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## Welcome to 2014 & our first newsletter of the year.

We have started the year with the focus of settling children into care. We have some new families to our service, so welcome to you all. Feel confident that you can discuss any matter with your educator or Kate (Team Leader) at any time in regards to your bookings, fees or anything that relates to your child's care and education. It is also good to see the return of families and children from past years. The bond that educators, children and parents create over the years makes for happy, well balanced children. Family Day Care pride ourselves in offering small groups in a family based, warm and relaxed setting. Educators create portfolios with photos and experiences that have been happening with your child over the year. These are for all to share and view.



The landscape of Family Day Care is constantly changing and our service continually strives to deliver a quality child care and education service to our little members in the community. Educators and the team leader discuss matters on home visits, via the phone and at our own meetings. This keeps us up to date with changes, new ideas and good practices.

The Committee of Management also meet on a regular basis and drives Alpine Children's Services. If you would like to be on the committee as a representative for Family Day Care feel welcome to contact Kate on 5750 1367.

### OUTDOORS & AUTUMN PLAY

We all love being outdoors. Running, jumping, climbing, skipping, swinging and riding bikes is fun. However, the cooler months are coming so warmer clothes are needed. Please bring along a change of clothes, gumboots, coat and a beanie. This will us all to continue to have loads of FUN and learn about the joys of outdoors play.



### PAYING YOUR CHILD CARE ACCOUNT

When paying accounts to your educator please pay on a regular weekly basis.

If you have a permanent booking then you will know your set amount of payment . It greatly assists the educator by giving them the correct change.

If you cannot pay weekly then you need to discuss a

regular payment plan that suits both the educator and yourself. eg. fortnightly.

If you are experiencing financial hardship or exceptional circumstances or need increased eligible hrs, please call the office and speak to Kate (Tues morn). Exceptional circumstances may include serious short-term family illness, hospitalisation, short term responsibilities for other family members or State emergency or disaster.

By now your educator has settled back into work after having some time off over the Christmas/New Year and Jan school holidays. Over this period, families have had extra bookings, taken holidays or school children have additional care.

Now that we are towards the of term one, bookings are more permanent, which in turn offers consistency to your child and their day. Educators usually plan ahead for certain activities as well as being spontaneous with what is offered and experienced by the children.

If you require a change in your booking please consider your educator and allow at least one weeks' notice. Two weeks' notice is needed if your booking is being completely cancelled.

Educators have a waiting list if they are full, so please do sit down with them to discuss your care needs and how they can accommodate your family. Alternately, you can call the office & speak to Kate (FDC Team Leader) on Tuesday morning Ph 57501367.

### QUERIES & COMPLAINTS.

At any time you have an issue or grievance with the service you are receiving then please discuss the matter with your educator. If this does not resolve the issue or you are unable to do so, then ring the FDC Team Leader (Kate) to converse over the phone or to make an appointment to discuss the matter in greater detail.

Kate is in the office on Tuesday & Thursday. If urgent she can be contacted on 0423498170. The office no. is 57501367.

If you are still not satisfied, then you can make a written complaint and direct the letter to the:

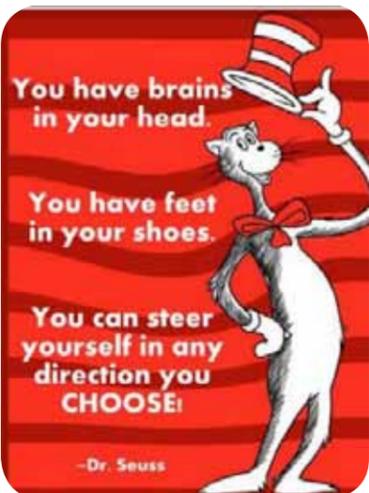
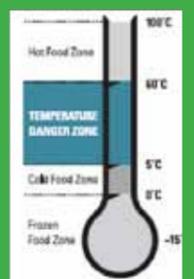
Grievance Office  
 Alpine Children's Services  
 PO Box 651, Bright Vic 3741

