



FAMILY DAY CARE

Quality Home Based Childcare



Kids at Home Family Day Care Newsletter

ISSUE 11 October 2010



Its our first Birthday!!!

October marks our first birthday here at Kids at Home! We opened for business on the 19th of October 2009, the year seems to have gone by in the blink of an eye.



Its hard to believe we have gone from being a brand new scheme a year ago, to now having over 30 home based educators, and more than 250 families and children using care in the last 12 months.

The 19th has snuck up on us so quickly that we haven't had a chance to think about it, so Nina and I celebrated our first birthday here in the Kids at Home office with a choc chip cookie, in between visits and reviewing policies ☺ -party animals we are!

Both Nina and I would like to thank all our educators, families and of course their children for helping us make our first year so successful! We look forward to working with you over the coming months and years, continuing to assist families with their childcare needs and providing a nurturing play-based learning environment for children to grow into confident little people.

Regards,

Did you know ?

The average person laughs 15 times a day do you?



In this Issue

- Book Corner
- Diary Dates
- September Audit and Risk Management
- Raising Confident Kids
- Water Safety
- Tips from Childcare Support
- Information from the Family Assistance Office
- Hand washing and Dental Hygiene program
- Illness & Exclusion from Care



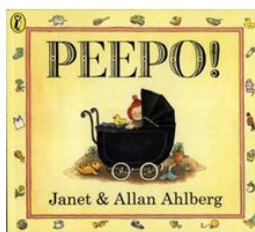
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Book Corner

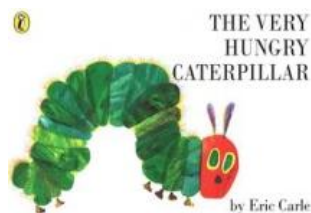
Peepo by Janet Ahlberg

A friendly, funny book, presenting a vast array of baby paraphernalia that should be instantly recognizable and absorbing to a young child. For ages 0-2



The very hungry Caterpillar by Eric Carle

The very hungry caterpillar has been around for many years, it was first published in 1969 and has sold over 30 million copies. It is one of my favourite stories that I love to read with children using props such as puppets and felt board stories. The story links with many learning opportunities for children to explore life cycles of butterflies and other animals, discussions about food and healthy eating, mathematical concepts with counting, grouping, size and shape, identification of foods and colours, it has easy to read words which makes it easy to teach children to read with its repetitive use of language. It is a great book to be enjoyed by all age groups.



Educators Corner

We would like to say farewell to Lorraine who has with her husband David decided to retire and downsize, selling their family home of over 35 years and moving south to the beautiful serenity of retirement. Lorraine has been caring for children for over 30 years and has developed some long lasting relationships with her families and children who some have now become parents, we wish them all the best.

We would like to welcome Amanda, Jared and 4 month old Lylah from Arana Hills to the Kids at Home Team. Jared and Lylah are on the front page of this weeks Northwest Newspaper, Jared having just returned from Iraq after 6 months away and seeing Lylah for the first time after she was born.

OCTOBER

Safety Audit & Risk Management

- ☐ Hazards
- ☐ Ventilation & Heating
- ☐ Bedrooms & Sleeping
- ☐ Check smoke detectors



Diary Dates for November 2010

Melbourne Cup

2nd November 2010

Remembrance Day

11th November 2010

Universal Children's Day

20th November 2010

Now that the weather is warming up it is the perfect time to enjoy water activities with our children. By taking some simple steps we can ensure this fun time will be a safe and enjoyable experience for all.

This summer to combat drowning, Laurie Lawrence will use the internet, to give five free water safety lessons to all parents across Australia. The five free lessons are designed for parents with children under the age of five and are communicated via an online interactive learning program.

Did you know that drowning is the greatest cause of accidental death in children under five in Australia. Each week, on average, one child drowns. We need to be aware of using water for play and take precautions by always supervising children's play with and around water and ensure any water in buckets and small wading pools have been emptied after each play time.

In 1988 to combat drowning, Laurie Lawrence created the Kids Alive - Do the Five water safety program. The Kids Alive community service program educates the public on five important steps to reduce the risk of preschool drowning.

Kids Alive - Do The Five!

- 1: Fence the pool**
- 2: Shut the gate**
- 3: Teach your kids to swim - it's great**
- 4: Supervise - watch your mate and**
- 5: Learn how to resuscitate**

www.kidsalive.com.au



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Tips from Childcare Support

1. Child Safety

Tie a small bell to any door leading out of the house and you'll be able to hear a small child making their escape!

2. Eating Out

Keep paper and crayons in your purse and the gimmick of kid-friendly restaurants can be yours anywhere. Older kids can play hangman and naughts & crosses.

3. Feeding Toddlers

Feeding toddlers can sometimes be a struggle, try putting a hand puppet on and have the puppet feed the toddler.

