



**FAMILY  
DAY CARE**  
Quality Home Based Childcare



# Kids at Home Family Day Care Newsletter

ISSUE 30 Summer 15



## In this Issue

What a year 2015 has been for us all here at Kids at Home! Not only have we grown more than ever before, but we have been kept very busy with the changes the government has thrown at us - and yet managed to keep a smile on our faces as we worked through the challenges together with our Educators and Families.

As we enter the silly season of hot humid days and trying to fit in the shopping and school holidays, we hope that beneath the hustle and bustle of the festive celebrations you take the time to see and feel the true beauty of connecting with family and friends. May this beauty and joy lift you up during Christmas and into the New Year! Merry Christmas and happy New Year everyone!

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

**Did you know?**  
It's possible to lead a cow  
upstairs... but not downstairs?



- Educators Corner
- Book Corner
- Upcoming Live Stage Shows for children
- Some Important Reminders to Parents
- Educator Absences, What to do?
- Summer Sun Safety
- No JAB NO PAY bill 2015
- VacciDate App
- Water Play during summer
- Medication Forms for Administering Medication
- Play Sessions at Parks 2015
- Kids At Home Panadol Information
- 5 Rules Poster
- Australian Family Early Education & Care Awards
- Educator of the Year Nominations
- Proposed changes to Child Care Subsidy
- Christmas Art & Craft



[www.kidsathome.net.au](http://www.kidsathome.net.au)

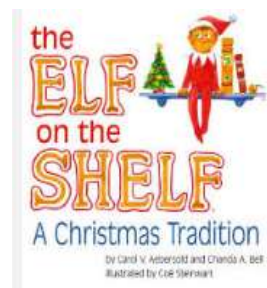
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## Book Corner – Christmas

### The Elf on the Shelf: A Christmas Tradition

Carol Aebersold/Chanda Bell

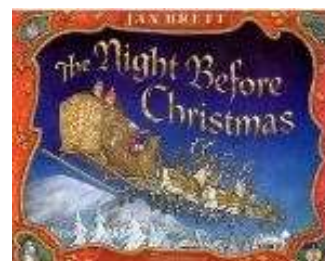
The tradition began in the '70's with Carol Aebersold's family. Each year around Thanksgiving, Santa delivers your elf to your house. It is the elf's duty to watch over your kids so he can give Santa a naughty-or-nice report each night (a great incentive to encourage good behaviour and manners). The 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.



### The Night Before Christmas

By Clement C. Moore/Jan Brett

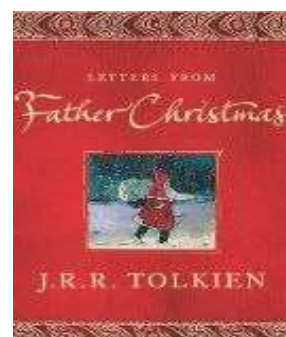
As St. Nick and eight tiny reindeer descend through a brilliant night sky onto the roof of a Victorian house in a snowy New England village, the famous Christmas poem begins. The father of the family narrates the words just as Clement Moore wrote them, and artist Jan Brett captures the spirit in brilliant illustrations that reflect this memorable night.



### Letters from Father Christmas

By J.R.R. Tolkien

Every December an envelope bearing a stamp from the North Pole would arrive for J.R.R. Tolkien's children. Inside would be a letter in a strange, spidery handwriting and a beautiful coloured drawing or some sketches.



The letters were from Father Christmas.

