



C&K Maroochy Family Day Care and C&K Maroochy & Caloundra In Home Care

Newsletter

July/August/September 2014

News from the Lead Coordinator

Dear Families and Friends of Family Day Care,

What a wonderful couple of months, since we last spoke. We have celebrated Naidoc Week, Under8's Week, some birthdays and the retirement of one of our long serving educators. Best wishes always Maureen!

We have had some changes to the Government Funding which includes an increase in the CCMS Base rate from \$3.99 to \$4.10. The Service has had a small levy increase in line with the CPI which should be absorbed by the base rate increase. Some educators may too have increased their fees in preparation for the new financial year.

NAIDOC WEEK

This year our Service is celebrating Naidoc Week 6-13th of July by investigating how indigenous cultures all over the world but especially Indigenous Australians and Torres Strait Islanders, celebrate and record their history. Our FDC Community is constructing a "Possum Skin Cloak" from Calico. We have included our plan in the newsletter and we are inviting all educators, families and children to contribute. The Service has sent out pieces of calico approximately 20cm x 10cm for all interested persons to draw or write onto. The Cloak will document "What FDC means to you!" It will combine our past, present and our hopes for the future. It will acknowledge the traditional custodians of the land, past and present and will celebrate our community coming together. The Cloak will be sewn together in late September for display in our Training Room.

PARENT SURVEYS

Thank you to all of the parent who contributed to our survey. Your information has been invaluable and has helped change and shape things for our future. We hope to see your suggestions in practise as early as July.

AUSTRALIAN RED CROSS BLOOD SERVICE

Australian Red Cross needs our help, learn about CLUB RED.

Please call and reserve an appointment on 13 95 96.



DENTAL WEEK

25th of August, 2014. We have some wonderful resources for you and your families.

<http://www.babyteeth.com.au/static/pdfs/oralHygiene-fs-web.pdf>



CHILDREN'S WEEK

18-26th of October. You're invited to our Service Family Fun Day on the 11th of October.

CHILD PROTECTION WEEK

7th to the 13th of September, 2014. Child Protection is everybody's business!



Kind regards,
Julie McCosker.

C&K Maroochy Family Day Care.
45 School Rd
Maroochydore.
4558.
Ph- 5479 1677
maroochyfdc@candk.asn.au



Under 8's Week!!





Christmas Toy Catalogues'
are due on the 10th of October!
We are now taking individual orders for
early returns.

Did you know?

Facts about outdoor time and children

- ☺ Children are spending half as much time outdoors as they did 20 years ago (Burdette & Whitaker 2005; Juster et al 2004; Kuo & Sullivan 2001).
- ☺ Today, kids 8–18 years old devote an average of 7 hours and 38 minutes to using entertainment media in a typical day (more than 58 hours a week)(Kaiser Family Foundation).
- ☺ In a typical week, only 6% of children play outside on their own (Children and Nature Network , 2008).
- ☺ Children who play outside are more physically active, more creative in their play, less aggressive, and show better concentration (Burdette & Whitaker, 2005; Ginsburg et al., 2007).



☺ 60 minutes a day of unstructured free play is essential to children's physical and mental health (American Academy of Paediatrics, 2008).

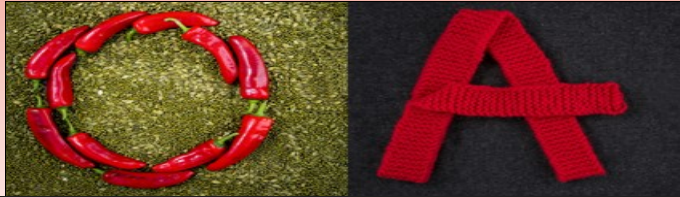
☺ The most direct route to caring for the environment as an adult is participating in "wild nature activities" before the age of 11 (Wells & Lekies, 2006).



What is the Club Red blood donation program?

