



# Family Day Care News

*Northern Rivers Family Day Care: March 2021*

Dear Parents, Carers and their Families,

Northern Rivers Family Day Care is working hard to apply Public Health and Australian Health Protection Principal Committee (AHPPC) guidance to our practices plus also applying guidance from WorkSafe NSW COVID-19 Safe Workplaces Framework to ensure the safety of Educators, Staff, and children in our care.

As restrictions ease across NSW, we will see a re-emergence of the usual minor viral illnesses, coughs, colds, and flus. How we in childcare manage minor viral illnesses in 2021 differs significantly to our previous practices. NRCS have been advised by NSW Health to follow the guidelines requesting families seek doctors' advice that children with even minor symptoms are still to be tested for COVID-19. One of the most important things we can do to slow the spread of coronavirus (COVID-19) in our community is to stay at home when we are unwell, even when we have the mildest of symptoms.

## **What are the symptoms of COVID-19 in children?**

The most common symptoms of COVID-19 in children are cough, fever, runny nose, and gastrointestinal symptoms.

### **What you need to know**

1. If a child is unwell, even with the mildest of symptoms, they need to stay at home
2. If a child becomes unwell during the day, they need to be collected from care as soon as practicably possible
3. If a child has any of the symptoms of coronavirus (COVID-19) outlined below, however mild, they need to visit the doctor and get advice on testing and need to remain at home until they receive their results:

- fever • chills or sweats • cough • sore throat • shortness of breath • runny nose • loss of sense of smell or taste.

In certain circumstances headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea may also be considered symptoms.

For further advice:

- call the 24-hour coronavirus (COVID-19) hotline 1800 675 398
- call a general practitioner
- use the Department of Health and Human Services (DHHS) online self-assessment tool.

## **What happens if my child tests positive?**

If your child's test shows that they have COVID-19, they will have to stay in isolation. This also refers to any siblings of the child testing positive that also attends FDC/the service. This may be at home unless the home is not suitable, or your child is very sick. Your child must stay in isolation until your local public health unit advises you that your child can leave home and return to FDC.

## **Do I need a medical certificate before my child can return to FDC?**

All states and territories provide a letter to you/your child (and/or your GP) when your child finishes isolation for COVID-19. You can present this letter to your child's FDC, LDC, OHSC, PS service if you are asked.

## **What happens if I receive a negative result, do I need a medical Certificate to return to FDC?**

You will be provided with a letter/SMS/email of a negative result of COVID-19. You can present this letter/SMS/email to your child's childcare service if you are requested. If your child is still unwell, even with a negative result, NRCS requests that your child remains out of care until they are well enough to return.

## **Hay fever and COVID-19 symptoms**

Hay fever can be caused by allergies to pollen from some flowering plants and is more common in NSW during spring and summer.

Hay fever symptoms can include:

- runny, itchy, or blocked nose
- sneezing
- itchy, sore, and watery eyes
- a cough





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These are also symptoms of a cold, flu, and COVID-19 so it is hard to tell them apart without testing. Children experiencing hay fever symptoms, even mild symptoms, are advised by the Health Department to be tested for COVID-19. They will need to stay at home and not attend NRCS while they wait for their test results.

Children can return to NRCS if they have:

- had a test for COVID-19 while they had symptoms and the result was negative
- consulted a doctor to discuss their symptoms and received advice/treatment to manage them
- received a certificate or letter from their doctor stating they currently have hay fever/allergies and can attend childcare.

If a child's symptoms worsen throughout the hay fever season or new symptoms develop, they will need to see their GP who may ask them to get tested for COVID-19 again.

**So remember the key points regarding Covid 19 are:**

- **If a child is unwell, even with the mildest symptoms, they need to stay at home**
- **If a child has any of the symptoms of COVID-19, however mild, you need to seek your doctors' advice about testing**
- **You must stay home as you wait for the results of a Covid-19 test**
- **If your child's Covid results are negative, please follow NRCS Policies: 7.11 Caring for Sick Children, 7.11.1 Unwell Child and 7.12 Preventing the Spread of Infectious Diseases. A child needs to stay at home if they have a temperature, a new cough, diarrhoea, a sore throat or shortness of breath, even if their COVID-19 test is negative to stop the spread of Covid 19 symptoms.**

A good system for parents is to ask themselves the follow questions before they return their child to care:

- ⇒ Is my child well enough to comfortably take part in the day's activities?
- ⇒ Will my child pass on their illness to other children or their Educator?
- ⇒ **Will my Educator be able to care for my child without it impacting on their ability to care for other children?**
- ⇒ If I felt like this, would I go to work?

