



FAMILY DAY CARE

Quality Home Based Childcare



Kids at Home Family Day Care Newsletter

ISSUE 26 Summer 14



It may not be officially summer but the heat and sun is making itself known, so don't forget to be sun smart and

Slip

Slop

Slap

Seek

Slide



Protect yourself in five ways from skin cancer



As this is our last newsletter for the year we would like to wish each and everyone of you a very Merry Christmas and a safe, happy and healthy start to the New Year!

Regards,

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



Did you know?

The sentence "the quick brown fox jumps over the lazy dog" uses every letter in the English alphabet



www.kidsathome.net.au

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T : 07 3040 0430

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Book Corner – Christmas

The Elf on the Shelf: A Christmas Tradition

Carol Aebersold/Chanda Bell

The tradition began in the '70's with Carol Aebersold's family.

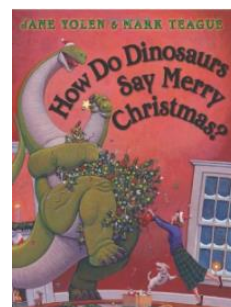
Each year around Thanksgiving, Santa delivers your elf to your house. It is to show your kids so he can give Santa a naughty-or-nice report each night (a great incentive to encourage good behaviour and manners). The elf returns from the North Pole every morning to a new spot in your house, so when the children wake up in the morning they excitedly race around the house trying to find the elf.



How Do Dinosaurs Say Merry Christmas

By Jane Yolan

From decorating the tree to wrapping presents, little dinosaurs love to celebrate Christmas-and everything about it. With ornaments on the branches and carolers singing at the door, the spirit of Christmas is finally here and filling the hearts of Families everywhere. But when the stockings are hung on the chimney, and the Cookies are left out for Santa, how can little dinosaurs go to sleep? It's so exciting! How can they possibly calm down and behave?



Christmas in the Barn

By Margaret Wise Brown, artist Diane Goode

The book has simple rhythmic text, while the heart of the story remains true to the story of the birth of Jesus Christ, details that might confuse a young child have been left out of both the text and the illustrations. This is a calm and soothing story, a good book to share at bedtime with ages 3-6.



Educator's Corner

We would like to welcome some more Educators on board the Kids at Home team:

Sarah (Meadowbrook), Catherine (Jimboomba), Geeta (Upper Kedron), Akila (Regents Park), Megan (Meadowbrook), Jasmin (Ferny Hills), Tracey (Kelvin Grove), Tahlia (Red Hill)

Upcoming Children's Live On Stage Shows:

Wiggles Big Show Live in Concert Shows – Brisbane Entertainment Centre
Tuesday 23rd December 10am and 1pm

Disney Live – Three Classic Fairytales – Brisbane Entertainment Centre
Saturday 17th January 10am, 1pm, 4pm

Octonauts Live! Operation Reef Shield – QUT Gardens Theatre
Friday 27th February 2015 & Saturday 28th February 2015



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



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Office Closure

**Thursday the 18th December 2014 – and reopen on
Monday the 29th December 2014**

If requiring alternative care due to Educator illness during office closure or in an emergency please call

0430 404 524 or "000"

Warning about Children's Panadol dosage....

Please click on link to 'essential baby' website to read very important information about giving the correct dosage to you child. If the syringe is used in the incorrect way children will be given an extra dose of 1.26mls for each dose.

<http://www.essentialbaby.com.au/toddler/toddler-health/warning-about-childrens-panadol-dosage-20141021-1199tg.html>

Is your child safe in the Car?

Quick check for child restraints

There are some parts of parenting that are so important to get right, and having the correct car seat fitted properly for your baby is one of them. It sometimes seems like the Parental Grapevine has new theories on the laws for car seats all the time, so let's get the facts right. It's the law for all children up to 7 years of age to be restrained whilst travelling in the car.

What type of restraint is required for your child?

This link will take you to the QLD Governments Department of Transport and Main Roads information about Child Restraints.

<http://www.tmr.qld.gov.au/Safety/Driver-guide/Child-restraints.aspx>

Kidsafe hires, installs and sells baby capsules, toddler seats, booster seats, travel systems, prams and safety products Monday to Friday 9am to 5pm and some Saturdays. On Saturdays add \$10 to standard hire, installation and checking fees. Kidsafe recommends that babies remain in their rearward facing restraint until they outgrow it (by height or weight) and/or they can self-support their head and reach the minimum shoulder height of the forward facing seat.

