



Family Day Care Coordination Unit  
1 Elliot Close  
BELLINGEN 2454  
PH: 6655 2323 FX: 6655 2325  
Email: jude@openarms.org.au

## BELLINGEN SHIRE FAMILY DAY CARE SCHEME

### NEWS SHEET-DECEMBER 2009

Dear Families,



It has been an interesting and challenging year for year for Family Day Care. In March we had a change of sponsor and now operate under the auspice of Open Arms Care Inc. We also had a validation visit from the National Childcare Accreditation Council.(NCAC) This was very successful and the quality practices of the scheme's carers and the scheme itself, appear to be in the good to high quality. We will be formally advised by the end of the year. This is also reflected in your usage of Family Day as we have very few vacancies available. The feedback from families has also been very positive. Please tell your carer if you don't already, how much they are appreciated as they provide learning and play opportunities, nurturing and safety for your children. It is not the easiest job in the world as they are also heavily regulated and receive unannounced visits by coordination unit staff ( support, resources and regulation's monitoring), spot checks from DOCs ( Department of Community Services)and spot checks from the NCAC.

Bellingen Family Day Care turned 21 this year. It has come a long way and is very much a community childcare program. Congratulations to past, present and future families and carers for the support, usage and commitment to a worthwhile quality accredited Children's Service.

Wishing you a very happy Christmas.

Judi & Diane.



#### **TREADMILLS**

If you have one of these, please keep it inaccessible to children. According to Kidsafe there has been a sharp increase in the number of children being injured with most children being between one and 4 years. Most injuries occur when a child's hand is pulled under the rear of the machine and becomes wedged or when they reach under the treadmill at the side resulting in severe friction burn injuries.

#### **NEW RESEARCH INTO THE EFFECTS OF TV VIEWING AND YOUNG CHILDREN**

Recommendations in the a draft of the new Get Up and Grow guidelines for healthy eating and exercise in early childhood, devised by Melbourne's Royal Children's Hospital as part of the federal government's anti-obesity drive, state that

“Based on recent research, it is recommended that children younger than two years of age should not spend any time watching television or using other electronic media (DVDs, computer and other electronic games). “Screen time ... may reduce the amount of time they have for active play, social contact with others and chances for language development. “(It may) affect the development of a full range of eye movement (and) ... reduce the length of time they can stay focused.”

#### **FOUR WEEKLY STATEMENTS**

We are required to issue 4 weekly statements for care to families. We are currently waiting for software to enable us to email these to you. We had hoped it would have been developed by now In the meantime we will continue to

## **POLICIES**

There will be a review of the child protection and transport policies in the near future due to changes in the legislation and new rulings that will start in 2010.

New rulings in Child Protection means changes in the notification process for government departments and non government organisations as well as a more liberal sharing of information with other organisations that have concerns about a young child or young person.

One of the new rulings to be initiated in 2010 from the RTA will be that no child under 4 will travel in the front seat. There may be other rulings that may impact on us, however information at this stage is not clear.

These changes will need to be added to our policies. We will follow these up at future carer staff meetings and develop a draft to be distributed to families and carers. Any parents who wishes to be part of the policy reviews, please contact Jude or Dianne on 66552323.

For more information visit [www.accc.gov.au](http://www.accc.gov.au) or NSW Department of Fair Trading – [fairtrading.nsw.gov.au](http://fairtrading.nsw.gov.au)

## **New safety Regulations**

The changes will come in on March 1<sup>st</sup>, 2010 to allow parents some time to learn the new rules and purchase restraints such as booster seats.

- Children under 6 months secured in rearward facing restraints
- Children between 6 month and 4 years secured in either a rear or forward facing restraint
- Children between 4 and 7 years secured in forward facing child restraint or booster seat.
- Children younger than 4 years cannot travel in the front seat of a vehicle with 2 or more rows.
- Children between 4 and less than 7 years cannot travel in the front seat of a vehicle with 2 or more rows, unless all other back seats are occupied by children younger than seven years in a child restraint or booster seat.