Thank you for your support in following these steps. Together we can all stay safe.

## New resources: **Playing IT Safe**

## Playing **IT** Safe

Playing IT Safe, is an early learning initiative, developed in partnership by the Australian Federal Police, the Alannah & Madeline Foundation and the eSafety Commissioner. Playing IT Safe aims to help parents, carers and Educators teach prior to school age children how to stay safe online.

Link: <https://playingitsafe.org.au/>

Playing IT Safe is... An online resource that includes:

### **A parent and carer section.**

- An explanation about Playing IT Safe, the role parents and carers play and how to support the resource.
- Links to curated parent and carer resources about using technology and the Internet in safe and appropriate ways as a family (especially for young children).

### **A play section.**

- A series of interactive activities for parents and carers to play with their children at home, or for educators to consider when introducing to the early learning environment.

There is also this link: <https://www.esafety.gov.au/educators/early-years-program>

which is an eSafety Early Years program for under 5's.

**eSafety** recognises that early years educators work closely with the families of the children in their care. So, they have designed the eSafety Early Years program to support that important relationship.

*These resources are at no cost.*





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## StEPS PRESCHOOL VISION SCREEN CLINIC DATES 2021



PLEASE CALL 6620 2836 FOR A FREE APPOINTMENT

LOCATION	TERM TWO	TERM THREE	TERM FOUR
<a href="#">BALLINA District Hospital</a>	THURSDAY 3rd JUNE	WEDNESDAY 25 <sup>TH</sup> AUGUST	FRIDAY 29th OCTOBER
<a href="#">BANORA POINT Community Centre</a>	THURSDAY 24 <sup>TH</sup> JUNE	THURSDAY 12th AUGUST & THURSDAY 16 <sup>TH</sup> SEPT	WEDNESDAY 17 <sup>th</sup> NOVEMBER
<a href="#">BYRON BAY Central Hospital</a>	FRIDAY 18 <sup>TH</sup> JUNE	TUESDAY 24 <sup>TH</sup> AUGUST	TUESDAY 19th OCTOBER
<a href="#">CASINO Child and Family Health</a>		FRIDAY 27 <sup>TH</sup> AUGUST & MONDAY 27 <sup>TH</sup> SEPT	TUESDAY 2 <sup>ND</sup> NOVEMBER
<a href="#">GOONELLABAH Child and Family Health</a>	WEDNESDAY 16 <sup>TH</sup> JUNE & MONDAY 28 <sup>TH</sup> JUNE (SCH HOLIDAYS)	THURSDAY 5th AUGUST	FRIDAY 29 <sup>TH</sup> OCTOBER & TUESDAY 2nd NOVEMBER
<a href="#">CORAKI Health One</a>			FRIDAY 8 <sup>TH</sup> OCTOBER
<a href="#">GRAFTON Community Health Centre</a>	TUESDAY 22 <sup>ND</sup> JUNE	THURSDAY 19 <sup>TH</sup> AUGUST	WEDNESDAY 3 <sup>RD</sup> NOVEMBER
<a href="#">KINGSCLIFF Community Health Centre</a>		FRIDAY 16th JULY	WEDNESDAY 6 <sup>TH</sup> OCTOBER
<a href="#">KYOGLE Community Health Centre</a>		FRIDAY 27 <sup>TH</sup> AUGUST & MONDAY 27 <sup>TH</sup> SEPT	TUESDAY 2 <sup>ND</sup> NOVEMBER
<a href="#">MACLEAN Community Health Centre</a>	TUESDAY 15 <sup>TH</sup> JUNE – Midday - 1:30pm	THURSDAY 12 <sup>TH</sup> AUGUST – 8:30 to 11am	WEDNESDAY 13 <sup>TH</sup> OCTOBER – Midday to 1:30pm
<a href="#">MURWILLUMBAH Community Health Centre</a>	FRIDAY 25 <sup>TH</sup> JUNE	TUESDAY 14 <sup>TH</sup> SEPTEMBER	THURSDAY 28 <sup>TH</sup> OCTOBER
<a href="#">POTTSVILLE Health One</a>	THURSDAY 17 <sup>TH</sup> JUNE	TUESDAY 7th SEPTEMBER	THURSDAY 28 <sup>TH</sup> OCTOBER
<a href="#">YAMBA Community Health Centre</a>	TUESDAY 15 <sup>TH</sup> JUNE – 8:30am – 11am	THURSDAY 12 <sup>TH</sup> AUGUST – Midday to 1:30pm	WEDNESDAY 13 <sup>TH</sup> OCTOBER – 8:30 to 11am