### TEN EASY STEPS TO SAFE FOOD...

1. Buy from reputable suppliers with clean premises.
2. Avoid spoiled foods, foods past their use-by dates or foods in damaged containers or packaging.
3. Take chilled, frozen, or hot foods straight home in insulated containers.
4. Keep raw foods and ready-to-eat foods separate.
5. Avoid high-risk foods left in the Temperature Danger Zone for more than 4 hours.
6. Keep high-risk foods out of the Temperature Danger Zone. Keep chilled foods cold at 5°C or colder and hot food hot at 60°C or hotter.
7. Thoroughly wash and dry hands when preparing food.
8. Use separate and clean utensils for raw foods and ready-to-eat foods.
9. Cook minced meats, poultry, fish and sausages thoroughly.
10. When in doubt, throw it out.

Keep your food in the 'right' zone!  
 A basic rule-of-thumb is to keep 'high-risk' foods in the right temperature zone for as long as possible.

Avoid leaving high-risk foods in the Temperature Danger Zone.



### Apricot and Banana Bread (serves 4)

#### Ingredients

- |                              |                 |
|------------------------------|-----------------|
| 1 cups SR flour              | 2 mashed banana |
| 1 eggs                       | ½ cup sugar     |
| 1/2 cup milk                 | 1 tbsp oil      |
| ½ cup dried apricots chopped |                 |

#### Method

In a large bowl combine flour and apricots.  
 Make a well in the centre of the dry mixture.  
 In a separate bowl beat the egg, milk and oil and fold in bananas.  
 Pour wet mixture into the dry ingredients and mix until just combined.

Pour into a greased tin and bake at 180 for 65-70 minutes.



## WHY DO EDUCATOR-CHILD RELATIONSHIPS MATTER?

Relationships between the educator and the children in family day care helps children feel secure, which frees them to explore, play and learn. It offers opportunities for children to learn how to interact with other, respect others' rights, be appropriately assertive, show caring, negotiate and resolve conflicts.

Overall it contributes to children's sense of identity, and enables effective teaching and learning to take place.



## WELLBEING SUPPORTS LEARNING.

A strong sense of wellbeing is fundamentally connected to children's sense of "belonging, being, and becoming."



Children's health and safety is about more than just their physical welfare; it is also refers to their whole welfare. This means that your educator thinks about more than the physical health and safety issues in their day-to-day work. They also recognise that children will have differing emotional support needs and therefore deal with each child differently, respecting their individual life contexts.



## FEES

As with every year, in May we revise our fee schedules. This is the time that the educators look at their own business costs. The office will also review its service budget. Early June will be the time that we shall notify all parents of the changes that will be taking place at the start of the financial year. Usually these changes are fairly minimal as Child Care Benefit is adjusted at this time also. Any queries, or if you would like a fee estimate please talk to your educator or ring Kate at the office on 57501367.



## WHEN IS SICK TOO SICK

Recently we have had a number of queries relating to sick children, both in Family Day Care and also at the Childcare Centres, and when to keep children at home. Hopefully the following information will assist parents in determining whether or not to send their child to care:-

- Vomiting/Diarrhoea: the child needs to have been clear from symptoms for a period of 48 hours before returning to care.
- Cold Sores: Excluded until the sores have healed.
- Temperature: If your child has a temperature of 37.5 c or more they should not attend family day care, and should not return to the care until they are free from the temperature for a period of 24 hours.
- Prescribed antibiotics: Children should be kept at home for a period of at least 48 hours
- If your child has an infectious disease: keep at home for the relevant exclusion period.
- If your child is generally unwell & miserable
- Head Lice: Should remain home until treatment has started & there are no longer signs of eggs or live lice.

Please bear in mind the health & safety of all children in care, as well as your educator, and keep your children at home if they are unwell. This is not only important in helping with their recovery but also in stopping the further spread of any infection.

