



# FAMILY DAY CARE

Quality Home Based Childcare



## Kids at Home Family Day Care Newsletter

ISSUE 10 September 2010



Spring is here, the time for rebirth, renewal and regrowth. The days are getting longer and the hankies and allergy and sinus tablets come out to stop those annoying sneezes.



Well another month has flown by and the countdown has started to Christmas, where has the year gone?

In preparation for our Quality Assurance Self Study we will be reviewing our Policies and Procedures and Philosophy of Kids at Home and invite you to join our Policy working group in providing feedback.

Nina and I recently attended a Creating Cultures of Sustainability Conference, in which we both really enjoyed and gained a lot of resourceful information. We will share what simple things we can do in our environment and every day lives to contribute to a sustainable future of our planet and community. We have started with packaged foods and the idea of Nude Food in this newsletter and will continue adding tips and ideas in each newsletter.

Regards,

Did you know?  
A snail can sleep for three years.



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- September Audit and Risk Management
- National Quality Framework Time Lines
- Policy Review (Quality Area 4)
- Toilet training



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

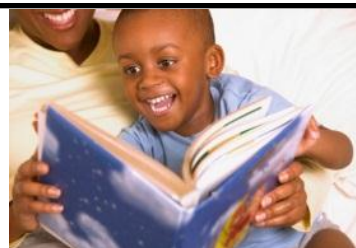
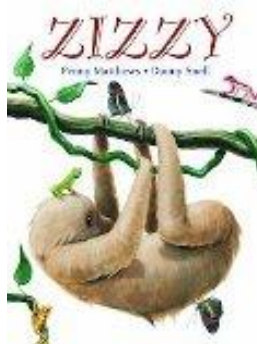
T : 07 3040 0430  
F : 07 3036 6194  
E : [info@kidsathome.net.au](mailto:info@kidsathome.net.au)

## Book Corner

### Zizzy

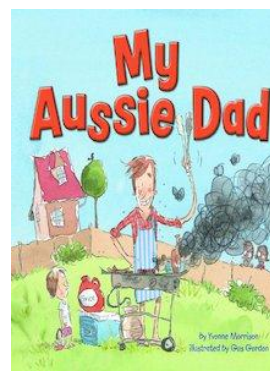
Zizzy the baby sloth loves nothing better than to hang upside-down in a tree and eat leaves. Sometimes he catches a glimpse of the blue through the creepers and wonders what it could be. Will he ever know what lies beyond the dark rainforest?

This book is a wry, uplifting story about the power of imagination and the rewards of effort written by Penny Matthews and award-winning author. It is beautifully and painterly illustrated. RRP \$26.99



### My Aussie Dad

My Aussie dad is by Yvonne Morrison, primary school teacher and the best-selling author of An Aussie Night Before Christmas! This is a great book to share with children in care as it's a playful and humorous story of the jovial, the kind, the slightly embarrassing and the wholly lovable Aussie Dad. A great way to get children to talk about their dad and the fun moments they spend with their dad. It's a well illustrated book with lots of Aussie icons on every page.

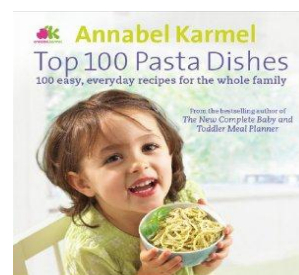


### Top 100 Pasta Dishes – Annabel Karmel

(100 easy, everyday recipes for the whole family)

For most children, pasta is the best food in the world! It's tasty and nutritious, easy, quick and economical to cook, and even better, it comes in lots of fun shapes.

Brimming with no nonsense, healthy meals that children tend to love. With separate sections on pasta for babies, toddlers and older children, the book features fuss free ideas to make your life easier when catering for children in care, as well.



## KAH Educators Corner

We would like to congratulate Jenny and Trent on their recent marriage and who are now cruising the Pacific Ocean on an Island hopping Honeymoon.



We would also like to Congratulate Tina and Grieg, and Dannie and David on their soon to be addition to their growing families.



We would also like to express our jealousy to those who have taken holidays and are off having a relaxing time somewhere.

I hope they are all thinking of us back here working hard, but we also hope they are having a great time and come back nice and refreshed ready for the lead up to QA and EYLF.



And our thoughts and get well wishes go out to one of our Educators who is going through a tough period of time with an illness, we are thinking of you.



