



FAMILY DAY CARE

Quality Home Based Childcare



Kids at Home Family Day Care Newsletter

ISSUE 19 December 2012



Office Closure
Wednesday 19th
December 2012 – and
reopen on Wednesday
2nd January 2013

From all of us here at Kids at Home we wish each and every one of you a very Merry Christmas and a safe and Happy New Year.



**Sharyn , Nina,
Donna and Cathy**

Did you Know...?
Unless food is mixed with
saliva you can't taste it!



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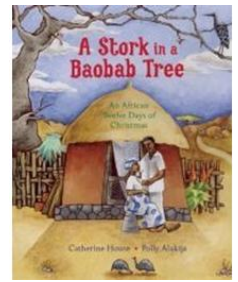
www.kidsathome.net.au

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Book Corner – Christmas Stories and other celebrations around the world

A Stork in a Baobab Tree

Set in Southern Africa during the Christmas season, this is the story of a village preparing for a celebration - the birth of a child. The story is told in verse inspired by the carol The Twelve Days of Christmas, but with 1 stork, 3 African baskets, 5 khangas, 8 carvings and 12 storytellers. This is a Christmas story steeped in the atmosphere of African village life, including descriptions of the customs and activities mentioned in the story.



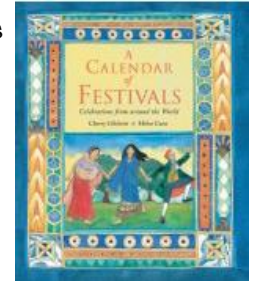
Christmas Around the World

Putumayo gives the holiday season an international flavour with Christmas Around the World, a collection of familiar Christmas songs performed by artists from all over the globe.



A Calendar of Festivals

Celebrations from around the World. Discover festivals from eight different cultures in this multilayered collection. Each of the stories tells of the origins of a different celebration and is preceded by factual and cultural information about the way the holidays are observed in modern times.



The Grug

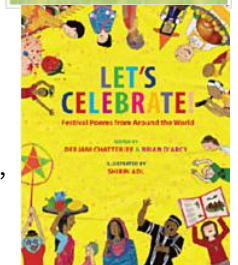
Created by Ted Prior

Everyone's favourite Australian bush character, Grug, discovers the meaning of Christmas and learns about the joy of gift giving and receiving.



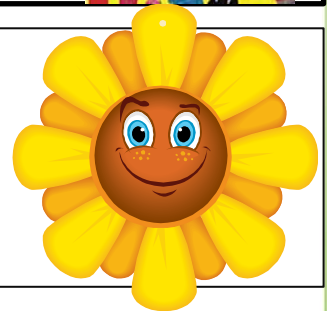
Let's Celebrate

This exciting anthology of poems celebrates festivals all over the world. From Chinese New Year to Carnival, from Thanksgiving to Holi, and from Purnima to Diwali, with explanations of the festivals at the back of the book, and with colourful and atmospheric illustrations by Shirin Adl.



Thank you

Thank you to all our families who participated in our toy fundraising event this year. I hope the items that you purchased will bring many hours of fun and happiness. The vouchers we received will be put to good use with the purchase of some equipment for our resource library.



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



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Diary Dates for June 2012 – July 2012

Term 4 ends

Friday 14th December 2012

Christmas Day Public Holiday

Monday 25th December 2012

Boxing Day Public Holiday

Wednesday 26th December 2012

New Years Day Public Holiday

Tuesday 1st January 2013

Office Closure Dates

Thursday 20th December 2012 – Tuesday

1st January 2013

Office re-opens

Wednesday 2nd January 2013

Australia Day

26th January

Australia Day Public Holiday

Monday 28th January 2013

School starts back

Tuesday 29th January 2013



December

Safety Audit & Risk Management

☐ Check smoke detectors



January

Safety Audit & Risk Management

☐ Pool Safety Checklist

☐ Check smoke detectors



For “Emergencies” during office closure please call
0430 404 524 or “000”

Factual information to correct some common myths & misconceptions surrounding head lice:



MYTH – Having head lice is a sign of poor hygiene!

FACT – Head lice aren't that fussy. Clean, dirty, short, straight, curly – all they want is blood! In fact, if you think about it logically, it is probably easier for head lice to move around in clean hair – without bits of dirt/dandruff to climb over!