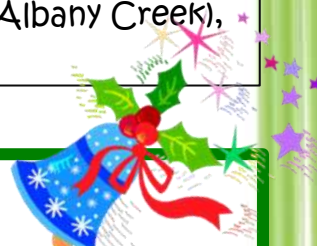
## Educator's Corner

We would like to welcome on board some more new Educators that have started working with Kids At Home – Sarah (Mango Hill), Emma (Balmoral), Glynnis (Kawungan), Sally (Mt cotton), Helen (Red Hill), Tamika (Albany Creek), Kamalika (Forest Lake), Jackie (Sinnamon Park)

### Upcoming Children's Live On Stage Shows:

**Roald Dahl's George's Marvellous Medicine** – Cremorne Theatre, QPAC, Southbank 6<sup>th</sup> to 17<sup>th</sup> January – varied times

**The Fairies Christmas Magic Concert** – Sunday 13<sup>th</sup> December 11am Broncos Leagues Club  
\$27.50 - \$50



Kids at Home Family Day Care  
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DON'T  
FORGET

## Some important parent reminders for 2016.....



**Just a few reminders to assist us with updating family details and our vacancies as we are coming to the end of 2015 for us to get ready for the new 2016 year to begin.**

**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](mailto:info@kidsathome.net.au) or call us on 3040 0430.

**Care requirements for 2016:** 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 2016 and what your care situation will be for the year. Coming in to 2016 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 in finding suitable alternative vacancies with other Educators.



**Alternate Care:** Over the Christmas and New Year period and other times throughout the year there will be periods of time where your Educator may be taking holidays for a well earned rest. During these times your Educator will be unavailable to provide care. If alternate care arrangements with friends or family cannot be arranged please contact our office on 3040 0430 or our emergency contact number for out of hours (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.





# Educator absences – what to do?

There are going to be times when your Educator will be unable to provide care to your child, either through illness/family emergency/holidays. Once your Educator advises you of this there are several ways it can be dealt with.

1. Educator makes contact with other Educators in the local area they network with to see if they have a vacancy for your child on that day/s and advise you of this.
2. The Educator gives the parent the contact details of other Educators in the area for you to contact to see if they have a vacancy available.
3. The Educator will ask the families to contact the office on 3040 0430 during office hours or 0430 404 524 out of hours to search for possible alternate care. Please be advised that although we will do everything we can to find alternate care, we cannot guarantee to find a space.





# Summer – sun safety

As a Queenslanders we are all aware of the heat and that radiating sun that shines down on us throughout the year and more so than ever during the summer months. We encourage families to support Sun Safety practices with their children to assist Educators in ensuring sunsafety is a routine every day practice .

Kids at Home supports and believes in the Sun Smart protection practices and follows the guidelines as set out by the QLD Cancer Foundation by promoting sun safety and skin cancer education through conscientious role modelling, encouraging awareness in children and the development of self-responsibility.

## What we can do to promote sun safety

When children and adults are in the outdoor environment or exposed to the sun in any form during all seasons of the year the following personal sun protection measures must be in place:

- Children and adults are to wear a broad brimmed hat or legionnaire style hat.
- Children and adults are to apply sunscreen to the skin 20 minutes prior to sun exposure.
- **Parents** are encouraged to **provide** their own choice of **sunscreen** for their child.
- Children and adults are to wear clothing that provides sufficient cover when outdoors. Parents to provide long sleeves cotton shirts for their child to wear during outdoor outings such as park play sessions.
- Educators are to implement a **"no hat, play in the shade"** rule.
- Assess limits of time spent playing in the sun accordingly for heat and UVR conditions (maximum 1 hour to include rest periods out of sun, being mindful to reapply sunscreen within every two hour period).
- Particular care will be taken when the UVR index reaches 3 and above, typically from September through April. The best protection from Ultra Violet Rays (UVR's) is to avoid or minimize sun exposure between 10 am - 3pm.
- UVR levels are slightly lower in winter than in summer, however the winter sun can still cause skin damage and skin cancer.
- We recommend that most outdoor experiences occur out of these hours or in shaded spaces. Even in shaded places especially during the summer months care should be taken as UVR bounces off reflective surfaces, even in the shade.
- **Adults are role models** for children and should adopt the same sun protection measures that are expected of a child.
- Realtime UV Index Data – ARPANSA is the Australian Radiation Protection and Nuclear Safety Agency.
  - [http://www.arpansa.gov.au/uvindex/realtime/bri\\_rt.htm](http://www.arpansa.gov.au/uvindex/realtime/bri_rt.htm)
- Useful Sunsmart Apps for Apple, Android and Samsung Apps.
  - <http://www.myuv.com.au/tools-and-links/>





