



FAMILY DAY CARE

Quality Home Based Childcare



Kids at Home Family Day Care Newsletter

ISSUE 9 August 2010



With another hectic month flying by, the EKKA has come and gone and the countdown to Christmas is on, and this month's newsletter is finally completed.



This time of the year is the worst for experiencing the dreaded cough, cold and flu's that are out there in the community, workplace, child care and schools. Chicken Pox and Whooping Cough are also in the air.

This issue of our Newsletter includes information from Dr Jeanette Young, Chief Health Officer from Department of Health advising Parents and Educators to be aware of illnesses in the community and not to send children into care if children are unwell.

It is best that children are kept at home during any illness as this is where they are most comfortable and doing this helps speed up recovery and contain any infection that may be passed onto other children, families and Educators.

We understand this can be a stressful time for working families with their work commitments and needing to reorganise schedules. Our priority is to ensure every child's health and wellbeing are of the utmost importance and at times children cannot be accepted into care, or parents will be called to pick up their unwell child. For these times a back up care arrangement with family or friends may be necessary if, taking leave, changing work days or working from home is not a possibility.

Regards,



Did you know ?

A kangaroo can jump up to 3 meters high and leap up to 8 metres.

In this Issue

- Book Corner
- Dairy Dates
- A message from Dr Jeanette Young QLD Health
- EYLF -Action Research Update
- SUN SAFETY
- Fathers Day Ideas
- Fathers Day Craft idea
- AUGUST Safety Audit and Risk Management



www.kidsathome.net.au

T : 07 3040 0430
F : 07 3036 6194
E : info@kidsathome.net.au

A message from the Division of the Chief Health Officer, Dr Jeannette Young – Queensland Health, Queensland Government

06/08/10

Dear Parents/Care-Giver

As you are probably aware every year Queensland experiences an influenza or flu season. With winter upon us it is timely to remind parents and caregivers not to be complacent about flu. It is a highly contagious and potentially serious disease that can lead to pneumonia and results in 2,500 deaths in Australia each year. Flu is caused by a virus more serious than the common cold and can be spread through talking, coughing and sneezing. Symptoms include sudden fever, dry cough, muscle aches and pains, fatigue, headache, sore throat and a stuffy or runny nose.

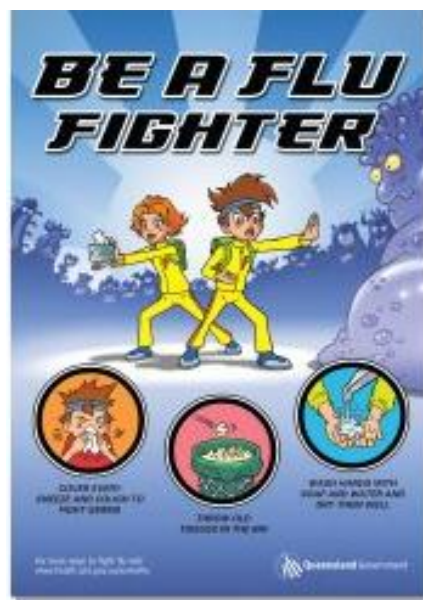
Flu is particularly serious for people aged 65 and over, young children or people with chronic conditions like heart disease, diabetes and lung disease, flu results on 80,000 GP visit and 15,000 hospitalisations in Australia each year.

If your child has flu-like symptoms, the following is advised:

- Keep your child at home; **don't** send them to school or child care
- Avoid letting them visit aged care facilities and hospitals, if possible, so that they don't pass the infection to others who may be at risk or complications
- Ensure your child washes their hands regularly with soap and water or uses a disinfectant wipe or sanitiser gel
- Encourage them to always cough into a tissue
- Make sure they dispose of tissues quickly into the bin and wash hands
- Use soap and water to keep surfaces such as door handles and toys clean
- Ensure they drink plenty of fluids and get lots of rest
- Paracetamol is useful for a fever, but please consult your GP or call 13 HEALTH (13 43 25 84) if you are concerned about these symptoms
- It is also a good time to talk to your child about how to wash their hands.

Here are six simple steps you can use to assist children learn how to wash their hands:

1. Wet your hands
2. Put liquid soap on your hands
3. Wash palms and backs of hands
4. Wash between fingers and under nails
5. Rinse the germs away
6. Dry your hands with paper towel



- Check out Staying Healthy in Child Care 4th Edition at <http://www.nhmrc.gov.au/publications/synopses/ch43syn.htm> for further information of exclusion periods and preventing infectious diseases in Child Care.



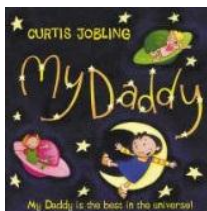
www.kidsathome.net.au

T : 07 3040 0430
F : 07 3036 6194
E : info@kidsathome.net.au

Book Corner

Some special books for Fathers Day

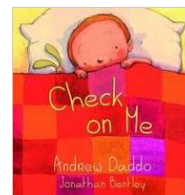
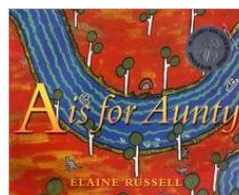
My Daddy - by Curtis Jobling
Why I love my Daddy - Daniel Howarth
Just Like Dad - David Melling
My Grandad - Jeanette Rowe
My Dad - Anthony Browne



Some other books of interest

"A is for Aunty" by Elaine Russell

More than just an alphabet book, this title uses the letters A-Z as a framework to tell us about growing up on a mission in northern New South Wales. It is a first alphabet book with an Aboriginal theme and describes daily routines and incidents in and around the mission, including billycart racing and yabby fishing. Ages 2+.