Club Red provides an opportunity for organisations and groups across Australia to get together and do something special by regularly donating blood. Any business, community or youth group can donate as part of Club Red.

If one single donation can save three lives, imagine how many more could be saved if your group donated together. Please ensure that you nominate C&K Maroochy Family Day Care when you visit your local blood bank. Currently Blood banks across Australia are looking for blood types O and A.



Save lives together



WHATEVER WALK OF LIFE
YOU'RE FROM YOUR **GROUP** CAN HELP

club:red
GROUP BLOOD DONATION

Chinese chicken and sweet corn soup recipe

Delicious, This soup tastes just like the restaurant version.

Serving Size:

6

Ingredients:

- 1 leek, cleaned and white part finely diced
- 1 tbsp vegetable oil
- 4 cups chicken stock
- 1 BBQ chicken
- 1 x 425g tin creamed corn
- 2 eggs, lightly beaten
- 3 spring onions, finely sliced

Method:

- Cut all the white meat from the BBQ chicken. Remove the skin and then cut the meat into small bite-sized pieces. Set aside.
- Heat the vegetable oil in a large saucepan over a medium heat. Add leek and cook until translucent.
- Add the chicken stock and bring to the boil. Turn down heat to a simmer then add the chicken pieces and the creamed corn.
- Stir through and allow to simmer for 20 minutes.
- Take off heat and using a fork, gently stir the soup as you add the beaten egg in a continuous stream. Continue stirring the soup with the fork for another minute once all the egg has been added.
- Serve immediately with a small handful of chopped spring onions as a garnish.





2nd quarter policy review schedule

Information for families

May 2014

Dear Families

C&K values feedback and encourages families to contribute to the policy review process. Element 7.3.5 of the [National Quality Standards](#) highlights the value of collaborating with families when developing and reviewing policy documents.

In 2014 a quarterly policy review schedule will be implemented. This will allow adequate time for a thorough and robust review and feedback to be collated and considered.

C&K's Quality, Policy and Legislation (QPL) team will chair the policy review process. Families can email their feedback via policyfeedback@candk.asn.au or contact C&K's Quality, Policy and Legislation (QPL) team – 3552 5333.

Please find below the policy documents that will be reviewed in the second quarter of 2014 – 21 April – 27 June 2014.

| | |
|----------|---|
| SO:01.23 | Student, volunteer and visitor |
| SO:03.04 | Raising and discussing concerns with parent and guardians |
| SO:03.05 | Support children with additional needs (kindergarten) |
| SO:03.08 | Delayed entry or exit |
| SO:04.05 | Documentation and assessment |
| SO:04.06 | Expectations for professional development |
| SO:04.07 | Programs, transitions, routines and rituals |
| SO:06 | Property and facilities management (branch only) |
| SO:06.01 | Service open and close (branch only) |
| SO:06.02 | Risk management |
| SO:08 | Service management |
| SO:08.01 | Determining the responsible person present |
| SO:13 | CGB membership |

Please note: additional policy documents may be reviewed and announced outside the review schedule in response to organisational need and possible changes to legislation or recommended guidelines.

Please see your service director / family day care educator if you would like to contribute to policy review and receive a hard copy of the above policy documents.

If you have any questions regarding policy review, please do not hesitate to speak to your service director / family day care educator or contact C&K's QPL team – nqf@candk.asn.au or 3552 5333.

~ EDUCATOR PROFILE ~

Meet C&K Educator Mary Hodgson.



Mary with her daughter Leah

Mary Hodgson joined C&K Maroochy Family Day Care in April this year but she has been a FDC Educator for 7 $\frac{1}{2}$ years. Mary first began in FDC as a form of employment where she could be at home with her own 2 children.

She had an acquaintance who was a FDC Educator and recommended Mary starting in FDC herself. Mary says her role is an important one in children's lives and she sees herself as a support person for families, being an influential role model for children's social learning and overall development. Mary believes the foundations laid at FDC for children are crucial to them becoming well-adjusted adults.