**A Guide for Child Restraints is available from motor registries or [www.rta.nsw.gov.au](http://www.rta.nsw.gov.au)**

## **BEFORE SCHOOL SCREENING**

As we are getting close to the end of the year and some of your children may be going off to school, you may need to know the following changes.

**The Before School Screening (BSS) commences a shift this year in the focus of its screening to the specific targeting of those who are considered to require specialised developmental assessment.**

**This shift in focus acknowledges the introduction of the Commonwealth's Medicare-funded "Healthy Kids Check" that is undertaken in association with the scheduled immunisations at 4 years via the General Practitioner.**

**Referrals for screening at 4 years is as follows:**

- 1. Healthy Kids Check" Referral pathway for children with no obvious signs of developmental issues and/or have their immunisation via a GP.**
- 2. BSS –Referral pathway for children identified as requiring specialised assessment.**

**Contact the Primary Health Services on 66567200 for any further clarification or visit [www.health.gov.au/internet/main/publishing.nsf/Content/Healthy\\_Kids\\_Check](http://www.health.gov.au/internet/main/publishing.nsf/Content/Healthy_Kids_Check)**

## WEBSITES

Early childhood and literacy To assist your child with language and literacy, you can obtain a copy of the resources and booklet at [www.deewr.gov.au/earlychildhood](http://www.deewr.gov.au/earlychildhood) or by emailing Learning Resources@deewr.gov.au

Early Years Learning Framework: This has been developed to guide the education of children from birth to 5 years of age, as well as their transition to school. A families guide to the framework has been developed and is available at [www.deewr.gov.au/earlychildhood](http://www.deewr.gov.au/earlychildhood)

Get up and Go – Healthy Eating and Physical Activity for Early Childhood = email [health@nationalmailing.com.au](mailto:health@nationalmailing.com.au) for your copy of the Family Book HW4 – Cooking for Children HW3

Information on types of car seats [www.mynrma.com.au](http://www.mynrma.com.au)

## DUMMY RECALL

Fourteen brands of dummies have been recalled across NSW because they pose a choking hazard.

NSW Fair Trading Minister Virginia Judge said, "As a parent you can never be too cautious when it comes to the safety of your child. No-one wants to give a baby a dummy that has the potential to cause serious injury or death.

"Fair Trading identified the dangerous dummies during a major compliance blitz of discount stores in Sydney and the metropolitan area. Nine of the safety shields were not the required size to stop the dummies from lodging in a child's throat. Two dummies had small ventilation holes that may block the airways of young children and eight dummies did not have secure teats or rings, posing other serious risks."

According to the Minister, the dummies were manufactured overseas and sold between 2004 and 2009.

"Fair Trading will continue to monitor the marketplace to ensure that all baby dummies comply with the Australian standard," the Minister said.

Anyone with concerns should contact Fair Trading immediately on 13 32 20.

A full list of the recalls is available at [www.recalls.gov.au](http://www.recalls.gov.au) or [www.fairtrading.nsw.gov.au](http://www.fairtrading.nsw.gov.au).

## **Yoga for Children**

Research has shown that yoga improved the health, wellbeing and lives of children with special needs including Attention Deficit Disorder and other learning difficulties. It is also a wonderful transition tool for all children as it has a calming effect, and helps them focus on their next activity. The main benefits of having children do yoga include;

- ❖ Helps break through barriers to learning and communication
- ❖ Poses aid the child in learning body awareness, while releasing their bodies of any stress or tension
- ❖ Teaches children to accomplish new challenges using step-by-step learning methods
- ❖ Helps children who are constantly on the go by teaching ways to slow down, be calm and relax
- ❖ Improves concentration and is a way to express agitation or anger.



A decorative Christmas card with a green floral border and colorful ornaments. The border is composed of various shades of green leaves, vines, and small red berries. Several large, colorful Christmas ornaments (red, pink, orange, and yellow) with gold star patterns are scattered throughout the design, particularly at the bottom. In the center, a white rectangular box contains the following text:

*Wishing you a  
very happy  
Christmas  
& A  
Healthy  
Happy  
2010*