### SEPTEMBER

#### Safety Audit & Risk Management

- ☐ Outdoor Play Equipment
- ☐ Animals
- ☐ General
- ☐ Check smoke detectors



#### Diary Dates for October 2010

##### School Resumes – Term 4

4<sup>th</sup> October 2010

##### National Nutrition Week

10<sup>th</sup> – 16<sup>th</sup> October 2010

##### World Food Day

16<sup>th</sup> October 2010

##### Children's Week – "A Caring World Shares"

23<sup>rd</sup> - 31<sup>st</sup> October



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## National Quality Framework Timelines

### Legislation and Regulatory Changes:

#### Time fame

August 2010 – September 2010  
October 2010  
February 2011  
Mid 2011  
1 January 2012  
1 January 2014

#### Development

Drafting instructions & new regulations  
Draft submitted to Ministerial Council (MCEEDYA)  
Consultation Period  
Legislation passed in all states  
NQS fully operational  
Qualification and ratio changes apply to FDC sector, as part of the National Quality Standard

### National Standards Assessment and Ratings System:

#### Time Frame

June 2010 – July 2010  
July 2010 – November 2010  
November 2010 March 2011  
March 2011 – July 2011

July 2011 – January 2012  
January 2012

#### Development

Field testing commenced  
Assessment of services trialling new system  
Review period  
Training and support material developed. New national body established (ongoing to Jan 2012)  
Training of assessors  
New system operational



**20%** That's how much a good sense of humour reduces your mortality risk, according to Norwegian researchers.

Nutrition Australia is holding a Nude Food day. This is something we can all think about on a daily basis. Have you ever stopped to think about how much pre packaged food you use. What kind of food and what packages do you send your children to care with? With their idea we can use this concept as a part of our support to help the planet, will save you money and the health of your children by being aware of what you pack for children to eat during their day in care, only bring in rubbish free food such as;

A US study found **57%** more broccoli was eaten by children who were given half a cup of chopped carrots to snack on before their main meal. To up your kid's intake of broccoli offer them a plate of crunchy small chopped up vegetables to snack on before dinner.



#### Food in small reusable containers:

Yoghurt  
Fruit Salad  
Cheese Cubes  
Vegetable sticks with dip  
Sandwiches or Salads  
Wholegrain crackers with cheese slices  
Rice crackers  
Plain/fruit/savoury scones or pikelets  
Homemade savoury or fruit muffins  
Pasta or rice dishes  
Soup in a thermos  
Add chopped up meat to pasta, rice and vegetables

#### Food with no packaging:

Banana  
Kiwi Fruit  
Oranges  
Boiled egg  
Apples  
Grapes  
Watermelon  
Rockmelon  
Mango  
Tomato  
Carrot  
Beans  
Snow Peas  
Slightly steamed vegies

If you would like to know more about Nude Food day and other healthy eating tips check out nutrition Australia's website [www.nutritionaustralia.com.au](http://www.nutritionaustralia.com.au)



# Quality Assurance – Can you help us improve?

For those of you who this is your first experience of using child care, I would like to introduce you to Quality Assurance and policy development and review.

NCAC is the National Child Care Accreditation Council and their guiding principle is 'Putting Children First'.

NCAC's vision is quality experiences and positive outcomes for all children. Their mission is to set standards to improve the quality of child care and accredit services that meet the standards.

They aim to achieve their vision and mission through the administration of Child Care Quality Assurance (CCQA) systems for children's services and through advocacy for children.

They endeavour to assist child care professionals to deliver quality child care by providing services with advice, support and resources. We also assist families to understand the value of quality care and make informed decisions when selecting a child care provider.

Child Care Quality Assurance is a collaborative process, it involves families, child care professionals, the local community and, where appropriate, children who work together to improve and maintain the services quality practices.

The process of Child Care Quality Assurance is an ongoing cycle and should be part of everyday practice. It is important that everyone is able to understand the connection between what is practiced in the service and why the practice occurs in certain ways. Effective and comprehensive policies are the foundation for consistent quality practices in services. This can be achieved when policies are developed in collaboration with stakeholders.

Policies ensure a common understanding and expectation about what happens in the service and provides a record of accountability when decisions are made. Some policies will require updating due to changing legislation, others we may be able to improve, and some will remain as they are. The key thing during this review is that we ensure our scheme is compliant and efficient, with clear, understandable and easy to follow policies and procedures.

We would greatly appreciate your support in contributing your suggestions and ideas over the next few months as we carry out our process of reviewing our policies and procedures. We do understand that not everyone will be able to be involved but if you would like to be a part of our review process then please contact Sharyn or Nina or your Educator.

