



FAMILY DAY CARE
Quality Home Based Childcare



Newsletter

January 2018

Issue 33



Capping off another great year

What a year we've had! 2017 has been a whirlwind of excitement filled with new challenges, a few surprises, and of course plenty of new families and friends. We've had new laws and legislation thrown at us, and as many of you will have already encountered, a new system for attendance records. Also during 2017 we welcomed three new staff members to the team, Jodie, Emma and Claire who are all fulfilling their very busy roles as Administrative Officer, and Educational Practice Mentors.

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SPECIAL POINTS OF INTEREST

- Family Day Care Awards
- Jobs for Families Package
- Holiday Activities
- Safety
- Domestic and Family Violence contacts

2017 Excellence
IN FAMILY DAY CARE Awards

National Service of the Year



Kids at Home are the best!!!

One of our most proudest achievements during 2017 was being recognised as the best Family Day Care Service in Australia in the Family Day Care Australia, Excellence in Family Day Care Awards. Being named as Service of the Year 2017 is a welcome recognition of all the hard work, long hours and determination we all put in, as well as the continuous changes and challenges that we all face, and of course the passion that drives us every day. Thank you to all the families and Educators who nominated us for this prestigious award, we couldn't have done it without you. More on the awards night on the next page!

Turn over for more ...



Find us on Facebook
www.facebook.com/kahfdc

info@kidsathome.net.au

2017 Excellence in Family Day Care Awards

GETTING THERE..

Getting to the awards gala dinner was an unexpected challenge in itself, which involved two cancelled flights, multiple taxis, hire cars and even an ambulance! Never one to shy away from a challenge we made it to Sydney in time for the awards night. We were delighted to have 3 of our Educators join us in Sydney for the awards night also. Regardless of the outcome on the night it was a good chance to have some much needed down time together. We spent the afternoon getting primped and primed and preparing an acceptance speech that we hoped would be put to good use!



Winners in waiting



From left to right: Leigh (Educator), Sharyn (Service Manager), Nicole (Team Leader/Mentor), Emma (Mentor), Andrew Patterson (CEO FDCA), Racquel (Educator), Larisa (VRLaw Solicitor), Brigita (Educator), Nicola (Office Manager/2IC), Jodie (Administration), Claire (Mentor).



*2017 Service of the Year
Kids at Home*

AND THE AWARD GOES TO...

After a beautiful dinner and watching awards being presented to the Educator and Service nominees we were delighted to hear the Kids at Home name being called out as winners of the Service of the year award 2017.

Although we were missing two of our staff members (Nina (Administration) and Karen (Mentor)) we could almost hear them cheering us on from Brisbane along with all our anxiously awaiting Educators. Needless to say, once the news got out the Kids at Home Educators were just as ecstatic as we were about receiving the award.

Educator Corner



*Learning Outcome 4.4
Children resource their own learning through
connecting with natural and processed resources*

Heather @ Murrumba Downs

Heather offers the Children simple, natural and inviting play spaces to explore and engage in.

When engaging with natural resources the children learn to investigate and guide their own learning while learning about the environment and nature.

Carol @ Macgregor

While making their own beds at rest time the children learn self help skills and develop independence, these are valuable life skills for all Children.

Quality Area 2 Children's Health and Safety

There are appropriate opportunities to meet children's needs for sleep, rest and relaxation.



*Learning Outcome 1.2
Children develop their emerging autonomy*



*Learning Outcome 4.1
Children develop dispositions for learning
through cooperation and enthusiasm*

Barbara @ The Gap

When an Educator fosters the Children's spontaneous interests at the time, the experience can go in many directions.