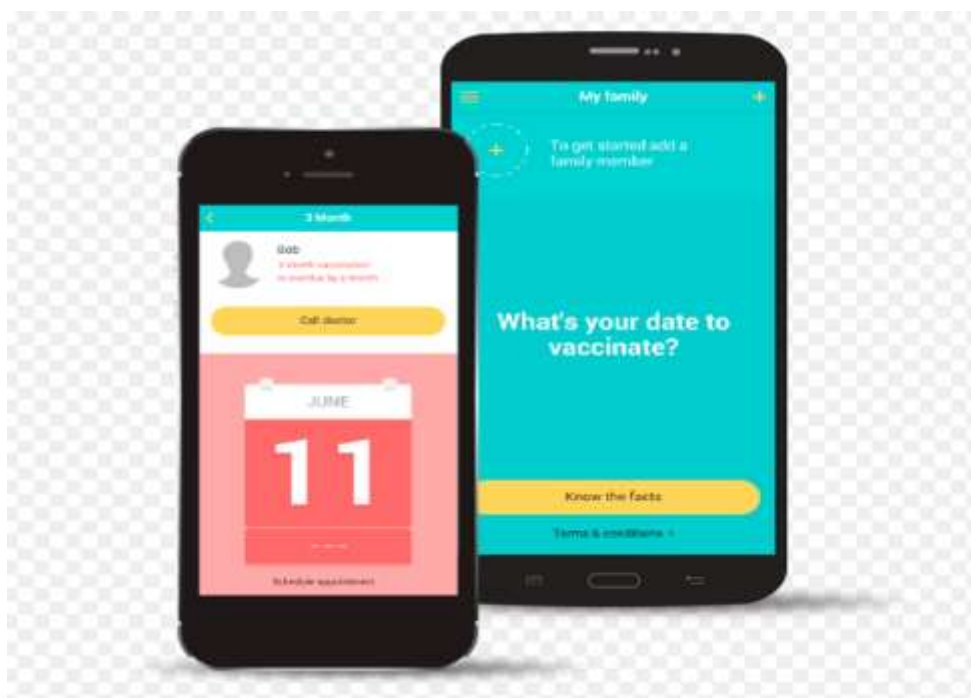
**NO JAB NO PLAY Bill 2015** has now been passed in Parliament – From the **1<sup>st</sup> January 2016** you need to ensure that your child/ren's immunisations are up-to-date or on a catch-up schedule if you are to continue receiving child care payments. Exemptions will still apply for children who have a natural immunity or allergies to specific medicines, if diagnosed by a General Practitioner.

### **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>



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# 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!

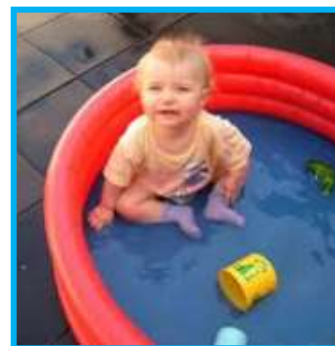
Water play is a great way for the children to cool off and have fun splashing around with water, either in a spray bottle, wading pool, watering cans, sprinkler, or water troughs and buckets. We don't need much water just enough to cool ourselves down when needed.



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.



# 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 Medication for Allergies and Anaphylaxis.
3. Medication form for Administering Medication 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.

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





# Play sessions at parks 2015



This year the Coordinators at Kids At Home along with discussions and suggestions from Educators have introduced park plays, where Coordinators, Educators and children have come together at a park.

We have had 6 park plays so far this year, which have shown to be quite popular. These have been at:

- Capalaba Regional Park and Reserve - 10<sup>th</sup> June
- Hidden World Playground – Fitzgibbon - 24<sup>th</sup> June
- Whites Hill Recreation Reserve – Carina - 5<sup>th</sup> August
- Park Lake Park – Pacific Pines - 2<sup>nd</sup> September
- Pioneer Park – Shailer Park - 10<sup>th</sup> November
- Park Lake Park – Pacific Pines - 25<sup>th</sup> November

In 2016 we will continue with 2 park plays per school term, which usually fall in week 4 & 8 of the school term.

