



# FAMILY DAY CARE

Quality Home Based Childcare



## Kids at Home Family Day Care Newsletter

ISSUE 19 February 2013



Welcome to  
2013  
the Year of the  
Snake



It has been another wet and wild start to the year 2013, it appears this is becoming a bit of a weather habit in QLD. I hope cyclone Oswald decided to skip where you live or didn't cause too much damage if he visited.



### In this Issue

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

The role of the Coordination Unit is one that is varied from ensuring Education and Care National Legislation, National Quality Standards and Family Assistance Law (CCB,CCR & attendance reporting) is being met across the service with staff, Educators and parents.

Like all offices we have our busy periods and are unable to answer the phone all the time as we are out and about visiting Educators and the children in care, or on the phone as it never stops ringing.

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 you as soon as we can or if it is an emergency please call 0430 404 524 or '000'.

Regards,

*Sharon* Nina, Donna,  
Cathy and Nykaela

Did you Know...?

Polar bears are left-handed!



- Book Corner
- Diary Dates
- February/March Safety Audit
- Educators Corner
- Keeping children home if they are sick
- Changes to Booked Hours
- CCB and CCR payment cancellations
- Southern Cross Cultural Exchange Students
- Head Lice
- Healthy Eating
- Dental Health
- Physical Activity
- Stop. Think. Do. Workshops for parents and children



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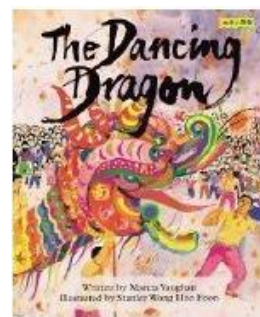
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## Book Corner – Cultural stories for Children

### The Dancing Dragon

Author Marcia K. Vaughan illustrated by Stanley Wong Hoo Foon

The Chinese New Year is about to begin. There's lots to do--tie strings of firecrackers outside, hang up red scrolls, bake special cakes, and sing New Year's songs. And when family and friends are gathered together, it's time for the parade to begin. This book folds out to reveal all the colour and excitement of a traditional Chinese New Year celebration, complete with dancing dragon!



### We are one

Author Jennifer Black

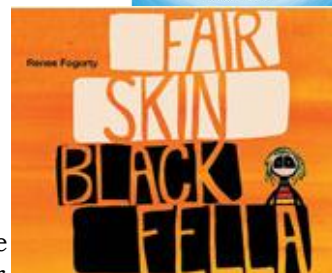
We are all one but different, Different but the same, Created by one light, we are each given a name, some of us are insects, some animals too, some of us are people, just like you and me, we all share the same moon, we also all have one sun.



### Fair Skin Black Fella

Author Renee Foggerty –Descendent of the Wiradjuri people NSW

Light-skinned Mary lives on a dusty cattle station in the outback with her white father and black mother. When she is shunned and teased by the local indigenous children for being half-caste, she becomes lonely and desperate to prove that she, too, is a genuine Koori person. That she, too, belongs and that no matter how she looks on the outside, she is Aboriginal at heart.



Thank goodness for wise old Ned, an Aboriginal elder, who gives the teasing children what for – explaining to them that it doesn't matter what colour your skin, it's how you feel in your heart and soul that's important. He also encourages the children to band together, to celebrate and keep the Aboriginal culture and spirit alive.

## Educator's Corner

Kids at Home would like to welcome Aleeta – Varsity Lakes, Angela – Bald Hills and Kim – Upper Kedron, who have joined our team recently.

We also have new Educators starting in the following areas soon: Regents Park, Narangba, Alderley, Carina and Runcorn.

And we have recently welcomed Nykaela to our Kids at Home team. Nykaela will be assisting with Administration and Educator support, which will assist us greatly by assisting Cathy and freeing up Nina's and Sharyn's time doing that dreaded paperwork

Donna will be taking over Nina's role as Educational Leader although Nina will still be assisting Donna with this role.