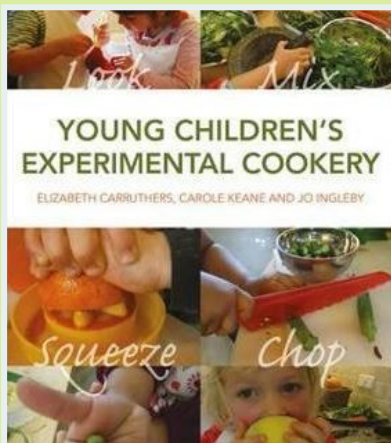
Quality Area 1 Educational Program & Practice

Educators respond to Children's ideas and scaffold their learning



Book Corner

FEATURED BOOK



Young Children's Experimental Cookery

By Elizabeth Carruthers, Carole Keane & Jo Ingleby

Young Children's Experimental Cookery encourages Early Years practitioners and teachers to take an innovative and creative approach to introducing young children to food and cooking. The book addresses wider issues such as healthy eating and food preparation skills, but also moves beyond the concept of traditional cookery lessons to celebrate food as a creative medium, offering immense scope for multi-sensory exploration and a variety of high quality learning experiences.

Practitioners are encouraged to abandon recipes, take a step back, and afford children the freedom to chop, mix, stir and concoct their own creations, exploring fresh ingredients and experimenting with new tastes and smells along the way. Bridging the gap between food preparation and the development of confidence, imagination and creative-thinking skills, this open-ended approach to cooking sessions will equip children with skills which go far beyond those needed in the kitchen.

Featuring full colour photographs throughout, as well as detailed case studies and practical tips for various seasons and food groups, this accessible and exciting resource is ideal for practitioners, teachers, parents and budding chefs!

The Coral Kingdom

By Laura Knowles

From brightly coloured corals to shimmering shoals of fish, the diversity of life on a coral reef is celebrated in a book which also has a strong ecological message about the need to protect this most precious of environments. Through gentle rhyme and intricately etched artwork, this book explores the life cycle, diversity and colour of the coral reef ecosystem, as well as the threats the reef faces, and what we can do to save it. Every page contains a host of delightful sea creatures to discover and enjoy.

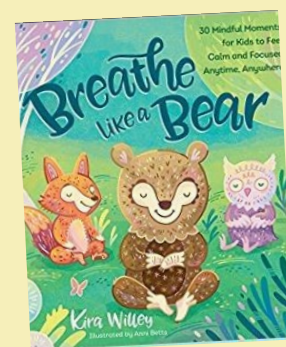


Breathe Like a Bear

By Kira Willey

Breathe Like a Bear is a beautifully illustrated collection of movements and breathing exercises designed to teach kids techniques for managing their bodies, breath, and emotions. Best of all, they can be performed anywhere.

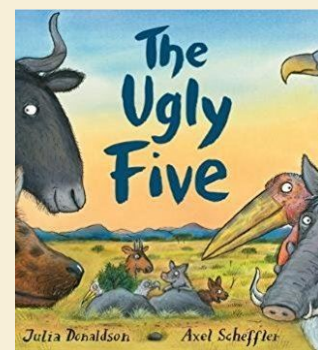
This is the first book of its kind and is the perfect tool to help children, parents and carers develop a fun and consistent mindfulness practice.



The Ugly Five

By Julia Donaldson and Axel Scheffler

Who's that singing on the savannah? It's the top-five ugly animals in Africa! The wildebeest, warthog, vulture, hyena and marabou stork swagger proudly across the savannah, rejoicing in their ugliness - and delighting their babies, who think they're perfect just the way they are. Inspired by the real-life Ugly Five safari animals, Julia Donaldson and Axel Scheffler's brand-new picture book is a jubilant celebration of animals who are often rather unloved. The funny, heart-warming rhyme is a joy to read aloud, while bold, comical illustrations bring the savannah spectacularly to life.



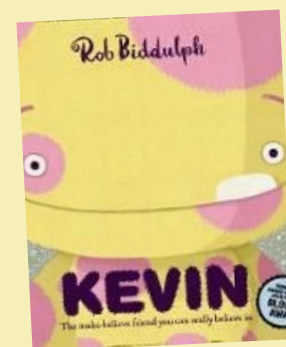
Kevin

By Rob Biddulph

When Sid makes yet another mess, and his mum is at the end of her patience, Sid does what every quick-thinking kid would do—he blames it on his big, furry, vanilla-and-pink friend Kevin!