Often when children are ill, they need extra attention. Your educator will not be able to offer your child the one on one interaction that they require when sick.



Please refer to the "Illness, infection control and cleaning" policy.

## EXPANDING CHILDREN'S INTERESTS.

Children can only be interested in what they already know about. Making use of children's interests to provide engaging and meaningful learning experiences is important, but it is also the role of the educators to introduce new ideas and interests on. Educators select interests to follow up in more detail and consider the most potential to be extended. These choices may have a wider appeal to other children or to the whole group. It is also a time to link other learning opportunities to extend and build on children's current learning.



## ALPINE SHIRE MATERNAL & CHILD HEALTH (MCH) SERVICE

There are currently three MCH Nurses employed by the Alpine Shire. Dee McKerral works full-time across the Shire, Rebecca Sacco in Myrtleford and Mandy Lawless in Mount Beauty, both are employed part-time.



What is the Maternal and Child Health Service?

The MCH service supports families in the areas of parenting, health and development and can provide referrals to other professionals. The service links families in the local community through parents groups and introducing families to other early year services. The MCH service is free to families with children from birth until they reach school age. (Photo MCH 2)



Some additional projects the Alpine Shire MCH Service has been working on:

- **The 'All Hazard Plans'** - The MCH Service has been working in partnership with the CFA to run some workshops with first time parents on planning for emergencies. The workshop 'works through' what the plans might look like, then the plan is taken home for fine tuning, once completed plans are laminated for display on the family's fridge. A suitcase with what might be packed & prepared, in case of an emergency, is currently been constructed for a visual example for families to consider.
- **Seedlings Pilot** - as the MCH Service is collocated in Myrtleford, Bright and Mount Beauty with Alpine Children Services, we are part of a sustainability project. The MCH nurses are thinking of innovative ways of linking the first time parents group's sessions to sustainable practice.

Look out for a winter clothes swap in Bright, Myrtleford & Mount Beauty.

- **Pram Walking** - The Alpine Shire MCH Services together with funds from Act Belong Commit have established some pram walking groups in Myrtleford, Bright & Mount Beauty with plans to extend these to Harrierville and Porepunkah. Maps of the walking track & meeting places have been made up for the walkers and are available upon request from your MCH Nurse.

To book an appointment or if you have any questions regarding the Alpine MCH Service please telephone Dee McKerral on 0417 147 120



## If you are a parent - you don't want to miss this! Expanding Parenting Toolbox!

**When:** Thursday 22 May 2014  
**Time:** 7.15pm registration 7.30pm start  
**Where:** Education Myrtleford Performing Arts Centre (EMPAC), Prince Street Myrtleford  
**Cost:** \$10pp includes light supper. Tickets available at: Alpine View Children's Centre, Mountain View Children's Centre and Lake View Children's Centre. Concession card holders free. Visit [www.alpinechildrensservices.asn.au](http://www.alpinechildrensservices.asn.au) for further information or call 03 5750 1367.

*Trade show, door prizes, networking and light refreshments available afterwards.*



**Warren Cann,**  
CEO of the Parenting Research Centre

*There are times when raising children can push you to your wits-end, so it pays to have as many practical parenting tools at your disposal as possible. In this talk Psychologist and CEO of the Parenting Research Centre, Warren Cann, will offer 10 research backed ideas for strengthening your relationship with your children, dealing with difficult behaviour and coping with the 24-7 demands of being a parent.*



**Niki Buchan,**  
Education Consultant

*Niki Buchan is an educational consultant with over 30 years experience internationally. Niki will explore the topic of risk taking outside, what sort of play is acceptable and what is too risky and how parents can best support children's learning and development.*

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*"Anything that is worth teaching can be presented in many different ways. These multiple ways can make use of our multiple intelligences".*

Howard Gardner

# ACS Expanding your Toolbox Conference Professional development day for educators - Alpine Family Day Care service closure Friday 23rd May.