



# FAMILY DAY CARE

Quality Home Based Childcare



## Kids at Home Family Day Care Newsletter

ISSUE 2 December 2009

On behalf of Management, Staff and Care Providers of Kids at Home I would like to send everyone warm wishes over the festive period and a happy and safe start to the Year 2010!!



Wishing everyone a very

**A HAPPY  
NEW YEAR**

The Kids at Home office will be closed from 24<sup>th</sup> of December 2009 and will re-open on the 4<sup>th</sup> January 2010

Regards,

Did you know?  
Polar bears are left-handed.



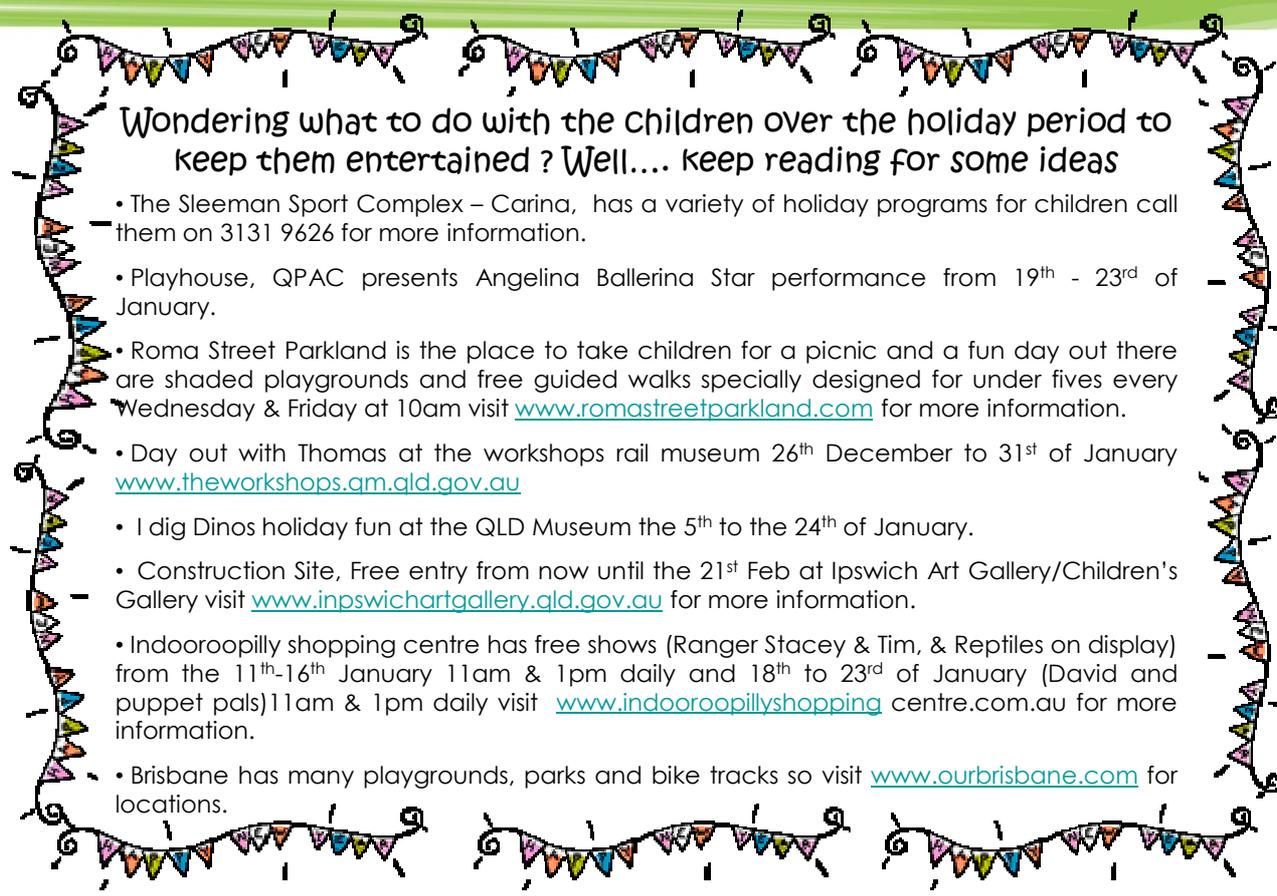
### In this Issue

- Activities to do over the holiday period with children
- Supporting Children's Development through 'Life Skills' Part 1
- Safety around water
- Kids at Home Newsletter will be back in 2010 so keep watching this space ☺



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

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## Wondering what to do with the children over the holiday period to keep them entertained? Well.... keep reading for some ideas