The children have had a great time on the park plays climbing, sliding, digging, swinging, using the flying fox, playing with the bubbles (an all time favourite at all park plays), kicking balls, chalk drawing on the concrete paths, going hunting for bugs with the magnifying glasses and small nets, finding turtles and other wild life and insects.



# 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 in regards to administering a once 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 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 Educators 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

1.  *Listening Ears*
2.  *Quiet Voices*
3.  *Gentle Hands*
4.  *Walking Feet*
5.  *Respect each other and our belongings*





Australian  
**Family**  
Early Education  
& Care Awards

Principal partner



If you feel your educator is deserving of the below nominations please click on the link below and head to the nominations page. There are several categories, as discussed below, choose the category that best suits your educator and reward them for all their hard work.

- **Nominations opened** on 21<sup>st</sup> October and **close** on midnight 13<sup>th</sup> March 2016.
- **Nomination categories** are:
  - “Springfree Trampoline Early Childhood Educator of the year” – 5 State Winners;
  - “Educational Experience Rising Star Award” – Less than 5 years experience; and
  - “MyLife MySuper Early Childhood Service of the Year” – Scheme
- **FAQ’s – Can I nominate more than one person?** You can nominate as many Educators as you believe deserve the award. **What are the prizes?** Every nominee will receive a certificate. State winners will be invited to attend the celebrations in Sydney, including airfares, transfers, meals, 2 nights accommodation, professional development training, cocktail reception, Gala awards ceremony and a day spa treatment.
- To find out more information and to nominate please follow/clink on the link below;
- <http://australianfamily.com.au/earlyeducationandcareawards/nominees>







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.

### Families Wanted to Participate in University of Queensland

#### Childcare Research Project!

Do you have a **child aged 0-8 years old**?

Do you currently use **childcare** or wish that you could?

Did you answer **YES to the above questions?**

If so, you may be interested in participating in a University of Queensland **study** examining Australian parents' experiences accessing childcare.

#### What will participation involve?

Over a three month period you will be asked to take part in two interviews about your experiences, desire, and expectations regarding childcare.

**The interviews will take place at a time and location that is convenient for you**

You may also be asked to keep a childcare diary for a short period of time

If you are interested in participating or have any questions about the research please contact the chief investigator:

Dr. Michelle Brady University of Queensland	<a href="http://uqchildcareproject.uq.edu.au">uqchildcareproject.uq.edu.au</a> 07 3365 2021
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# Educator of the Year Nominations

Every year Family Day Care Australia invites nominations for their Excellence in Family Day Care Awards. They look for Educators who demonstrate a commitment to ongoing quality improvement, innovation and a commitment to quality care and education based on the core values of family day care. They invite families to tell them, in their own words, what makes their Educator such an integral and special contributor to the lives of their children and their early childhood education.

This years award went to Dale Eadie from Blacktown in Sydney, who truly deserved to win. We personally know Dale, she is a great mentor to other Educators not only in Australia but around the world and is an advocate for Family Day Care and inspires all that meet her or know about her through her facebook page and blogs – Puzzles Family Day Care.

We are proud to have been informed that quite a few of our Educators were also nominated for the awards which was fantastic. The Educators who have informed us of receiving a nomination are **Dee** (Bethania), **Josie** (Mt Warren Park), **Jessica** (Graceville), **Kim** (Carindale), **Kristina** (Albany Creek), **Michelle** (Merrimac) and **Renee** (Carrara). We have some other Educators who were nominated but were a little too shy to share.

We would like to congratulate all Educators that were nominated and thank all our Educators whether they were nominated or not for the excellent role they play in educating and caring for children.

We also had one of our Educators Sherrie from Narangba nominated for the Lady Gowrie Awards, she was a finalist in the Lady Zara Gowrie Emerging Educator Awards and was presented with her award at a special Lady Gowrie Awards dinner. Congratulations Sherrie a nomination well deserved.

