costs involved in this is the feeder and seeds. Bird identification books can be found at a library (possible excursion) or on the internet.

Exploring the trees/ plantation. This idea will cost you nothing and can be used to again, explain changing seasons, study and track birds, insects and wildlife that is reliant on that tree's survival . By "getting to know" this tree the group can then lead into conversations about human's impact on trees (What is paper made from? Where does wood come from? etc...) You may also like to do research on what type of tree it is and what countries it grows in.

Show and tell opportunities. Encourage children to find things from their natural world to bring in for a show and tell. Demonstrate and encourage your love for nature by collecting items for you to show and tell about. Talk about every aspect of why they are a certain colour, shape, size and where it came from. You will be surprised where these conversations can go. Ask open ended questions such as "Where do you think this butterfly lived?" "What makes leaves change colour?" These questions will evoke thought and creative thinking. The items they collect should be displayed in a nature corner so they can be revisited when the children show interest or new things are collected. This is a great idea to explain concepts such as change of season, types of insects and further interest into the outdoor environment.

Go on an excursion. Although it is fantastic to explore nature outside the home it is also very beneficial to go on an excursion to explore a new environment. A few of the places our educators have recently ventured to include- parks, strawberry farms and Cedar Creek Falls. The children have thoroughly enjoyed these outings as they learn more about their natural world.

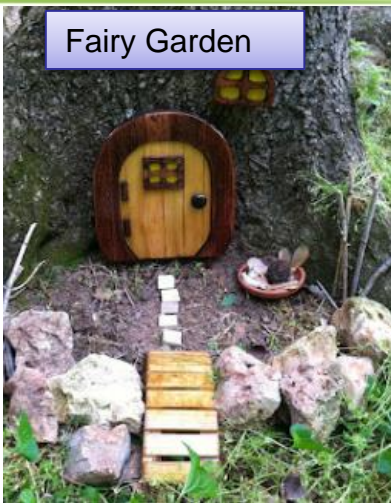
Ideas sourced by- <http://blog.childrenandnature.org/2013/08/14/you-can-get-your-student-outside-and-still-meet-your-state-standards/>



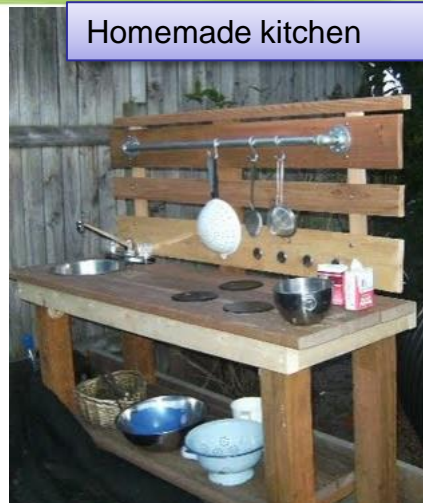
Gardening



Fairy Garden



Homemade kitchen



Homemade wrist bands



Wood Xylophone



Sustainability in Childcare



Collections



Tyre cubby



Sandpit BBQ



These beautiful ideas are sourced from- <http://www.letthechildrenplay.net>
<http://theplayfiles.blogspot.com.au>



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