And while it seemed like a good idea at the time, Sid gets an unexpected surprise when he finds out that Kevin and his world might not be so imaginary after all—and while his friend might be make-believe, his feelings are very real.

A beautifully illustrated rhyming tale of friendship, kindness and stepping up, from a rare picture book talent.



Holiday activities

Have some fun in the sun (or inside) with your little ones this holiday season. Whether your child is mobile or not you will be sure to keep them entertained for a little while (at least!) and clock up some serious bonding time with these activities to do together!

Australia Day Green and Gold Fruit Kebabs

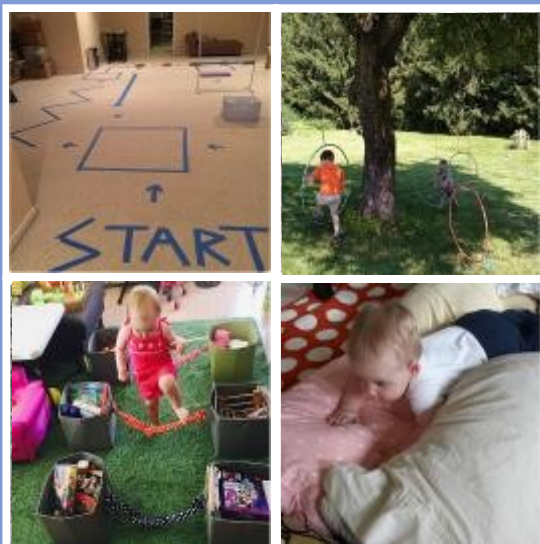
2 ripe Bananas 16 Grapes
1 small Pineapple 4 green Kiwifruit

1. Peel Bananas, and remove skin from Pineapple and Kiwifruit.
2. Cut bananas, pineapple and kiwifruit into bite size pieces.
3. Thread fruit onto skewers.
4. Enjoy dipped in yoghurt, or even better with melted chocolate!



Green and Gold Fruit Kebabs

Recipe from www.kidspot.com.au



Obstacle course

If your child is mobile, set up a fun obstacle course either inside or outside for them to crawl, walk or run through! While they are manoeuvring through the course they are getting a chance to exercise, building muscle and increasing cardiovascular health, while finding new ways to use and manoeuvre their bodies and learning to problem solve. The best part is ... obstacle courses can be big or small, short or tall, and do not have to cost a cent!

Things you could include in your course:

- ❖ Cushions or pillows to climb or roll over
- ❖ Chalk line path on the concrete for children to follow
- ❖ A blanket propped over the back of chairs to create a tunnel to crawl through
- ❖ A plank of wood for children to balance on while walking across
- ❖ Hoops to jump through

You are only limited by your own imagination with this one, so get creative and have some fun!!

Nature Sensory Bag and Sun Catcher

Create a fun nature filled sensory bag with your Child, which can easily double as a beautiful sun catcher. These bags are simple to make, and you might likely already have all the materials in your cupboards and outside. So what are you waiting for?

Go on a scavenger hunt with your Child to collect flowers and leaves and bits and pieces from nature.

Using a ziplock bag fill 1/3 of the bag with an inexpensive brand of hair gel.

Place your nature goodies in the bag along with the hair gel. Squeeze out all the air before you seal the bag.

You can then tape the bag to a low window to use as a sun catcher as well as a sensory bag, otherwise, tape the edges of the bag to a flat surface for hours of fun from their new sensory bag.

For more detailed info and a helpful clip on how to make these bags go to www.handsonaswegrow.com/nature-sensory-bag-suncatcher/



Activity from www.handsonaswegrow.com

Safety over the holiday period

Water Safety

With the hot QLD summer weather upon us it is almost impossible to avoid some form of body of water to cool off in. Swimming and water play should always be fun, but, did you know that drowning is the leading cause of death of Children under the age of 5? As appealing as it is, there are certainly a few things to be mindful of when taking little ones in to the water.