Kids at Home was also nominated for the Service of the Year Award.



# Proposed changes to Child Care Subsidy from July 2017

Last updated: 2 December 2015 - 11:01am

## Child Care Subsidy

- The Child Care Subsidy builds on the Productivity Commissions recommendations and will make the system simpler, more affordable, more flexible and more accessible for families.
- From July 2017, the Child Care Subsidy will replace the Child Care Benefit and the Child Care Rebate with a single, means-tested payment to better support families with access to affordable child care.
- Family eligibility for the Child Care Subsidy will be subject to a three-step activity test, more closely aligning the hours of subsidised care with the hours of work, training, study or other recognised activity undertaken, and providing for up to 100 hours of subsidy per fortnight.
- Families earning \$65,710 or less will receive a subsidy of 85 per cent of the actual fee paid (up to an hourly fee cap). For family incomes above \$65,710, the subsidy tapers down to 20 per cent when family income reaches \$340,000 or more.
- Families on incomes below \$65,710 a year will be able to access 24 hours of subsidised care per fortnight without having to meet the activity test.
- More information to support families and services to adapt to the new system will be available before the changes come into effect in July 2017.
- Please contact your local federal member to voice any concerns or Kate Ellis MP (Shadow Minister for Education and Early Childhood)
- <http://www.education.gov.au/jobsforfamilies>
- <https://www.dss.gov.au/our-responsibilities/families-and-children/programmes-services/early-childhood-child-care/child-care-subsidy>

Or Check out our Facebook page for more info

<https://www.facebook.com/kahfdc/>



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## 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>

**‘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>



# Xmas Cooking



## Christmas Cake Pops-Ingredients

- 125g butter, softened
- 3/4 cup (155g, firmly packed) brown sugar
- 2 eggs
- 1 cup (150g) self-raising flour
- 1/4 cup (30g) cocoa powder, sifted
- 100g cream cheese, softened
- 1 cup (150g) icing sugar mixture
- 375g pkt milk chocolate melts
- 2 teaspoons vegetable oil
- 100g white chocolate melts
- Silver cachous, to decorate



### Method

**Step 1** Preheat oven to 180°C. Grease and line the base of a round 20cm cake pan. Use an electric mixer to beat the butter and sugar in a bowl until pale and creamy. Add the eggs, 1 at a time, beating well after each addition. Add the flour and cocoa powder and stir until just combined. Spoon into prepared pan and smooth the surface. Bake for 35-40 minutes or until a skewer inserted in the centre comes out clean. Transfer to a wire rack to cool completely.

**Step 2** Break up cake. Process in a food processor until mixture resembles fine crumbs. Transfer to a bowl.

**Step 3** Process the cream cheese and icing sugar in a food processor until smooth and combined. Add to the cake crumbs and stir until well combined.

**Step 4** Line an oven tray with baking paper. Roll table spoonful's of cake mixture into balls and place on the prepared tray. Cover with plastic wrap and place in the fridge for 4 hours or until firm.

**Step 5** Place the milk chocolate melts in a heatproof bowl over a saucepan half-filled with simmering water. Stir with a metal spoon until chocolate melts. Add the vegetable oil and stir to combine.

**Step 6** Dip the end of 1 lollypop stick in chocolate then insert into a ball. Return to the tray. Repeat with remaining balls. Set aside for 5 minutes or until set.

**Step 7** Dip 1 cake ball into the melted chocolate, turning to coat. Gently tap on the side of the bowl to remove excess chocolate. Insert the cake pop in the polystyrene to stand upright. Repeat with remaining balls and chocolate. Set aside for 30 minutes to set.

**Step 8** Place white chocolate melts in a heatproof bowl over a saucepan half-filled with simmering water. Stir until chocolate melts and is smooth. Set side for 5 minutes to cool slightly. Spoon a little of the melted chocolate onto the top of each cake pop, allowing it to run down the sides slightly. Sprinkle with silver cachous to decorate. Return to polystyrene to set completely.