Apart from feeling a sense of achievement seeing children happy and knowing she is doing her job well, Mary believes the rewards of working with children and seeing them develop is the highlight of being an Educator.

Mary has enjoyed taking FDC children on outings and recalls having a group of boys at Australia Zoo where they were able to hand feed an elephant. She has also taken children to Underwater World and remembers their excitement at being able to experience hands-on marine life in the touching pool. Here children could touch star fish and sea caterpillars. These were definitely experiences children will remember for many years to come.

After a busy day with the FDC children, Mary winds down by taking her own children for a walk with their family dog Molly. In the warmer weather they swim at the nearby beach and have a barbecue at the water's edge.

In-Home Care



Vacancies Available! Are you in need of Care?

C&K Maroochy & Caloundra In Home Child Care provides care for children in the familiar environment of their own home by an approved educator.

We offer a flexible service designed to meet the needs of families who may otherwise not be able to access child care and meet one of the

following criteria:

- Families with 3 or more children under school age.
- Parents working shiftwork or non-standard hours
- Families in rural/remote areas
- Families where the parent/s or child has an illness/disability

Contact the Office

PH 5479 5194 for any enquires.

COMMUNITY CONTACTS FOR OUR LOCAL SERVICE!

Child & Family Health:

Nambour 5450 4750

Maroochydore 5459 6901



DV line:

(Domestic Violence 24 hours) 1800 811 811

Crisis Care: 1800 177 135

Post natal depression Support; 1800 017 676

Life Line Helpline; 13 11 14

Lifeline; Counselling Centre 5443 5366

SCOPE

(Suncoast Cooloola Domestic & Family Violence Services for safer communities)

Maroochydore , Noosa, Caloundra, Cooloola -
5479 5911

Women's Crisis Services: 5443 4711

Dads in Distress; 1800 853 437

Kids Helpline: 1800 551 800

Family Planning: 5479 0755

C&K Maroochy Family Day Care Advisory Committee

Maroochy Family Day Care Co-ordination team would like to invite you to engage with the service through the Advisory Committee. As an Advisory representative your role at Advisory Meetings would be:

- to be proactive in specific tasks related to your areas of expertise
- to voice issues of concern from your area of representation
- to engage in discussion on these issues which will formulate the initial process of decisions
- attend approximately 4 meetings per year

As decisions made through Advisory Meetings impact significantly on all those involved with Maroochy Family Day Care, it should be noted that the process of decision making may be prolonged if further consultation or research is required.

Before each meeting an email will be sent to ask Advisory members if they have issues or topics for the agenda. Specific topics will be on the agenda and representatives will be asked for their contribution.

Maroochy Family Day Care is a service that recognises change and responds accordingly.

Please send any Agenda items to the office, as we would like to distribute the items to all representatives prior to the meeting.

If you have any further queries, please do not hesitate to contact the Office on 5479 1677.

What is Autonomy in Children?

Autonomy in children is about developing confident, independent children who feel in control of their lives, ready to explore and socialise in the real world with the skills and confidence to take risks and be an active member of the community.

Why it is so important in their development?

There are several reasons for why giving children choices throughout the day is beneficial and even crucial to their development. Providing choices fosters a feeling of control, builds self esteem, cognitive development and moral development. It helps children to accept responsibility and accountability for their choices. It can minimise conflict and maximise learning.

