



FAMILY DAY CARE

Quality Home Based Childcare



Kids at Home Family Day Care Newsletter

ISSUE 3 February 2010



Well I have to say what a fast, hot and wet start to the year 2010, it is the end of February already and where did January go?



I would like to take this opportunity to welcome back our existing families and Care Providers and saying a big hello to our new families and Care Providers.

I would also like to welcome and introduce new staff member, Nina who you may see out on visits or talk to on the phone. Nina has many years of experience in the Early Childhood field and is a welcome addition to the Kids at Home Team.

Nina and I have had a busy start to the year completing initial safety and training processes with new Care Providers, visiting existing Care Providers and meeting new children in care, coordinating placement of children into care, developing training and information packages for our Care Providers along with many other administrative and not so interesting tasks.

As we are out and about and on the phone a lot, if you call our office and we are unable to answer please leave a message or drop us an email and we will get back to as soon as we can or if it is an emergency please call 0430 404 524 or '000'.

Regards,



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Did you know ?
Banging your head against a wall
uses 150 Calories an hour 😊

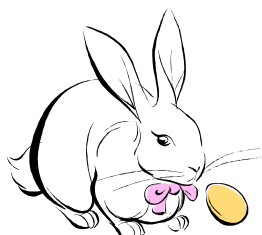


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New Care Providers Corner

Kids at Home welcome, Rasim-Loganlea, Jodi-Jindalee, Tracy-Greenslopes, Nicola-Varsity Lakes, Lorraine-Annerley, Katrina-Seven Hills. We have Jenny-Robina, Vandita-Burleigh Heads, Celine-North Lakes, Erin-Shailer Park, Amaal- Coorparoo, Foos-Mt Gravatt, Asli-Holland Park that will be joining our team of enthusiastic and dedicated Care Providers over the next few weeks.



Easter is only four weeks away. If anyone has any traditional family activities that they would like to share with us we would love to hear from you. Please email us with the details of what you do, so we can include all the many diverse celebration activities in our play sessions and to share with our Care Providers to incorporate into their Easter program.

Remember on the 11th of March NEW child restraint laws come into place. To view the guide to child restraints go to www.transport.qld.gov.au/childrestraints



Kids at Home Stakeholder Meeting

Our first Stakeholder meeting will be on **Saturday the 6th of March 8.30am.** Please mark this date in your diary and if you would like to join us please contact the office and we can provide you with more details on the location. We would love to see you there.

Please RSVP to the office by 1pm on Friday the 5th March.

Agenda

This will be an open discussion as this will be our first Meeting as a team. Some things we will touch base with from the Coordination Units perspective.

- Family Fun Day
- Office of Early Childhood Education and Care feedback
- Certificate III in Children's Services
- Early Years Learning Framework EYLF
- Attendance Records
- Promoting your business



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Do you have a fussy eater in the family?

Did you know that you can call or email a dietician at Nutrition Australia for advice?

And here is a query that they have received recently.....

Q: Where can I find some information that provides meal ideas for children attending childcare?

A: Nutrition Australia.. www.nutritionaustralia.org

Lunch and snack factsheets are available to members on request (Kids at Home are members) plus publications such as Children's Nutrition Kit, Menu planning for childcare, lifting the lid on lunch (poster).

- Dieticians Association of Australia... go to the Smart Eating for You section (www.daa.asn.au)
- Raising children network..
www.raisingchildren.net.au/articles/packing_a_lunch_box.html
- Freshfood for kids... www.freshfoodkids.com.au/lunch_box/lunch_box.html
- Healthy Kids website... www.healthykids.nsw.gov.au/infopages/2069.html
- The Children's Hospital at Westmead...
www.chw.edu.au/parents/factsheets/fosnackj.htm



Food and Behaviour Workshops

Nutrition Australia invites you to attend their workshops that are presented by qualified Dietitians/Nutritionists. The presentations will provide detailed information regarding how food and nutrition can affect children's behaviour and how to optimise children's behaviour through good nutrition. They will be running these workshops all over Queensland until the end of June. For more information on venue dates and times visit www.nutritionaustralia.org or phone 07 32574393

Life skills for Children Continued from the December Edition of Kids at Home Newsletter...

Toddlers: As children enter the toddler age group, they increasingly show an interest in playing and interacting with others. At this time they begin to develop early social skills, and initially they often need adult support to be able to share, take turns and negotiate with others. This is also the time when children begin to develop the ability to control their emotions and to express these appropriately. Children become progressively more independent at this stage of their development, and can often be heard to say quite firmly to an adult who tries to help them, "I do it myself". As toddlers' curiosity and problem solving skills develop they also spend a great deal of their time experimenting and exploring the world around them. Many toddlers refine these skills by repeating the same activities over and over.

Next newsletter we will continue life skills for children with Preschool age children.....

Putting Children First NCAC-Issue Thirty Two- December 2009



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Social media and children

What can you do to help?

Facebook is the new 'f' word that parents dread. Children world-wide want to get online because their friends are but is it safe?

Researchers from the Australian Communications and Media Authority uncovered that children of different ages go on the internet for different reasons. Children aged 10 to 11 years are online for fun, gaming and entertainment but when they become teenagers the internet becomes a place to socialise, and as a result this increases the risk of youth sharing too much information and networking with people they don't know.



Neuroscientist, Baroness Susan Greenfield, believes that children's brains can be altered by spending prolonged periods of time in front of the computer getting thrills and excitement without danger or consequence.

In her new book, *The Quest For Meaning in the 21st Century*, Greenfield states 'that if we spend too much time in the two dimensional cyber world, we'll have less time to build real-world relationships, conduct face-to-face conversations and develop a sensitivity to voice tone and body language.'

Greenfield fears that 'mid-21st century mind might be almost infantilised by short-term attention spans, sensationalism and a shaky sense of identity.'

To reduce the risks of social media there are some precautions that carers can pass on to parents:

1. **Monitor time** – ensure children are not online for too long, and spend time in the waking hours of the day playing with their friends in 'real-life.'
2. **Educate** – teach children about the risks of sharing too much information online. US President Barack Obama recently said, 'Be careful what you post on Facebook. Whatever you do it will be pulled up later in your life.'
3. **Get online** – parents to subscribe to networking sites too to understand the technology and its capabilities. Help your children set up their online profiles so you can monitor what information they are posting and making accessible to the public. Read the privacy policy so you are aware of your rights as a parent.
4. **Age limits** – be aware of the age limits for using different social media websites. MySpace and Facebook delete profiles of children Under 13 years of age. Club Penguin, Ekidna and Moshi Monsters have a controlled chat function and Superclubs Plus is a closed network site. www.socialmediamom.com/2008/02/february-roundup.html provides information on age limits and social media websites. On Facebook there is a group currently petitioning for parent-controlled accounts for Under 13s. Go to this site for details www.facebook.com/group.php?gid=207586344096&ref=ts
5. **Be a role model** – Rosie O'Neale, Senior Advisor with the Australian Communications and Media Authority said, 'What we have found is that it is almost self-evident. Internet use is now integral to children's lives and children are going online are younger and younger. They use these things intuitively and creatively. Parents and older siblings can be great role models so it is important to stay involved.'

Information provided through Family Day Care Australia

What happened to getting the family together for a night of board games?? Uno, Scrabble, Trouble, Pictionary, Checkers, Go fish, Snap, Snakes and Ladders. I'm sure you can think of some more to enjoy a fun evening with the family.



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