Kids at Home Family Day Care

[www.facebook.com/kahfdc](http://www.facebook.com/kahfdc)



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## Diary Dates for February & March 2013

### Chinese New Year

Sunday 10<sup>th</sup> February 2013

### Valentines Day

Thursday 14<sup>th</sup> February 2013

### Schools clean up day

1<sup>st</sup> March 2013

### Clean up Australian Day

3<sup>rd</sup> March 2013

### International Women's Day

8<sup>th</sup> March 2013

### Worlds Greatest Shave

14<sup>th</sup>-17<sup>th</sup> March 2013

### National Day of Action against bullying and violence

15<sup>th</sup> March 2013

### St Patricks Day

17<sup>th</sup> March 2013

### Harmony Day

21<sup>st</sup> March 2013

### World Water Day

22<sup>nd</sup> March 2013

### Earth Hour

23<sup>rd</sup> March 2013

### School Term Ends

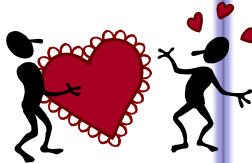
28<sup>th</sup> March 2013

### Good Friday - Office closed

29<sup>th</sup> March 2013

### Easter Sunday

31<sup>st</sup> March 2013



## February

### Safety Audit & Risk Management

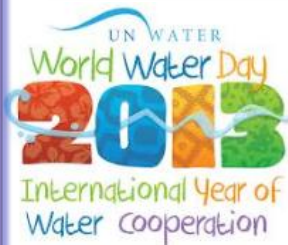
- ☐ Check smoke detectors
- ☐ Emergency and Evacuation Procedures
- ☐ Bathroom, toilet
- ☐ Nappy change
- ☐ Laundry



## March

### Safety Audit & Risk Management

- ☐ Pool Safety Checklist
- ☐ Outside area/water Hazards
- ☐ Prams and Strollers
- ☐ Veranda/balcony
- ☐ Check smoke detectors



## Head lice

Its that time of the year where we have had sightings of head lice in the family day care environment. Head lice are a nuisance to everyone when they decide to visit which is by direct head-to-head contact from a child that comes into care.

Some simple responsibilities we need to acknowledge if we know children have an unexpected visit from these annoying insects and attend care are as follows:

### Care Environment

- If one child has head lice in care there is a good chance that the others will also get them
- Reduce head-to-head contact between children if children have head lice
- Keep families informed if there is a case of head lice

### Parents

- Check your child's head once a week for head lice. If you find any lice or eggs, begin treatment IMMEDIATELY.
- Check for effectiveness of the treatment every 2 days until no lice are found for 10 consecutive days
- You may send your child back into care as soon as effective treatment has started
- Check for lice in other family members as well
- Tie children's hair back to reduce the chance of spread

For more information about head lice, see:

[www.health.qld.gov.au/headlice/documents/13443.pdf](http://www.health.qld.gov.au/headlice/documents/13443.pdf)

[www.health.jcu.edu.au/school/phtm/PHTM/hlinfo1.htm](http://www.health.jcu.edu.au/school/phtm/PHTM/hlinfo1.htm)

[www.cyh.com/HealthTopics/HealthTopicsDetails.aspx?p=114&id=1664](http://www.cyh.com/HealthTopics/HealthTopicsDetails.aspx?p=114&id=1664)



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## Help your child manage traumatic events

Tragic events occur in our world and locally everyday such as the recent floods from cyclone Oswald. These events can impact on children in many different ways. Most adults have accepted that we live in a new era of trying times of human and natural devastation and destruction which is brought to us through the various media and communication networks that are readily available. Even though your children may not be directly affected by any of these events they can still be stressed and traumatised.



Traumatic events of all types threaten our sense of safety and security. Adults often struggle with the effects of trauma, even though they understand them. But children react differently based on their personality, age, and circumstances.

Trauma and chronic distress affects children deeply, they may have just heard people talking about their devastation, or through TV heard and saw the graphic details of what has occurred and this is enough to stress a child without us 'adults' understanding how they are interpreting what has occurred and their feelings



If an event has occurred that your child has been exposed to, watch and listen to your child to understand how upset he or she is. Explain a traumatic event as accurately as possible, but don't give graphic details. It's best not to give more information than your child asks for. Let your child know that it is normal to feel upset, scared or angry. If older children or teenagers want to watch television or read news online about a traumatic event, be available to them, especially to discuss what they are seeing and reading."