MYTH – You catch head lice from birds & other animals!

FACT – Human head lice are “host specific” – they feed off the blood beneath the human scalp alone.

MYTH – Head lice can jump & fly from head to head!

FACT – Head lice have no wings (so they can't fly) & they can't jump, either. They spread by “scurrying” from head to head, or affected item to head (e.g. brushes, hair clips, hats, sheets, pillow cases etc).

MYTH - Head lice live for months – that's why they're so hard to get rid of!

FACT - Head lice live for 4-5 weeks from nit (egg) to adult louse. Females lay 4-5 nits per day in the last two weeks of their lives.

Treat the hair as soon as possible with shampoos or other conditioner combing techniques, ensure there are no lice visible or eggs left on the hair shaft. Wash and vacuum all areas head lice may have had access to. Keep checking daily and treat until these annoying little biters have gone. Children are required to stay home from care until treated and signs of head lice are no longer visible.

Information provided by BANLICE



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What does Christmas mean to you?

Not everyone celebrates Christmas in Australia, it may be celebrated in many ways and has different meanings for us all. But what a great opportunity the season brings to us, to educate children about different cultural celebrations (NQS Quality area 1) and connect with families and communities (NQS Quality area 6).



Educators may like to provide a range of cultural celebratory activities during this period of time and at other times throughout the year as an opportunity to teach children about different cultures and the ways they are celebrated. Parents please share your culture, beliefs and practices with your Educator so they can include the varied cultural celebrations that families celebrate throughout the year. Including cultural celebrations will assist with understanding differences and that it is okay to share and educate children about these, so they can grow up understanding, respecting and appreciating what a diverse country and world we live in.



A number of cultural celebrations take place around the end of the year, including:

- **Christmas Day** – The earliest records mention a feast held in the Church at Alexandria, around AD 200, to honour the Nativity. The celebration of Christmas did not become a church-wide celebration until the late third and early fourth centuries.
- **Christmas Day** – a religious celebration of the birth of Jesus
- **Christmas Day** - a gathering of family to reunite once a year to eat drink and share gifts
- **Christmas Day** – time for a family holiday, play a game of cricket, picnics, BBQ, beach time, visiting family and friends, winding down the year from the year that was.
- **Bodhi Day** - is on the 8th December this year. Traditionally, Bodhi Day (also known as Bodhi in Sanskrit or Pali) commemorates the day that the historical Buddha, Shakyamuni or Siddhartha Gotama, experienced enlightenment and found the roots of suffering after sitting and meditating under a pipul tree. When Siddhartha was enlightened, he became a Buddha or "Awakened One", finally found the answers he sought and experienced Nirvana.
- **Yalda** – Is a celebration that has great significance in the Iranian calendar. It is the eve of the birth of Mithra, the Sun God, who symbolised light, goodness and strength on earth. Shab-e Zayehmehr is a time of joy. The festival was considered one of the most important celebrations in ancient Iran and continues to be celebrated to this day, for a period of more than 5000 years.
- **Hanukkah** – is a Jewish holiday during the week of December 8-16 this year. Hanukkah is the story of a great victory of the Jews over the Syrian-Greeks. In 165 BCE, led by the Hasmonean family of Mattathias the High Priest and his youngest son, Judah, the Jews succeeded in evicting the Syrian-Greeks from Israel and restored the Temple. Every year it is customary to commemorate the miracle of the Hanukkah oil by lighting candles on a hanukkiyah. The hanukkiyah is lit every night for eight nights.
- **Omisoka** - is on December 31 and is an important day in the Japanese tradition because it is the day before the new year's day, which is the most important holiday throughout the year. At the very end of the day, usually around 11 o'clock at night, it is common to have "toshikoshi-soba," which is a kind of Japanese noodle. It is a tradition to eat soba to see the old year out and the new year.



Educators may also be planning cultural celebrations as they go into the new year with Australia Day on 26th January and Chinese New Year, Vietnamese New Year and Korean New Year in early February. What and how do you celebrate at this time of the year?



Holidays and Celebrations

Celebrations evolve within a particular culture or community and reflect the feelings, beliefs and events that have great meaning in that culture. Celebrations bring people together for many purposes. It is a time of reconnection with our community, values, and our own identity. Holidays give us a chance to express our feelings of joy, sadness, and respect through ceremonies and rituals. Through celebrating, we come together as a group to release our strong feelings. This helps build a sense of community, belonging and friendship.