"Check on Me" by Andrew Daddo

A kiss, a cuddle, a drink. And a story - but not just one from a book. From the team who brought you I Do it, here's a wonderful way to get your own stories started. Check on Me will immediately become one of your family's bedtime favourites!

The days are warming up and the Sun is starting to get hotter,

so

REMEMBER

to

SLIP, SLOP, SLAP!!!!



Please ensure children are provided with a hat and have sunblock put on at least 20 minutes before they go outside to play.

Please refer to Kids at Home Sun Safe Policy 4.29

QA 4.1 The environments provided for children are safe

KAH Educators Corner

We welcome to the Kids at Home Team, Rebecca-Doolandella, Hawa-Holland Park and Olga-Redbank Plains.

If you are interested in becoming an Educator with Kids at Home please do not hesitate in contacting either Nina or myself to discuss the steps involved.

We are currently looking for Educators in the Morningside, Balmoral, Bulimba, Hawthorne, Indooroopilly, Taringa, Cinnamon Park and Jindalee areas, so if you know of anyone that may be interested please pass on our details.

AUGUST

Safety Audit & Risk Management

- ☐ Emergency Evacuation
- ☐ Outside/Water Hazards
- ☐ Veranda/Balcony
- ☐ Check smoke detectors



Diary Dates for SEPTEMBER 2010

Fathers Day

5th September 2010

Eid-al-Fitr (End of Ramadan)

10th September 2010

International Day of Peace

21st September 2010



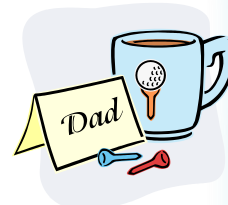
www.kidsathome.net.au

T : 07 3040 0430
F : 07 3036 6194
E : info@kidsathome.net.au

Special Activities Children can do for dad on fathers Day



- ❖ Assist with making dad a special fathers day breakfast
- ❖ Assist with making dad his favourite cake or dessert
- ❖ Go camping
- ❖ Go fishing
- ❖ Help to organise a picnic in the park
- ❖ Be dad's little/big helper in the garden
- ❖ Take dad on a nice relaxing walk
- ❖ Organise a quiet time for dad to relax and watch the Sunday Afternoon footy ☺
- ❖ Play a game of cricket or football in the backyard or park – be sure to let him win
- ❖ Make dad a nice cuppa and let him read the newspaper in peace
- ❖ Give him lots of hugs and kisses
- ❖ Make a photo collage of the family for his office desk
- ❖ Help dad wash and vacuum the car
- ❖ Create a card from art and craft made at Family Day Care
- ❖ Wrap his favourite chocolate or candy up in a big box with a ribbon
- ❖ Make dad a "best dad ever" certificate or trophy (see below directions)
- ❖ Help with a BBQ and let dad sit back relax with his favourite beverage



Is your dad worthy of an award?

Of course he is!

Make him this shiny, gold trophy for Father's Day.

What you'll need:

2 foam or plastic coffee cups
8cm square box (or one cut to size)
Masking tape
1 gold chenille stem (pipe cleaner)
Gold craft paint
Black construction paper, cut to fit on side of box
White paint pen
Scissors
Paintbrush
White craft glue

How to make it:

Turn cups upside down and trim bottom lips to make them flush.

Glue the bottoms of the two cups together.

Tape the square box shut by covering the entire box with masking tape.

When glue on the cups have dried, wrap a piece of masking tape around the middle where the two cups meet.

Cut the chenille stem in half and insert into each side of one of the cups as trophy handles.

Cover cups completely with masking tape. Paint masking tape on both the trophy and the box gold. Let dry.

Write "Awarded World's Best Dad" on the black construction paper with white paint pen. Glue to the front of the box.

Pipe white glue onto the bottom of the cup that does not have the chenille handles. Press onto the top of the box and let glue dry completely.



Tips:

Fill the trophy cup with Dad's favourite candy.

Paper cups can be used instead of foam.

Use boxes from crackers, cereal bars, and convenience foods for projects like this one.



Beauty Tips

This poem was originally composed by Sam Levensen and dedicated to his grandchild. But it became known to the world as the last poem Audrey Hepburn read to her family before she passed away.

For attractive lips, *speak words of kindness.*
For lovely eyes, *seek out the good in people.*
For a slim figure, *share your food with the hungry.*
For beautiful hair, *let a child run his or her fingers through it once a day.*
For poise, *walk with the knowledge that you never walk alone.*
People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; *never throw out anyone.*
Remember, if you ever need a holding hand, *you will find one at the end of each of your arms.*
As you grow older, you will discover that you have two hands; *one for helping yourself, and the other for helping others....*

There is more to this poem, but I felt the first part is something we should all reflect on in our every day life, especially when we are rushing and meeting deadlines that we sometimes need to stop and smell the roses and be kind to ourselves and others to truly be beautiful.



NEXT STAKEHOLDER MEETING

Mount Gravatt Community Centre has completed its renovations and their rooms are now available for training and meetings. Invitations to our next Stakeholder Meeting will be emailed out as soon as a date is confirmed with the Community Centre.

EYLF – Action Research Update

We have sent out questionnaires to all Educators early in August and are still awaiting for the majority of these to be completed and returned. Once we receive the Questionnaire responses we will collate the information and begin developing fact sheets addressing the specific areas highlighted in the responses and working with Educators in how reflection

Our next task will be a collaboration between families and Educators regarding Belonging and how we can work together to understand how children belong. This includes investigating how children belong to and learn from their social contexts. Relationships are critical to a sense of belonging, it acknowledges their interdependence with others and the basis of relationships in defining identities.

Children are connected to family, community, culture and place. Children's earliest learning and development takes place through these relationships – especially within families. Families are children's first and most influential educators. Children thrive when families and educators work together in partnership to support young children's learning. (EYLF, p9)