We have to remember children hear way more than adults think, so we need to be careful of what we say near them. Avoid leaving the TV on with its endless images of the destruction. We know that children under four can have difficulty with reality and the same scene can appear to be a new scene and children get really frightened by that. We need to take the time to stop and listen to what feelings are behind the words our children are saying, even ask your child how they are feeling about what has occurred and if it has scared them. Reassure children that things will get better and that they are safe, maybe do something special - for example donate a toy or pocket money to the recent QLD flood appeal so they feel they are helping in some way.

## Important information about sick children and changes to booked hours

### Sick Children

If your child is sick, please contact your Educator before taking your child to the Family Day Care home. You need to refer to your Kids at Home Parent Handbook that outlines exclusion periods. It is important to the wellbeing of your child, the other children in care and your Educator and their family that the correct exclusion time is adhered to.



### Changes to Booked Hours

If your child is not attending care (is absent) or your normal arrangements such as pick up and drop off times have changed temporarily, please show your Educator the courtesy they deserve and let them know beforehand. Educators put a lot of time and effort after hours into planning and programming for children, as well as having their own families needs to meet, so please ensure you notify them of any changes to your booked hours arrangements prior to them occurring, this will eliminate being charged a late or early fee or Educators not being available when you knock on the door early and them not being available.



## Information from the Family Assistance Office to parents



Australian Government

Department of Human Services

**Name Change:** CentreLink and Family Assistance Office come under the banner of the Department of Human Services. [www.humanservices.gov.au](http://www.humanservices.gov.au)

Parents are sometimes given information by CentreLink/Family Assistance Office that is misunderstood, misleading or incomplete and this can cause arguments with their child care service about what is the correct situation. When this happens, we need details about the source of the information so that we can do something about it.

Please tell us – Kids at Home:

- How and when was the information given?
  - if by phone, what was the receipt number for the call and the persons name?
  - if at a CentreLink or Medicare office, where was it and who did the family speak to?
- What questions did the family ask?
- What advice did the FAO give the family?

Armed with these details, we can work with the FAO to ensure staff learn more about CCB and improve the quality of advice they give to people in the future.

**Absences:** Families are allocated 42 Absences in which CCB and CCR are paid as a reduction per financial year, Absences include public holidays, family holidays and children's illness.

**Payment of Absences Exceeding 42 and first and last days in care:** Exceeding allowable absences (42) per financial year. Or being absent on the first day of care or the last day of care results in the payment of full fees for ALL Absences in these circumstances, unless supporting documentation such as a doctor or employer (for rotating shift work) letter or court order for shared care arrangements etc can be provided at the time otherwise full fee payment is required for days in care that do not meet Australian Government Child Care support system Acts and legislations. The full fee for the period of care is payable to your child's Educator.

### TAKE HOME A BIG BROTHER OR BIG SISTER

Give your children the wonderful opportunity to have an international big brother or big sister by hosting one of our exceptional international students arriving in Australia in July 2013 for their 5 or 10 month programs. Our international students from France, Germany, Italy, Sweden, Norway, Denmark, Finland, Japan and Spain. will live as a local, attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at [www.scce.com.au](http://www.scce.com.au), email [scceast@scce.com.au](mailto:scceast@scce.com.au) or call us toll free on **1800 500 501**, request our international student profiles, and capture the spirit of family and friendship!

### Some tips for parents

In our busy lives we sometimes forget to take the time to stop and enjoy the moment with our children. It is amazing how children's behaviour can change for the better by following the below points:

- By just taking the time to play with children and enjoying their company can make a huge impact on their development and social and emotional wellbeing;
- Let children know they are important by consistently responding to their needs;
- Have fun with children, share laughter and joyful moments, just because you are an adult doesn't mean you can't have fun;
- Encourage and acknowledge children's efforts, remember they do not know as much as adults and high expectations can impact on a child's self esteem;
- Be sure to recognise and celebrate acceptable behaviour and right choices children make, don't always focus on the negative.