Christmas Greetings from around the world



It's not called the Silly Season for Nothing

the latest In Safe Hands Child Protection Newsletter

<http://www.insafehands.net.au/>

Christmas is a great time for children to enjoy family and friends. But it can also be a time when they learn some dangerous lessons that could make them more vulnerable to abusers. Let's take a look at some of these lessons we are teaching our kids and make sure we don't get caught in some of these common traps.

Make sure you tell parents about this – and encourage them to do the 7 Steps 2 Safety course to ensure they protect their children over the holiday season and into the future. Your advice could be the best present they get this Christmas!



Santa is a Stranger

What have we been thinking all this time?!!! We sit our children on a strange man's lap – he's dressed in a ridiculous red suit, has a weird long white beard and facial hair, and talks in a spooky low voice saying "Ho ho ho" all the time. Then – when our children's perfectly good instincts tell them this could be dangerous, they scream and cry with fear. But instead of validating this fear and nurturing the very instincts that could one day save them from a predator - we encourage, beg and plead with them to stay on the man's lap on their own while parents step away to have the photo taken!! Then we cap it all off by saying, "Smile!!"

If very young children are scared of Santa then there's no need to push them to interact with him. If you're desperate for a photo then hold your child while you're standing beside Santa – but if even this is too scary – then the most sensible thing to do is photo shop him in later! Let children learn the lesson that when they let a parent know they're scared, then they will be protected and will feel safe again. This is the very beginning of teaching children to listen to their instincts and feelings and then making good choices to feel safe.

If children are a little older you can talk with them about how they're feeling. Make sure you validate their fear so they learn to listen to their instincts instead of ignoring them. You could say, "I can see you're feeling scared and frightened. That's okay – Santa looks scary and he's a person we don't know." Then you can discuss how the Santa at the shop isn't real, and it's just a bit of fun at Christmas, and then ask them whether they'd like to have a photo or not – but reassure them that they have the choice. You should also let them know that you'll stay with them and watch them the whole time while they are there and anytime they want to leave they are free to do so. Make sure you talk to them later about how they listened to their feelings and told someone about feeling scared and now they feel safe – so they learn that trusting their feelings and talking to people about them is good.



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A Less Stranger Kind of Danger

Christmas is a great time to catch up with those friends and relatives we only see once a year. But sometimes there's a reason we don't see these people more often! And sometimes we see friends and relatives more often but we wish we only saw them once a year! But if you think it's hard dealing with this as an adult – try being a kid!

Remember when children are greeting or saying goodbye to friends and relatives – let them decide how they'd like to do that. Don't trample all over children's instincts by forcing them to kiss furry Aunt Thelma, or hug smelly Uncle Dave. Children have a right to make choices and a right to feel safe. If they don't feel comfortable with kissing or hugging others, don't push them to do it.

Make sure you stop yourself before you say things like, "Don't be rude – give your Auntie a kiss" or "Uncle Dave loves you – he bought you that lovely gift – now you go and give him a hug goodbye". Don't let other relatives do this either – interrupt them and explain that you don't expect your children to be forced to do things that make them feel unsafe.

If children are scared or apprehensive, validate that feeling and let them know it's okay to be a little worried about people sometimes – and then encourage them to make a choice to feel safe. They may choose to do a high five instead of a hug or kiss, or just a friendly smile and wave if they don't want to get even that close.

It's important to remember that when it comes to child abuse, statistics tell us that friends and family are more likely to be offenders than strangers – so don't drop your guard and don't squash your child's instincts even around family and friends.

In Safe Hands Child Protection - 7 Steps 2 Safety Course

<http://www.insafehands.net.au/courses/7-steps-2-safety>

We all use sunscreen every day to protect against skin cancer, and now we can use Child Protection strategies every day to protect against child abuse.

You wouldn't let your children ride a bike without a helmet, or play in the sun without a hat – so why let them out of your sight without essential Child Protection habits? This course takes a fresh approach to Child Protection - teaching practical strategies that everyone can learn to use to protect themselves and others from child abuse.

You will learn the 7 Steps 2 Safety and appreciate the way they not only protect children, but transform your relationship with them. Parents cannot afford to skip this one!



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