4. Household Hint

Chewing gum in children's hair - dab with a cloth soaked with eucalyptus oil, gum should come out without tears.

5. Learning to sit

Learning to sit. Use a blow up swimming pool ring around your baby's waist when they are learning to sit instead of propping up with pillows, this will save a lot of bumps and bruises.

6. Long Car Trips

Enduring long car trips with the kids can be a lesson in extreme patience, help keep the kids calm by putting a tissue soaked in lavender oil above the back seat of the car. Lavender oil is a natural calming agent.

7. Making Lunches Fun

Make school lunches more fun by using a cookie cutter to cut sandwiches into shapes!

8. Preparation the Key

Preparing for school the evening before helps to minimise morning madness!

9. Removing bandaids

Removing bandaids from a child's skin without tears is easy if you soak a piece of cotton wool in baby oil and rub over the tape.

10. Toddlers

Though it may be hard to believe at times, toddlers are not purposefully disobeying the rules to get you mad.

11. Travelling with kids

When travelling with a baby take some bicarb soda with you in a small zip lock bag. Should your baby be sick, simply sprinkle clothes with the soda. Brush off when dry and odour will have disappeared

Information from Family Assistance Office to parents

Parents are sometimes given information by the Family Assistance Office (FAO) 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:

- How and when was the information given?
 - if by phone, what was the receipt number for the call?
 - 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.



Hand washing and Dental Hygiene Program

During the months of November and December Kids at Home Educators will be implementing a Hand Washing and Dental Hygiene Program with the children in care.

The aim of this activity is to raise an awareness of the benefits of hand washing and the importance of oral hygiene for young children. Providing children of all ages with some simple life skills that when practiced in a fun way becomes a routine of what we do.

Understanding the significance of hand washing in reducing the spread of illness and the importance of fostering good hand hygiene from an early age are the essential components of this program for young children.

By reducing the transfer of germs from person to person we can reduce the incidence of infectious diseases affecting children and Educators and their families. .



Illness and Exclusion from Care

Over recent months children in care across all children's services have been experiencing quite a number of illnesses. We have had a substantial number of calls from families using long day care seeking care in family day care due to their children's continuation of ongoing illness. They have had positive feedback about our Educator to child ratios, and our ability to reduce the spread of illness in care with our ongoing practice of hygiene standards and implementation of our policy on exclusion of sick children.

Our service appreciates parents acknowledging and understanding our policies on accepting children into care who are ill and keeping them at home (where they are most comfortable), as attendance of sick children can impact dramatically on everyone.

The need for exclusion from care when children are ill and/or unwell depends upon the ease in which an infection can be spread, the ability of the infected child to follow hygiene precaution (for example children under the age of 3 years do not always cover their mouth when they cough or sneeze, then wash their hands and mouth toys spreading infections this way), and the severity of the disease.

As parents you may find our exclusion ruling difficult. It may place great pressure on your work, study and other commitments, and may also lead to stress and conflict between parents and Educators. However, we are required to follow the correct procedures and need to work collaboratively together to minimise the risk of illnesses spreading, and ensuring the health of our children, Educators and their families.

Seasonal Selection

*Fruit and Vegetables at their best in **October***

Fruit

Apples, Grapefruit, Lemons, Mandarins, Rockmelon, Oranges (Blood & Seville), Papaya, Pineapples, Pomelo, Strawberries and Tangelos



Vegetables

Globe Artichokes, Asian Greens, Asparagus, Beetroot, Broccoli, Broad and Green Beans, Carrots, Cauliflower, Garlic, Lettuce, Mushrooms, Onions, Peas, Potatoes, Silverbeet and Spinach



Raising Confident Kids (Michael Grose)

It's the aim of every parent to raise confident and resilient kids.

Kids today grow up with fewer siblings and with increasingly paranoid parents who ensure they are managed, measured and monitored to the nth degree. They are also growing up in a more prosperous world, with more shared between fewer siblings.

Michael Grose, parenting expert and author of *Thriving: Raising exceptional kids with confidence, character and resilience*, says kids are not learning valuable life lessons. "The trouble with the child-focused, safety-first way of raising kids is that we're in danger of raising a generation who don't have a backbone to handle some of the bouncers that come their way," says Grose. "These are bouncers that past generations would have routinely batted away without blinking. Developing a sense of character is important and so is knowing you don't always get what you want – but kids often do these days."

Here we look at 10 parenting principles to help your children thrive:

1. The self-sufficiency principle

This is about raising a small family with a big-family mindset. "It's about not doing things for your kids that they can do for themselves," he says. "In big families, children are shown how to do things for themselves. But now kids start school without knowing how to tie their shoelaces." Feeling capable gives children confidence to try new challenges, so let your young child help you unpack the dishwasher, set the table or pack their school bag. "The aim of the game is to lead to independence," says Grose. It's important for kids to develop a sense of "I can do this myself, I am capable."