### Say Their Name Day 2021

Say Their Name Day was created to help breakdown the stigma of pregnancy, infant and child loss and start conversations about this important topic.

Every baby and child matters and deserves to be celebrated, and every family deserves to be supported through their grief and helped to rebuild their life – this is what Say Their Name Day is all about.

### Campaign with us

This Say Their Name Day, we invite members of our community to join with us to say the names of all of the treasured babies and children we have loved and lost.

You can join in by lending your voice to the campaign.

Simply download the special event tile from [saytheirname.org.au/resources](https://saytheirname.org.au/resources), add your baby or child's name, and then share it with your networks in the lead up to and on Say Their Name Day on March 25th. Use the hashtag #saytheirname and make sure you tag @sandsaustralia and @rednoseaustralia.

You can also download the special social media filter from the resources page and use it to update your profile picture during March to help spread the word about Say Their Name Day.

For more information or support, please reach out to the team on **1300 998 698** or email [saytheirname@rednose.org.au](mailto:saytheirname@rednose.org.au).





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## Product Safety Recall

Austwide Consumer Products Pty Ltd — Catch Em Quick Fishing Game—Magnetic fishing game, available in 3 colours. The product does not meet the requirements of the mandatory standard 'Consumer Protection Notice No. 14 of 2003 - Consumer Product Safety Standard: Toys for children up to and including 36 months of age'. The product may break and release small parts. Consumers should return the product to the place of purchase for a full refund. For further information, consumers can contact Austwide Consumer Products Pty Ltd on (08) 9455 3200 or [enquiries@austwide.com.au](mailto:enquiries@austwide.com.au)



## Lets Count Resource

Below is a great resource for children 3 to 5 years called **Let's Count** which supports parents and early years' educators to develop the mathematics skills of the children in their care by noticing, exploring, and talking about mathematics in their daily lives.

The Smith Family's Let's Count program is an early year's intervention program that aims to significantly improve the mathematical capabilities of preschool children. It builds the capacity of educators, parents, and other family members to help children aged 3 to 5 years to play with, investigate and learn powerful mathematical ideas.

There is no charge to undertake the online course.

Click on link below to learn more:

<https://letscount.thesmithfamily.com.au/register/>



## Easy Easter Activity Ideas for Children



### Decorate an Easter Tree

Hang Easter egg ornaments on branches in a vase, a houseplant, or a tree or shrub outdoors to create an adorable decoration. To make your own ornaments, simply hot-glue a loop of ribbon to the top of decorated Easter eggs or plastic eggs.

### Have Easter Egg Races

Ask your children to hold eggs on spoons and race each other without dropping the egg. Up the fun by arranging an obstacle course in the backyard.



### Host a Classic Easter Egg Hunt

Hide Easter eggs (or candy-filled plastic eggs) around your home and backyard for the children to search for.

### Put on your own Easter Hat Parade

Many people have fond memories of having to wear a homemade hat for a school Easter bonnet parade. Well that dream can live on at home. Be sure to video the parade so you can share it with grandparents and other family members.



### Camp in your Backyard or Loungeroom

Easter is a popular time for a camping trip. If you were planning on pitching a tent these holidays, keep the dream alive by having a night camping in your backyard (if you don't have a backyard to pitch a tent in, you can still "camp" indoors by grabbing a table and laying a long cloth over it). Roll out the sleeping bags, rustle up a baked bean and cheese jaffles and be sure to do a little night-time star gazing.