Adapted from The Early Years Learning Framework (EYLF)



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## **LUNCH BOX IDEAS** information from NSW Government Health fact sheet 2011

What children eat is fundamental to their health, growth and development. Obesity and overweight has become a serious problem affecting about 25% of children in Australia. Obesity is not just a result of overeating, but the large food serves and foods with high fat and sugar levels contribute significantly to weight problems. To help children develop good eating habits, consider the following:

- Quantity of food is important. Offer small portions, with 'seconds' only if required
- Children go through growth and activity spurts and these affect their appetites. As long as they are offered a range of nutritious foods, a healthy child's appetite can be trusted to determine how much they need to eat
- Many 'fast-foods' have little nutritional value but have high fat, sugar and salt levels. Children may develop a taste for these, making other foods seem unappetising
- Try offering 'special', healthy food, such as seasonal fruit, as an alternative to sweets and fast foods for birthday parties and other celebrations
- Children's tastes change over time. New foods may need to be offered several times before the child will accept tasting it
- Involving children in preparing food can help to develop their interest and understanding of healthy food choices
- Attractive presentation of healthy foods may help encourage fussy eaters. The following information provides a guide for the sorts of foods that should make up a healthy lunchbox to send your child into care with and those products that are best left out.

### **Fruit & Vegetables**

Fruit and vegetables are a **good source of vitamins, minerals and dietary fibre.**

Chop fruit and vegies for the lunchbox so that it's quick and easy to eat.

#### **LUNCHBOX IDEAS:**

- snack packs of carrot and celery sticks (for older children only), corn cob, snow peas, cherry tomatoes, cucumber
- pieces of fresh fruit eg. apple, pear, kiwi, strawberries, orange, grapes and bananas
- diced or chopped fruit in natural juice
- dried fruit – not every day as they are sticky
- salad filling in a sandwich, wrap or roll



### **Breads & cereals**

Breads & cereals -are a good source of nutrients and help to fill hungry children. Use wholegrain or wholemeal varieties to boost dietary fibre.

#### **LUNCHBOX IDEAS:**

- sandwiches, rolls, wraps
- fruit bread, scones, pikelets
- crackers, dry biscuits, rice cakes
- rice, noodles, pasta



### **Meat & other protein sources**

Meat & other protein sources- lean meat, fish, chicken, eggs and legumes are a good source of protein and iron. Limit the use of sausages and processed luncheon meats such as devon and salami as they are high in saturated fat and salt.

#### **LUNCHBOX IDEAS:**

- lean beef, lamb, pork, chicken (trimmed of fat), tuna or salmon - filling in sandwiches, rolls and wraps or added to salad
- cooked egg in salad or sandwiches
- baked beans, lentil patty
- left-over meat-based casserole, rissoles, meat-based pasta sauce



## Dairy Food

Dairy foods – such as milk, yoghurts and cheeses are a good source of essential vitamins and nutrients including protein and calcium. Calcium is vital for building strong, healthy bones throughout life. Use reduced-fat milk and yoghurt (approx 2% fat) for children over 2 years of age as it contains the same essential nutrients but less fat and kilojoules.

### LUNCHBOX IDEAS:

- cheese slices or cubes as a snack with cucumber slices and cherry tomatoes
- cheese as a filling in sandwiches, rolls and wraps or on dry biscuits
- yoghurt or custard in small tubs with or without added chopped fruit
- plain milk
- calcium-enriched soy alternatives ( soy milk, cheese and yoghurt)



## Water

Water – is the best thirst quencher and therefore the best choice for the lunchbox. Tap water is safe to drink and provides fluid without the added sugar and kilojoules found in sweet drinks. Tap water in most areas contains fluoride which helps the development of strong bones and teeth.

### LUNCHBOX IDEAS:

- freeze the water bottle overnight; it will help to keep the rest of the lunchbox cool
- pack a water bottle even if you are sending milk – the milk can be consumed at morning tea or lunchtime and the water at other times of the day when your child is thirsty



## Food to leave out of the lunchbox

Snack foods and drinks that are high in added sugar, saturated fat or salt are generally low in nutrients and provide lots of kilojoules that can contribute to children becoming overweight or obese. We call these 'sometimes' foods and drinks because they should only be consumed sometimes and in small amounts. Sticky, sweetened foods can also cause tooth decay.