2. The problem-ownership principle

When your child comes to you with a problem, don't be tempted to sort it out for them. Give them the skills to solve it themselves instead. "Give ownership of the problem to your child, rather than rushing in with an answer," says Grose. The principle applies to many situations including eating, dressing and relationships. Whether it's a fight with a sibling, problems at school with a teacher, or not getting homework done on time, instead of taking over the problem, help your child work it out for themselves. "The problem-ownership principle promotes personal responsibility, which is the cornerstone of character and resilience," says Grose.

3. The choice principle

Everyone can choose how they respond to situations and events. But the notion of choice – that a person can choose to fight with a friend or walk away, can't be learned instantly. Young children don't understand it so it has to be reinforced as situations arise. "It's important to teach children that they are responsible for how they think, act and behave," says Grose. "When they get into trouble and blame their friend, make it clear that their friend didn't make them do what they did. They could have acted differently. 'Maybe they hit their sister because she hit them. Explain that they didn't have to hit her; Reinforce the message that nobody pushes them to behave or think in a certain way.'"

4. The adaptability principle

When things aren't going well for your child in the classroom, do you ask for a new teacher? When they don't make the sports team, do you talk to the coach? "Often things happen and parents have a choice. Do you change the situation or do you change your child to suit the situation – do you help your child to just cope with it?" explains Grose. "Children need to learn to deal with and cope with disappointment. When they do that, they learn a lot about themselves. I call these moments 'stretch situations'. Give kids the chance to stretch and they discover they can do more than they realised."

5. The teaching principle

An effective parent teaches their children the skills they need to take their place in the world. "See training as part of your daily job," says Grose. "You always need to keep an eye on what your child needs to learn to take the next step." Avoid what Grose calls the 'Velcro Effect'. It takes time to teach your child how to tie his shoelaces and sometimes it's just easier to buy shoes with velcro. But the velcro effect can spread and prevent you teaching your child the skill they need to become independent.



6. The family-first principle

At different times, one child may need more of your attention. But generally, try to focus on the whole family rather than on individual kids. "Children have a sense that it is all about them, but the focus should be on what is good for the whole family," says Grose. "This principle is about making decisions based on 'we' rather than 'me'. Have some regular family mealtimes during the week and include some rituals that during the family together.

7. The shared-responsibility principle

While parents have to lead a family, each member of a family has a stake in making sure the family unit runs smoothly. Think delegation, shared decision-making and shared problem solving – dependent on the children's ages and abilities. "A family that is cooperative and cohesive believes we share the jobs in the family because it's our family," says Grose. "They believe we all live in this living room and we all have a say in keeping it tidy – it's not just up to Mum and Dad. If someone has a problem in the family we all deal with it. The ability to share and get buy-in from the kids is important."

8. The cooperation principle

Winning cooperation with mutual respect – rather than demanding it – makes for stronger family relationships. "You can lead a horse to water but you can't make it drink," says Grose. "I think cooperation has replaced obedience. Obedience was about a child doing what you wanted. Cooperation is about getting kids to buy in by treating them with respect, including them in the family decisions and having a good relationship. "Parents can't be doormats. But rather than demanding, invite kids to do things and rely on mutual respect to get their cooperation."

9. The relationship principle

The key to building relationships with kids is spending time together. You don't even have to do a lot, just being in each other's company cements relationships and that relationship bank can be drawn upon during difficult times in adolescence. "Your kids need to have high regard for you," says Grose. "That gives you leverage and helps you get through the hard times. Good relationship-building means spending time with kids, doing things for them and doing things with them. But we have a TV in every bedroom and our homes are set up for individual enjoyment." You don't need to be your child's best friend. Simply have regard for each other, enjoy each other's company, and remember, now and again, there will be a difference between loving and liking.

10. The community principle

There's an old saying about taking a village to raise a child. But with parents becoming precious about how their kids are raised, village or community input has disappeared. "Raise your family with a big-family, small-town mind-set," says Grose. "Form connections with other families and look after each other's kids. We need to get back to that community notion. Parents get tired, kids get sick of your voice and a family member or friend can see a different kid. It's the job of kids to break away from parents later, so you need other adults to support them."

Good Health Magazine



Updates

EYLF action Research

We are making steady progress with our Action research project. Sending out information on reflective practice and critical thinking. Our first practical task has been to use a reflective journal to document our day, and introduce and develop strategies to assist in recognising the Belonging component, and how we can achieve outcomes through our practice with children and families.

Quality Assurance

We will be going through the validation component of our Quality Assurance around February/March 2011. Our aim over the next few months is to document how we are achieving Satisfactory requirements in each Quality Area and each Principle. A recent phone call from NCAC has advised that we will be subject to either one or more spot visits leading up to validation.



*to everyone who has
kindly volunteered their
time to assist in
reviewing our Policies we
truly appreciate your
time and feedback.*