Drowning is called the 'silent killer' for good reason. When a Child drowns in a pool of water there is no audible sound other than a splash if the Child has enough skill to float to the top of the water, and enough energy to create some splashing on the surface. Otherwise, drowning often goes unnoticed, until it is too late.

Fortunately, most drownings in the under 5 age group can be prevented. Key preventative measures include:

- ❖ **Supervision:-** Never ever leave a child alone in or around water, not even for a minute. Children can drown in just a few centimetres of water, silently and within seconds. With proper supervision many near drownings can be averted before it becomes an emergency.
- ❖ **Safety precautions:-** Ensure you have adequate safety measures in place. Most accidental drownings occur when a Child has wandered in to a pool area unsupervised. It is vital to have a pool fence that meets safety standards, to prevent this from happening. Pool safety inspectors can inspect your pool and pool area (including pool fencing) to ensure your pool complies with all safety standards.
- ❖ **Know what to do in an emergency:-** Accidents can and do happen. Being prepared & knowing what to do in the event of an emergency may be the key element makes all the difference to a child's life. Learn basic first aid and CPR, and always have a phone nearby to contact emergency services if needed.

Quick 4 stats and facts ...

- ⇒ Australia has the most private swimming pools per capita in the world.
- ⇒ In QLD, drowning is one of the leading causes of death for Children under 5 years.
- ⇒ Over 45% of Children between the age of 1-4 years old who died from drowning, did so in a private swimming pool. In this group, 72% of those children had wandered or fallen into the swimming pool unsupervised.
- ⇒ Children can drown in just a few centimetres of water, silently, in seconds.



Image from: <https://www.swimmingworldmagazine.com/news/6-reasons-your-child-should-swim/>

Road safety tips

The Christmas/New Year period also means holiday time for many families. This can mean family road trips to the beach, the mountains or to visit the 'rellys', or family coming to visit you! With the road death tolls at an already unbelievable high, whether you're in the car for a long or short distance you can never be too safe!

- ❖ When travelling in the car ensure all children are seated in appropriate seats for their age, weight and height, with safety restraints fitted and utilised every time.
- ❖ Role model safety in the car by wearing your own seat belt and insist others in your vehicle to do so too.
- ❖ Educate Children on road safety and practice looking and listening before crossing any roads.
- ❖ Always check around your car before reversing to ensure small children are not in your path.



CHILD CARE SUBSIDY

CCS

As you may be aware, the Australian government have devised a new Child Care package designed to subsidise the cost of child care for eligible families. This new system, called the Child Care Subsidy, will replace the current Child Care Benefit (CCB) and Child Care Rebate (CCR) options, starting Monday 2nd July 2018.

What will change?

Essentially, the current Child Care Benefit (CCB) and Child Care Rebate (CCR) will be combined into one simple Child Care Subsidy (aka CCS). Families who are eligible for CCS will be provided with a subsidy rate percentage, which will determine how much child care fees the government will subsidise for that family.

Three factors will be taken into consideration when families are assessed for CCS eligibility:

1. Combined Family Income

Annual family income is used to determine the percentage of CCS a family are eligible for. Higher income earning families will receive less subsidy, while families who earn \$65,000 or less will receive the highest percentage available for CCS.

2. Activity Levels of Parent/s or Guardian/s

An activity test is used to determine the total number of hours per week that a family are eligible to receive subsidised Child Care. There is a broad range of recognised activities, including paid work, self-employment, training, study, volunteering, seeking work, and paid parental leave. In two parent families both parents must meet the activity test. If one parent is more or less active than the other, then



the parent with the lowest activity level will determine the number of hours of subsidised care per fortnight.

3. Child Care Service Type

An hourly rate cap is being introduced to cap how much subsidy a family will receive per hour, depending on the type of Child Care Service used. For Family Day Care the rate cap is set at \$10.70 per hour. That means, that if your Educator charges more than \$10.70 per hour then you will receive CCS on no more than \$10.70 per hour. For example:

If your Educator charges \$8.00 per hour (i.e. less than \$10.70 per hour), and you receive 85% CCS, then 85% of your Child Care fees will be subsidised.