Your child restraint must comply with the Australian Standard (AS1754 or AS/NZ1754). An Australian Standards tick logo will be visible on all approved child restraints.

Kidsafe Qld provides expertise and advice on installation on all brands and types of current Australian Standard child restraints. The cost of this installation is \$30 per seat.

To check the installation of a single child car restraint is \$15. There are discounts for more than one seat in the same vehicle. Appointments are necessary.

Call 07 3854 1829.

<http://www.kidsafeqld.com.au/>



FOUR TO SEVEN YEARS

*Forward-facing with an inbuilt harness
OR

*High-back booster with lap-sash seatbelt
or safety harness



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DON'T
FORGET

Some important parent reminders for 2015.....



Just a few reminders to assist us with updating family details and our vacancies as we are coming to the end of 2014 for us to get ready for the new 2015 year to begin.

Updating change of details: Provide all changes to your contact information to your Educator and your Educator will pass that information onto 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

Care requirements for 2015: This is a great time of year to have a discussion with your Educator, if you haven't already, on what days/hours you require for 2015 and what your care situation will be for the year. Coming into 2015 we are already experiencing a huge influx of enquiries for care vacancies required and it would be appreciated if we have an idea of what vacancies we will have to assist these families.



Care required over Christmas/New Year

Period: Please let your Educator know if you are going to have any time off over the December/January period. This is always a busy time of the year for us finding suitable vacancies to place children into alternative care if required when their Educator is taking time off, are sick or we have families requiring emergency care during this period of time.

Alternate Care: Throughout the year there will be periods of time where your Educator will be taking holidays for a well earned rest, or may become ill due to illnesses being passed around. During these times and if your Educator is unavailable to provide care and an alternate care arrangement with friends or family cannot be arranged please contact our office on 3040 0430 or our emergency contact number for out of hours that is located in our parent handbook or ask your Educator. We aim to assist in finding an alternative care arrangement with one of our Educators who has a vacancy in this situation, although we cannot always guarantee a placement.



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Tips for designing a bird-friendly garden



The key to designing a bird-friendly garden is to create a multi-layered habitat of ground covers, small and medium shrubs (i.e. create density) and, where possible, trees that will provide year-round food and shelter locations for many different species. Use these simple principles to help you plan your garden. You will find them equally useful for designing a brand new garden or modifying an existing design. Plant for vertical and horizontal structure:

Avoid stark simplicity: Simplified garden structure and design may seem convenient but reduces the volume and variety of food and shelter for small birds.

Plant for shelter: Several shrubs close together (five or more) can form dense, protective thickets, great habitat for small birds. Grow rambling, light climbers in amongst medium to tall shrubs and trees, to give extra shelter and possible nesting sites

Plant for food: Small birds eat nectar from native flowers and seed from native grasses, as well as associated insects. Mulch your garden to encourage insect life.

Plant locals: Plants that grow naturally in your area are suited to local conditions. They will provide the right food and shelter for local native birds, unlike some hybrids or plants from other parts of Australia, and are less likely to become weeds in adjacent bushland areas. If you can't get locally native plants, general natives are the next best thing.

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Create diversity: Small birds use ground covers, grasses, small, medium and large shrubs.

Plant below trees: A dense understorey is less attractive to Noisy Miners but enjoyed by smaller birds.

Plant for seasonality: Different plants will flower and fruit at different times of the year. Ensure there is always food sources available in your garden by looking at the flowering and fruiting times of potential plants.

Remove exotic species that produce berries: Over time, replace fruiting plants like Cotoneaster that attract Currawongs.

Reduce lawn area: Replace unused lawn areas with garden beds or native grasses which produce attractive seed heads that provide food for finches and other seedeaters such as Crimson Rosellas.

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Use small gardens effectively: With limited space, it is better to plant several plants of the same type, than only one of several types of different plants.

Provide water: Birds need fresh water. This can be provided in a bird bath or garden ponds but remember birds are vulnerable when they are drinking or bathing and need to feel safe.

Design for formality or informality: A variety of Australian native plants can be planted to create a formal garden or a bush-like garden, whatever you prefer. Most native plants respond very well to pruning



Commitment to Safety

Christmas is fast approaching and to assist us in making the right choice when buying gifts for children please check for any recalls on the Australian recall list <http://www.recalls.gov.au/>

Safety is fundamental to the development and manufacture of toys.