Here are a few ideas for encouraging autonomy:

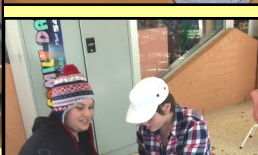
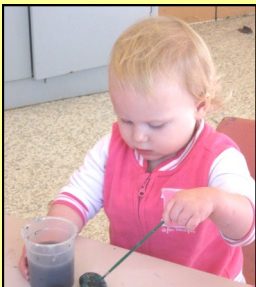
1. **Allow children to make choices.** Choices present a child with the opportunity to have some control in a world where adults make all the decisions.
2. **Respect the struggle.** Give them time to go through the process. It is our protective instinct that makes us want to bail our children out, but sometimes it is important that they go through the struggle. Struggle builds character.
3. **When they have a problem, do not be too quick to give them solutions. Encourage them to answer their own questions.** I often ask my children to do some research first to see what they come up with. They often come up with great solutions, and sometimes they even teach me something new.
4. **Let them do for themselves.** Don't do for children what they can do for themselves. Of course, there are times when they may need you to, and that's okay. Many parents insist on dressing children who would really rather dress themselves. If your young child's fashion sense does not suit your style, you can always ask her/him to wear a button that states "I dressed myself." I'm sure they will wear it proudly.
5. **Do not take away hope.** If a child is determined to try out for something you are not quite sure they can do (provided it is safe), give them the opportunity to go through the process and be supportive of them. If they succeed, you will be pleasantly surprised. If they don't, they will learn from the experience and you will be right there by their side.
6. **Let your children speak for themselves.** It is easy to answer a question that someone asks your child without even thinking. I've caught myself doing this even though I try to be careful not to. Allowing children to speak for themselves is a mark of respect for who they are.

What are some of the ways you encourage autonomy in your children? We would love to share your ideas.

Naidoc Week

NAIDOC stands for National Aborigines and Islanders Day Observance Committee. Its origins can be traced to the emergence of Aboriginal groups in the 1920's which sought to increase awareness in the wider community of the status and treatment of Indigenous Australians. NAIDOC Week is held in the first full week of July.

It is a time to celebrate Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions that Indigenous Australians make to our country and our society. We encourage all Australians to participate in the celebrations and activities that take place across the nation during NAIDOC Week.





AUSTRALIAN DENTAL
ASSOCIATION INC.



For more information on caring for
your teeth visit the ADA's website:
www.ada.org.au

Oral Hygiene for Babies and Toddlers

Babies and toddlers are at just as much risk of dental decay as an older child or adult, so caring for your baby's teeth needs to begin at birth. By establishing good oral hygiene habits early, your child will be well equipped to have healthy teeth for life.

How to brush your baby's teeth

Even before your baby's teeth appear, you should gently wipe their gums with a moistened soft cloth once a day. Once your baby's primary teeth start to appear, you should use a toothbrush specially designed for babies, with a small head and soft, rounded bristles to gently massage their teeth and gums. Up to the age of 18 months, your baby's teeth should be brushed with plain water, once a day after the last feed in the evening.

Tooth brushing for your baby can be done more easily with them lying on a bed or change table. The time taken to brush can be increased slowly until the baby is able to tolerate a two minute brushing as a toddler.

Once your toddler has become accustomed to brushing and during their third year, introduce brushing teeth twice a day – in the morning after their breakfast and in the evening just before bed.

There are special low-fluoride toothpastes that have been developed for young children. These can be introduced from around the age of 18 months - read the directions on the toothpaste for age suitability. Only a smear of toothpaste is needed, and encourage your child to spit out the excess toothpaste.

If your child isn't able to spit out after brushing, continue using a smear of low fluoride toothpaste and wipe their mouth with a washer or tissue. It's really important to keep brushing their teeth and there is variability in the age at which children learn to spit out.

Store all toothpastes out of your child's reach. Some small children love the taste of toothpaste and will eat it if given the chance. Consuming toothpaste can cause dental fluorosis, which is why you need to keep toothpaste out of reach of young children.

IMPORTANT:

If you do not have access to fluoridated drinking water then it may be necessary to vary this advice. Consult with your local oral health professional regarding your specific individual needs.

Learning to brush

From around the age of four to five children should begin to learn how to brush and care for their own teeth. Children do not have the skills to properly clean their own teeth until around eight years of age, so until then, tooth brushing should be a combined effort by you and your child.