### Sticky sweet foods:

- lollies, chocolates
- cakes, doughnuts
- sweet/cream-filled biscuits
- muesli /rice bars
- fruit bars and straps

### Salty, high fat foods:

- potato chips/crisps
- corn chips
- cheesy balls, twists
- small oven-baked savoury biscuits

### Sweetened drinks

- cordials & soft drinks
- fruit juice
- flavoured mineral water
- fruit juice drinks
- sports drinks

It is best to restrict 'sometimes' foods and drinks in lunchboxes. If you do occasionally put a 'sometimes' food or drink in the lunchbox, keep it to a small portion only.

**Note about allergies:** Some services/Educators may ask parents not to pack specific foods to ensure a safe environment for all children, including those with severe allergies. Please discuss these needs with your Educator.

For more information and ideas on healthy eating and physical activity click on the links below:

[www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

<http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources>

<http://www.nutritionaustralia.org/>



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

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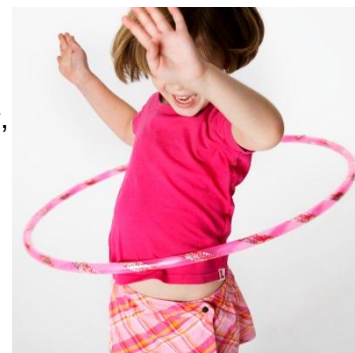


## **Physical Activity in Infancy and Childhood**

For many Australian families, life is becoming increasingly inactive. Many people drive rather than walk, work long hours in sedentary jobs, and watch TV or other screen-based entertainment for leisure. However, if your child learns the joy of active play from a young age they can make being physically active a habit for life.

Through active play young children develop healthy bodies, learn to use small and large muscle groups, and develop other important skills. Plus, children find active play lots of fun!

What are the physical activity recommendations for 0-5 year olds?



For the early years, the Federal Government's recommendations are:

- Encourage infants to be physically active from birth. For this age group, supervised floor-based play is ideal.
- Children between one and five years old should be physically active for at least three hours a day, which can be spread throughout the day.
- Infants, toddlers and preschoolers should not be restrained, sedentary or made to stay still for longer than an hour, unless they are sleeping.
- For children aged between two and five, any screen time (TV, computers, DVDs, electronic games) should be limited to less than an hour a day.
- For children aged under two years there should be no screen time at all.
- Active play can be simply moving around or creative quiet play. At other times, active play will be much more vigorous – running, jumping, climbing, dancing or swimming.

## **Using active transport**

One of the simplest ways to work physical activity into your and your child's day is active transport.

Active transport can be riding a bike, using a scooter or simply walking. Young children might not be able to walk or pedal for a long period, but they can definitely do some.

Consider:

- parking the car a bit further away and walking to where you need to go
- using public transport and walking to and from the stop or station
- trying to cut down on pram or stroller time and encouraging your child to walk instead.



## **Being active is essential for development**

Active play in childhood is essential for all aspects of development, not only physical, but social, emotional and intellectual. By helping children to develop a habit of being active from earliest childhood, you can help them to make it a habit for life. Talk to your child's Educator for more active play ideas.

This Parent Fact Sheet is available in different community languages and can be downloaded along with references from [www.ecconnections.com.au](http://www.ecconnections.com.au)







## **Dental Hygiene**

It's very important in helping children develop good oral health practices from a very early age for at least two important reasons:

- firstly, good oral health makes a contribution to general wellbeing in children and secondly;
- early childhood dental hygiene is a key factor in the development of healthy adult teeth.

Tooth decay is Australia's most common health problem, with five times the prevalence of that of asthma among children. 11 million newly decayed teeth develop each year.

According to government reports, it's also the second most costly diet-related disease in

Australia, which is all the more concerning given 90 per cent of all dental disease is preventable. "The number one cause of tooth decay is consumption of sugary foods and drinks on a regular basis.

The bacteria in your mouth convert sugars into acids. Over time, acids eat away at the surface of a tooth, attacking the enamel, weakening the tooth and causing decay in the form of holes or cavities.

Over the months of February and March Educators have been promoting dental hygiene with the children in care. QLD Dental Health have kindly provided us with toothbrushes and toothpaste to distribute to Educators for their children in care. If you are interested in your children receiving a toothbrush, toothpaste and case please discuss this with your Educator.