- Strict safety standards for toys have been developed over the years.
- Toys are tested to ensure their compliance to these standards.
- The toy safety process also allows for the possibility of a recall should a faulty toy be detected.
- Recalls are a critical part of the toy safety chain. They are the "safety net" used in a robust testing system if an issue is identified with a product that has passed all safety tests and yet may still have the potential to cause damage.
- In the case of a recall, the toy company who has supplied the product, the federal government and retailers who stock the product work together in a coordinated manner to get the affected products off shelves as soon as possible.



Plants and mushrooms poisonous to people in Queensland



Do you know a lot of our plants have the potential to make you sick, have an allergic reaction, cause a rash or can be fatal to small children. It is good practice to always keep the nametags of new plants and find out the botanical name of existing plants in your house or garden. Common names are not reliable and may not identify a plant or its toxicity. Consider removing any that are poisonous or ensure that children and pets cannot have access to them. Your local nursery or the [Queensland Herbarium](http://www.qld.gov.au/queensland-herbarium) can help with identification of plants.

Always supervise children's play in the garden and teach children not to eat flowers, fruit and berries from garden plants.

Indoor plants can also cause poisoning. Avoid having indoor plants accessible to young children and be aware of indoor plants in other people's homes when visiting with small children. While small quantities of soil, potting mix and fertiliser beads are low in toxicity, there are many plants where even a mouthful quantity of leaves or berries can cause a poisoning.

Inspect your yard for mushrooms (sometimes called toadstools), especially after rain. Pick and dispose of them into the garbage before children are allowed outside. There are no effective chemical control agents to prevent mushrooms from growing after rain.

Never pick mushrooms for eating from fields or gardens. There is no easy way to identify which mushrooms or toadstools contain toxins and there have been many cases of unintentional poisoning from hand-gathered mushrooms served as part of a meal.

Visit the [Plants and mushrooms poisonous to people in Queensland](http://www.health.qld.gov.au/poisonsinformationcentre/poisoning_prevention/pp_plants.asp). This section of the website will help identify plants that shouldn't be grown (or at least kept behind a fence) if children or toddlers are going to play in that location.

http://www.health.qld.gov.au/poisonsinformationcentre/poisoning_prevention/pp_plants.asp



Medication Forms for Administering Medication



There are 5 different types of forms that Kids at Home have that cover different types of requirements, these are as follows:

1. Medication form for Administering Medication
2. Medication form for Administering for Allergies and Anaphylaxis
3. Medication form for Administering for Diabetes
4. Long term Authorisation Medication Form
5. Self Administration of Medication Form (over preschool age only)

Each of these forms have information that is a 'must' to enable the educator to administer the medication, **some of** these are as follows:

- Has the first and last name of the child on the container. If other siblings are being treated with the same medication the prescription label must state each individual child's name;
- Is in the original package or container;
- Has an expiration date;
- Is in a child-proof container;
- Parents have completed and signed the Kids at Home Administration of Medication Form or the Ongoing Medication Authorisation Form;
- Educators have completed and signed the Kids at Home Administration of Medication Form or the Ongoing Medication Authorisation Form;

Over-the-counter, non-prescribed medication for each child should be labelled with:

- A chemist label with the first and last name of the child on the container. If other siblings are being treated with the same medication the prescription label must state each individual child's name;
- The current date;
- The expiration date;
- Specific instructions for giving, storing, and disposing of the medication;
- Name of the health Practitioner who recommended the medication;

These are just 'some' of the information that an educator requires to administer information, the full list is available via your Educator in their Kids at Home Policy & Procedure manual if you would like to view these.



Water Play during Summer

Quality Area 2 Children's Health & Safety

It looks like we are going to be experiencing an early hot summer! Some activities that we do in Family Day Care to assist with the heat and to keep our children cool and happy during those hot humid days are?.. you guessed it WATER PLAY!

Water play is a great way for the children to cool off and have fun splashing around with water, either in a spray bottle, wading pool, watering cans, sprinkler, or water troughs and buckets. We don't need much water just enough to cool ourselves down when needed.



Water activities are a fun way for children to not only just cool down but to experience a sensory and social activity that can include mathematical concepts, problem solving skills, it is open-ended, and provides opportunities for extended learning. We have strict guidelines around the usage of water play in Family Day Care. Kids at Homes Policy & Procedures reflect legislative requirements as there are specific guidelines that Educators are required to follow to ensure the safety of each child in care when using water as a basis for a play activity. Below we have listed some of the requirements, but if you would like to discuss this further with your Educator please do not hesitate to have a chat with them, contact us

and/or have a look at our Policy for water safety.