Choose a position where you can easily see your child's mouth. For example, sit your child on your lap or stand behind your child with their head tilted back slightly.

Move the toothbrush gently in small circles to clean the front surfaces of your child's teeth. To reach inner surfaces, tilt the toothbrush. Avoid side-to-side scrubbing, which can damage your child's teeth and gums. Brush the biting and grinding surfaces of back teeth with a firm back and forth motion, and be sure to clean every surface of every tooth.

Continued over



AUSTRALIAN DENTAL
ASSOCIATION INC.



Oral Hygiene for Babies and Toddlers *Con't*

In total, you should aim to brush for about two minutes. It will take time for your child to allow you to clean their teeth for that length of time, however it's important that their teeth are brushed twice a day, working up to two minutes as they get older.

Replace toothbrushes every three months or when bristles appear frayed. Frayed bristles are not effective at removing plaque and may scratch your child's gums.

Did you know?

Plaque-disclosing tablets or drops (available from your dentist or pharmacist) contain food dye that turns plaque pink or red. Using these can be a fun way to help you and your child to see if the brushing technique you are using removes plaque from every tooth surface.

Flossing

When your child is about two and a half years old, you can try introducing them to flossing their teeth. Flossing helps remove decay causing bacteria from between their teeth and keeps their gums healthy. It will take time for your child to get used to having their teeth flossed, however, ideally their teeth should be flossed twice a week in areas where the teeth are touching.

Slide the floss between your child's teeth and gently work it up and down, against the surfaces of each tooth. Do not snap the floss down between the teeth as the floss may hurt their gums. After flossing, have your child rinse with water, then brush (or if you prefer, brush then floss) your child's teeth.

If you find flossing your child's teeth difficult, ask your dentist to show you how to do it. Floss holders are available, which can make flossing easier for some children.

Toddler taming

If your toddler resists teeth cleaning or struggles to sit still for two minutes, try these suggestions:

- Consider a battery-powered tooth brush, which adds novelty to cleaning their teeth
- Sing nursery rhymes or play a favourite song while you help your child brush their teeth
- Offer a reward every time your toddler allows you to brush for two minutes
- Encourage your child to practise teeth cleaning (under your supervision) to instill good oral hygiene habits in them from an early age. Some toddlers like to be independent so it is a good idea for them to use one toothbrush while you use another one and take turns at brushing
- Make flossing and brushing as much fun as you can to avoid any negative association or resistance. Be sure to talk to your dentist if you need more advice

It's important to set a good example

Children tend to imitate their parents' behaviours. If oral hygiene and looking after your teeth are important to you, they will be important to your child. Talk to your child about the importance of healthy teeth. A child who understands that teeth have to last a lifetime is more likely to take care of them.

Visit your dentist regularly to maintain your own oral health, which will in turn benefit your child.

For more information on caring for your teeth visit the ADA's website: www.ada.org.au



www.babyteeth.com.au

Our Possum Skin Cloak

Our Educators and Families use the Service as a meeting place or a gathering place.

We have given a lot of thought to how we could remember the children, families, staff and visitors who journey through C&K Maroochy Family Day Care.

On a recent visit to C&K Mountain Creek, we saw their wonderful Kindy Quilts. Theresa and Mel offer the children a way to record their presence at the Kindy every year. We thought that this was a lovely way for all of our community to celebrate our 25th year. We decided to base our experience on the "Possum Skin Cloaks" of the Nation of Meanjin (Brisbane) .

An elder explained to us, that her cloak was a record of her life's journey to acknowledge where she was from, her travels, any special event, births, deaths. The cloak was an important record of her life, her homeland, traditions and stories. Pictorial representations would be made on the underside of the cloak by the individual or the family.

Our Possum Skin Cloak will be made from Calico and stitched together to document our journey and the stories in our community.



Child Protection Week

7-13th of September, 2014.

Child Protection is everybody's business!



Is your Educator a Star?