## **Brushing Children's Teeth**

Remember

- Brush as soon as your child's teeth have come through the gums
- Brush teeth twice a day using a low fluoride toothpaste, the fluoride in toothpaste will help to prevent tooth decay
- Many toddlers cannot avoid swallowing toothpaste, so a low fluoride toothpaste should be used e.g. "My First Colgate," "MacLean's Milk Teeth," and "Oral B Stages" toothpaste.
- When brushing your toddlers teeth, you may find it easier to lay them in your lap with their head resting against your arm or stand behind them, this way you will have more control and feel more secure.
- Swish and swallow water after eating is okay to do after eating lunch or any other meals until we can brush next time.



## **Toothbrushes**

- Use a child-sized soft toothbrush and replace it regularly

## **Toothpaste**



## **Is your local water supply fluoridated?**

X No	✓ Yes
Birth to six months brush your child's teeth without toothpaste	Birth to 18mths brush your children's teeth without toothpaste
Six months to five years brush your child's teeth with a small pea size amount of low fluoride toothpaste	18 months to five years brush your child's teeth with a small pea size amount of low fluoride toothpaste

## **Brushing**

- Brush along the chewing surfaces of the teeth
- Use a circular or jiggling motion on the outside surfaces, being sure to brush the gums gently
- Repeat on the inside surfaces using a jiggling motion
- Spit out toothpaste but don't rinse
- For more information on dental hygiene and tooth decay visit [www.noddecay.com.au](http://www.noddecay.com.au)





## **Stop.Think.Do** Sessions for parents and children

Accoras is a not-for-profit organisation which works with individuals, families, businesses and the community as a whole to provide innovative health support solutions.

We are running a number of **Stop. Think. Do.** children's social skills groups in Term Two, at our Salisbury training facility (172 Evans Road, Salisbury).

**Stop. Think. Do.** is a social skills program designed to empower young children by teaching them to develop self-control, decision making, responsibility, leadership and friendship-making skills. The program aims to improve children's social and friendship abilities, develop cooperative classrooms, schools and homes, and support children to develop strong emotional intelligence and self-esteem.

Dependent children are often stuck at the 'STOP' step, as they tend not to think or do much for themselves. Shy, anxious children are stuck at the 'THINK' step, as they often think too much about what could happen. Impulsive, aggressive children are stuck at the 'DO' step, because they rarely stop to think about consequences or the impact of their actions. The program aims to help children move through all the steps, with positive feedback and support from adults and peers incorporated. Results indicate that children who participate in the Stop. Think. Do. program make significant social gains in the areas of being accepted by peers, being confident and handling challenging situations appropriately.

Our Stop. Think. Do. groups are being hosted at reduced prices (only \$150 per child, plus \$100 per additional child from the same family). The usual cost for this program is \$350 per child, but we have sourced funding to subsidise the cost to ensure as many families as possible have access. This cost includes GST, all seven weeks of the group, a scrapbook and all materials and resources used in the sessions.

### **Term Two: Stop. Think. Do. Group Dates** // [download the information and registration form](#)

#### **Monday Group** (Children aged 4 to 6 years)

Starts Monday 22 April and runs every Monday from 3:30pm to 5:00pm for seven weeks, finishing on Monday 3 June.

#### **Tuesday Group** (Children aged 7 to 10 years)

Starts Tuesday 23 April and runs every Tuesday from 3:30pm to 5:00pm for seven weeks, finishing on Tuesday 4 June.

#### **Wednesday Group** (Children aged 4 to 6 years)

Starts Wednesday 24 April and runs every Wednesday from 3:30pm to 5:00pm for seven weeks, finishing on Wednesday 5 June.

All groups are limited to a maximum number of children and spaces fill quickly, so registrations are essential.

### **Noah's Ark Fact Sheets:**

Noah's Ark Children's Services Resource Unit has developed an extensive range of Fact Sheets to assist families, schools and professionals to support children with disabilities and additional needs. Each Fact Sheet is developed with a holistic approach; it is important to remember that each child and family will be different and individual. You find the factsheets on the link below:

<http://www.noahsark.net.au/resources/online-fact-sheets>