If your Educator charges \$11.00 per hour (i.e. more than \$10.70 per hour), and you receive 85% CCS, then 85% of your Child Care fees will be subsidised up to \$10.70 only. So, 85% of \$10.70 is \$9.10. You will be required to pay full fee on the difference between \$10.70 and the Educators fee, \$11.00 - \$10.70 = 0.30c per hour full fee.

HOW WILL CCS DIFFER?

KEY POINTS

Cap:

Currently, the amount of Child Care Benefit a family receives per year is uncapped. However, the current Child Care Rebate is capped at a maximum of \$7,500 per year. Under CCS, families who earn combined annual income of less than \$185,710 will receive CCS uncapped. Families who earn between \$185,710 and \$350,000 will receive a benefit not exceeding \$10,000 of CCS per year.

Eligible hours:

Currently eligible hours are determined by an activity test. Depending on a families activity level they are provided with either 24 hours or 50 hours of subsidised care per week. Under CCS, the activity test will determine one of three levels that a family may be entitled to for subsidised care per fortnight.

Hours of activity per fortnight	Eligible hours per fortnight
8-16 hours	36 hours
16-48 hours	72 hours
More than 48 hours	100 hours

Payment:

Under the current system (CCB and CCR) families can choose whether their subsidies are paid to themselves as a reimbursement, or directly to the Educator as a fee reduction. With CCS however, the option to have your subsidy paid to yourself is removed. The subsidy will be paid directly to your Educator, meaning you will only have to pay the difference between the fee and CCS amount.

More information

To find out more information on CCS go to www.education.gov.au/ChildCarePackage

Here you can also use the online estimator to find out how your child care fees might differ.

**ESTIMATE WHAT
YOUR NEW SUBSIDY
MIGHT BE.**

**The New Child Care Package.
More support for more families.**

Starts 2 July 2018

Support for victims of domestic violence

The Queensland government have created the *Not Now, Not Ever: Putting an End to Domestic and Family Violence in Queensland* report which aims to reduce and eradicate domestic violence in Queensland.

According to the Sunday Mail, the Australian government is contributing over \$323 million over a six year period to put the Not Now, Not Ever report to work. The report recommends integrating support services for victims of domestic and family violence, and reforming the current legal system.

In the words of the QLD Premier, "It's not just about completing recommendations. It's about achieving real and lasting change. It's about spreading awareness, changing attitudes and encouraging action so that we no longer excuse violence and we no longer ignore behaviours and attitudes that lead to violence".

If you fear for your safety, please contact 000 immediately.

Some helpful support services for those in need:

- ❖ **DV Connect Womensline**
1800 811 811 Open 24 hours a day, 7 days a week.
- ❖ **DV Connect Mensline**
1800 600 636 Open 9am to midnight, 7 days a week.
- ❖ **Womens Legal Service**
1800 957 957 Open 9am to 3pm, Monday to Friday.
- ❖ **Legal Aid Queensland**
1300 651 188 Open 8.30am to 5pm, Monday to Friday
- ❖ **Police Link**
131 444 Open 24 hours, 7 days a week.



January



New Year Day	1st
National Bird Day	5th
Bubble Bath Day	8th
International Earth Chakra Day.....	12th
National Hat Day.....	15th
Penguin Awareness Day.....	20th
Term 1 starts.....	22nd
Australia Day	26th
Puzzle Day	29th

February



Setsubun Sai	3rd
Waitangi Day	6th
Make a Friend Day	11th
Valentines Day	14th
Chinese New Year	16th
Random Acts of Kindness Day	17th
Love your Pet Day	20th
Tell a Fairy Tale Day	26th
Pancake Day	28th

What's On

March



World Wildlife Day	3rd
Plant a flower Day.....	12th
Learn about Butterflies Day	14th
St Patricks Day	17th
Harmony Day	21st
Earth Hour	24th
Purple Day for Epilepsy	26th
Term 1 ends	29th
Good Friday	30th

Reminder

Don't forget to let us know if any of your contact details change, and to send us an update of your Child's immunisation record whenever they have their vaccinations done.