Please email us and let us know...we are always happy to hear about the wonderful things that are happening for your children in Family Day Care.

We also love to share your appreciation with our Educators.

Please drop us a line at
maroochyfdc@candk.asn.au

Kind regards,
Julie McCosker.
Lead Coordinator

Children's Week

WHAT IS THE QUEENSLAND CHILDREN'S WEEK ASSOCIATION INC.?

In 1971 when the Child Care Week Committee (which became Children's Week Association in 1979) was formed the focus for many of the activities were children in care of the Department of Children's Service. These children were residing in large residential, family group homes and foster care.

The committee focused on the needs of these children who were not living with their natural parents. This was achieved by holding public seminars on child care related topics where workers were provided with training and opportunities to reflect on their practice. Media coverage was sought to highlight the plight of these needy young children.



Gradually the large residential homes closed down. The Children's Week Association found itself widening its focus to not only be concerned about children in care of the Department but also children within the general community.

Linkages were formed with such organisations as Brisbane Kids, Crèche & Kindergarten Associations Kindergartens, Goodstart Early Learning Centres, Government and Private Child Care Centres, Family Day Care Schemes, Playgroup Association, Neighbourhood Centres, Scout Association, UNICEF, Save the Children Australia,, Church organisations and private and public primary and secondary schools.

The Children's Week Association, an incorporated body since 1988 co-ordinates a range of activities conducted by these organisations during Children's Week each year.

The aim of these activities is always to bring to public attention the value and the needs of young children. Organisations are encouraged to conduct a wide range of activities involving children and adults together. We celebrate the uniqueness and importance of children. Some regular activities have been:-

Every day during Children's Week children from various schools bring orchestras, choirs, dancing groups, and debating groups celebrate. This year, C&K Maroochy Family Day Care will host its annual Family Fun Day. It is a Service favourite and draws large participation each year. We would like to invite you to celebrate with us on Saturday the 11th of October from 9.30am-11.30am. We hope to see you there....

Do you love C&K?
Tell a friend



St Vincent's Christmas Appeal

Our Christmas appeal for St Vincent's will begin in November. The Service will collect long life food and toys for our local community.

This year we will be donating to the Maroochydore Store and they have offered to collect monthly.

Can you Please help out with food or a small gift for those less fortunate than ourselves.



The Children at Heidi's Little Birdies Family Daycare celebrated Naidoc Week by experimenting with different traditional Aboriginal painting techniques and mediums.

The results are impressive.



July, August & September BIRTHDAYS!!!

Turning 1!!

Levi O'Neil
Anastassia Campbell
Talon Milton
Digby Rackeman
Max Hetherington
Kamilah Armstrong
Isabella Elliot

Turning 2!!

Kaiden Aldridge
Harley Evans
Havana Greig
Kourtney Bale
Ziggy Greensill
Lyric Mullins
Ivye Rose

Turning 3!!

Caleb O'Neil
Mali Wilson
Taj Wilson
Ava Lawrence
Kiena Aldridge
Silas Yardy
Lileana Hook
Jessica Steel
Lileana Hook
Lily Campbell
Jhett Van Wyk
Phoenix Bray
Bailey Anderson

Turning 4!!

Sophia Hayward
Maneeka Hunter
Charlotte Dunkerley
Angus Baillie
Emerson Rogers
Tayla Richards
Ronan McGuiness

Turning 5!!

Sophie Hattingh
Oliver Hocken
Ariel Doyle
Mia Coucaud
Mia Shand
Austin Lee-Tarran
Shyla Lamont
Jessie-Ruby Eastwell

Schoolies!!

Ronin Tessier
Kiara Hunter
Hollie Rizzo
Lucy Byrnes
Meg Partington
Cameron Grima
Evie Tiggelaven
Eli Thompson

William Curruthers
Tobin Rose
Zoe Peterson
Kayla Griffiths
Alaciah Lamont
Ronan Peterson
Zariah Lamont
Tamieka Peterson