- A wading pool activity is considered to be a pool of water no more than approximately 15cm deep.
- Children must be closely supervised near water activities by the Educator, it is not the responsibility of other adults or older children in the FDC environment.
- Children are never to be left unattended when in a wading pool.
- Water is to be emptied out of wading pool, buckets, troughs etc after use/activity
- Use of wading pool activities should be discussed with parents prior to participation in activity.
- All children should wear appropriate bathers, go to the toilet before entering the pool, and follow correct toileting hygiene practices while in the pool.



CPR:

All educators and coordinators have up-to-date CPR certificates that are required to be renewed every 12 months. If parents are interested in doing their CPR please click on the link to find out more.

<http://www.kidsfirstaid.com.au/>



Please note: Swimming pools in an Educators home are not to be used in Family Day Care, we have strict legislation around child:adult ratios, so please do not ask or request that your child can swim in an Educators pool, whether they can swim or not. Please respect our strict policies and QLD legislation around pool safety.



Behaviour Management

As we all know children can become misguided in their behaviour for many and varied reasons.

It is our responsibility as educators and parents to guide this behaviour in a positive manner and a direction that will assist the child to develop socially appropriate behaviour skills.

When setting limits and guidelines for children you are keeping them safe from harm, keeping others safe and creating a child's co-operation.

Directions need to be specific. There is no point to saying one thing and meaning another. A child needs to have clarity in what they are hearing. Words used need to be simple and specific. Directions need not to be overloaded with steps.

Emphasizing the positive supports the children learning limits better. This means saying to a child what to do rather than not what to do example – “Don’t scream at Peter” a better way to inform the child that screaming at people is not appropriate, *“If you use your inside voice to Peter he might listen to what you have to say, ”*.

Setting positive limits is important when helping children deal with their emotions. We need to be mindful not to overreact and respond with negative direction such as “Don’t hit your friend,” instead “Our hands are for helping, drawing, washing. Hitting hurts.”

We need to use more do’s than don’ts. This is not always easy but as childcare professionals it is a practice we need to become familiar with and adhere to.

We as co-ordinators will be working with educators to assist in developing strategies that form positive behaviour guidance which in turn will create an environment that is quality for all.

Communicating and working collaboratively with your educator in what sayings/words to use at home and in the care environment allows for consistency and repetition for the child to understand the expectation easily.



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

5 Rules

1.



Listening Ears

2.



Quiet Voices

3.



Gentle Hands

4.



Walking Feet

5.



*Respect each
other and our
belongings*



Christmas Ideas/Activities:

Pressed Clay ornaments

You'll Need:

- Air drying clay (available at art & craft supply stores)
- A wooden skewer
- Textured items you can press the clay into – bowl/lace/plywood floor

Step One:

Roll clay into a ball and press it down onto the textured item.

Step Two:

Gently remove the clay, turn over and use a round cookie cutter to cut it into a circle. If your clay dries out a little, wet it slightly with a few drops of water.

Step Three:

Press the skewer through the top of the ornament and thread with string. Leave to dry and harden in the sun for 24 hours. Turn them over so the insides dry as well – you can hurry up the process by using a hairdryer.



Paddlepop Wreath

You'll Need:

- Paper and Pen
- An Embroidery Hoop
- Paddle Pop Sticks
- Hot Glue Gun
- Paint (optional)
- Paintbrushes (optional)



Step one:

Trace around the embroidery hoop on a piece of paper. Now draw a straight line from the top of the circle on the piece of paper. This is your guide to ensure the paddle pop sticks are applied straight. Use the hot glue gun to squirt a little bit of glue onto the embroidery hoop and stick a paddle-pop stick in place, ensuring it's in line with the drawn line on your piece of paper.

Step two:

Turn the hoop slightly, making sure it is still on top of the drawn circle and glue on the next stick. Continue until the hoop is covered.

Step three:

Flip the hoop over and apply paddle pop sticks in the gaps between the sticks a centimetre or so out from the embroidery hoop.

Step four:

Paint if you wish; tie some string around the screw of the embroidery hoop and hang.



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>

‘Ready at five’ website gives great comprehensive resources that parents can utilise in helping their 3-4 year old getting prepared for the school environment.

‘Help your child start Kindergarten ready to succeed! Put together a School Readiness Activity Box. These seven Activity Boxes with over 44 “hands-on” activities will help you make learning fun.’

To get started: click on the link below and look through the 7 sub-headings to view the activity cards and related information and begin doing the activities with your child, and have **FUN!**

<http://www.readyatfive.org/for-parents/activity-cards.html>