## **Our process of policy review:**

Listed below are the policies we will be reviewing during October. So please take the time to read what we have now and provide feedback. With this feedback we will then prepare a draft of changes that have been identified and will invite feedback before we finalise the policy. Our aim is to have all our policies reviewed and updated by February in which we will distribute our updated policies to be implement from then onwards.

## **October Policy Review: Quality Area 4: Health, Hygiene, Nutrition, Safety & Wellbeing**

### **October 1<sup>st</sup> - 10<sup>th</sup> review period and report to office on the 11<sup>th</sup> of October**

- ☐ 4.1 Administration of Medication
- ☐ 4.2 Allergies and Anaphylaxis
- ☐ 4.3 Animals
- ☐ 4.4 Arrival and Departure of children in care
- ☐ 4.5 Bathing and Showering
- ☐ 4.6 Bedding and Sleeping
- ☐ 4.7 Before and After School arrival and departures
- ☐ 4.8 Children's Health, illness, immunisations and allegations of harm

### **October 11<sup>th</sup> - 17<sup>th</sup> review period and report to office on the 18<sup>th</sup> of October**

- ☐ 4.9 Child Protection – Responding to Suspicions and Allegations of Harm
- ☐ 4.10 Child Protection – Reporting of Harm and Abuse
- ☐ 4.11 Clothing and Comfort
- ☐ 4.12 Dangerous products and Material Safety Register
- ☐ 4.13 Death of a Child in care
- ☐ 4.14 Dental Health
- ☐ 4.15 Emergencies. Evacuations and Fire Drills
- ☐ 4.16 Excursions and Routine Outings

### **October 18<sup>th</sup> - 24<sup>th</sup> review period and report to office on the 25<sup>th</sup> of October**

- ☐ 4.17 Food Handling
- ☐ 4.18 Hand Washing
- ☐ 4.19 Head Lice
- ☐ 4.20 Hygiene and Cleaning Practices
- ☐ 4.21 Incidents and Injuries
- ☐ 4.22 Maintaining a Safe Environment and Equipment
- ☐ 4.23 Nappy Changing and Toileting
- ☐ 4.24 Nutrition and food

### **October 25<sup>th</sup> to 31<sup>st</sup> review period and report to office on the 1<sup>st</sup> of November**

- ☐ 4.25 Occupational Rehabilitation
- ☐ 4.26 Overnight Care
- ☐ 4.27 Risk management
- ☐ 4.28 Smoking, Alcohol and drugs
- ☐ 4.29 Sun Protection
- ☐ 4.30 Swimming and water safety
- ☐ 4.31 Transporting Children
- ☐ 4.32 Visitors and International Students
- ☐ 4.33 Workplace Health and Safety



# Toilet Training Tips

Learning to use the toilet is a significant and natural milestone in your child's development, but families often have concerns about how toilet training will work when their child is at child care. The educators at your service should support both you and your child through the process.

It is important to maintain consistency in toilet training routines between home and the child care service to make the process easier for your child. Once they have learnt to use the toilet, both you and your child will have greater independence.

## **Common signs that your child is ready to begin toilet training:**

- When your child has a dry nappy for longer periods of time it indicates that they have some control over their bladder and may be ready to start learning to use the toilet
- Your child may pull at their nappy when it is wet indicating that they can feel and understand that their nappy needs to be changed
- Your child may come and tell you that they've done a 'wee' or 'poo' showing that they understand what is going on

## **What can educators do to support you and your child?**

- Communicate regularly with you to make sure that the same toilet training strategies are being used at home and at care
- Keep a record of your child's toileting routine during the day so that you know about

## **Their successes, and have an idea about how they are progressing;**

- Be positive about toilet training so that their encouragement is reinforced in their language and actions

- Have processes for managing accidents, including for the hygienic handling of wet and soiled clothing and ensure that you know about how this will be managed
- Be patient and encouraging with your child, ensuring they are praised for all of their efforts and don't made to feel ashamed of any accidents or setbacks.

## **What can you do to support your child's toilet training while they are at childcare?**

- Regularly share ideas and strategies with your educator about how to successfully help your child to learn to use the toilet
- Dress your child in clothing that they can easily pull up and down themselves. This helps them to be independent and can reduce the likelihood of accidents occurring
- Provide several sets of spare clothing in case of accidents, especially in the beginning. If wet or soiled items are sent home in plastic bags, it may be worth a few of these too (but give these to an educator rather than leaving them in your child's bag where they may be accessed by children)
- Praise your child for their success while at care and avoid reacting negatively to any accidents or setbacks.

Putting Children First NCAC

(QA – 1.1, 1.3, 1.4, 2.1, 4.4)

(EYLF – Outcome 3: Children have a strong sense of wellbeing)