- The Sleeman Sport Complex – Carina, has a variety of holiday programs for children call them on 3131 9626 for more information.
- Playhouse, QPAC presents Angelina Ballerina Star performance from 19<sup>th</sup> - 23<sup>rd</sup> of January.
- Roma Street Parkland is the place to take children for a picnic and a fun day out there are shaded playgrounds and free guided walks specially designed for under fives every Wednesday & Friday at 10am visit [www.romastreetparkland.com](http://www.romastreetparkland.com) for more information.
- Day out with Thomas at the workshops rail museum 26<sup>th</sup> December to 31<sup>st</sup> of January [www.theworkshops.qm.qld.gov.au](http://www.theworkshops.qm.qld.gov.au)
- I dig Dinos holiday fun at the QLD Museum the 5<sup>th</sup> to the 24<sup>th</sup> of January.
- Construction Site, Free entry from now until the 21<sup>st</sup> Feb at Ipswich Art Gallery/Children's Gallery visit [www.inpswichartgallery.qld.gov.au](http://www.inpswichartgallery.qld.gov.au) for more information.
- Indooroopilly shopping centre has free shows (Ranger Stacey & Tim, & Reptiles on display) from the 11<sup>th</sup>-16<sup>th</sup> January 11am & 1pm daily and 18<sup>th</sup> to 23<sup>rd</sup> of January (David and puppet pals) 11am & 1pm daily visit [www.indooroopillyshoppingcentre.com.au](http://www.indooroopillyshoppingcentre.com.au) for more information.
- Brisbane has many playgrounds, parks and bike tracks so visit [www.ourbrisbane.com](http://www.ourbrisbane.com) for locations.

## Supporting Children's Development through Life Skills.....

FDCQA Principles 1.1,2.2,3.1-3.6 & 4.4 Putting Children First, Issue Thirty Two, December 2009

### What are 'Life Skills'?

Life skills encompass a range of knowledge, attitudes and personal traits that enable us to cooperate and communicate effectively with others, make decisions, deal with new (and sometimes difficult) situations and care for ourselves independently, as such, life skills incorporate competencies that include self-help, problem solving and social skills, as well as a personal sense of self-worth and confidence.

Our life's skills continue to develop throughout our lives, although the important foundations for their development are laid during our early years.

### Why are life skills important?

Processing functional life skills allows us to cope with the experience and challenges that we face throughout our lives. These skills enable us to take responsibility for ourselves and our actions, and they help us to form positive, cooperative relationships with others. They also help us to continue to grow and learn throughout our lives by giving us the ability to apply what we already know and understand in new and unfamiliar contexts. A person's ability to view themselves and the wider world positively is at the heart of effective life skills.

### What are children's life skills?

**Babies** begin learning from the moment they are born, and their brains develop more extensively during the first two years of life than at any other time. Babies life skill development is about the growth of their senses and their emerging motor skills which enable them to experience, interact with and learn about their world. They are also learning to communicate their needs, wants and feelings to others – even the youngest of infants is able to quite clearly express when they are feeling tired, hungry or distressed, babies develop feelings of security and of being loved when they are cared for by responsive, sensitive adults.

**Toddlers** ..... to be continued in the next Kids at Home Newsletter



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Summer is here and what do we do to cool down? **Water!**  
Here are some helpful tips on how to stay safe around water.



It is the time of the year when children are active in water play and swimming activities. Organising yourself to enable the supervision of children during water activities is important; our life is full of many tasks and activities, including many distractions which can interrupt the supervision of our children. The doorbell rings, the kettle boils, a neighbour pops in for a chat – these are all everyday occurrences which can interrupt the supervision of children, and it is in these few minutes where tragedy can and does occur.

**Checklist**

- € *Have you brought all the clothes, towels, gear, etc? so you do not need to stop watching your child while they are in, or near water.*
- € *Are you prepared to get wet? Active supervision often means getting in the water with the child, clothes and all if needed.*
- € *Have you taken the phone with you? Better yet, turn it off or turn on the answer machine and let it take the call.*
- € *Are you are within arm's reach of your child at all times?*
- € *Do you undertake other activities while your child is in, or near water? Remember that this can take your attention away from your child when it is most needed.*



**Visit the Royal Life Saving webpage for more information on safety around water and activities for children [www.royallifesaving.com.au](http://www.royallifesaving.com.au)**

Have you ever thought about completing a First Aid and CPR Training course? With children around, CPR is a basic life skill that all Australians should be proficient in. That's why Australian Red Cross has launched – Perform CPR – Online – a highly convenient way to ensure you are prepared to save a life, in and outside of work. Perform CPR – Online is an online version of the highly regarded '**Red Cross Perform CPR**' course. As the course content is available online you can complete the course in your own time, in your own place, and at your own pace. Once you have successfully completed the online course and quiz, contact Australian Red Cross to book a practical session with a Trainer at one of over 60 Australian Red Cross locations around the country, and you'll be fully prepared to save a life.

**Or contact St John's First Aid Training [www.stjohn.org.au](http://www.stjohn.org.au) or call to enquire about training dates and locations on 3253 0500**



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