



Family Day Care News

Northern Rivers Family Day Care: March 2023

Dear Families,

Moving forward into 2023 we are seeing our families and Educators being exceptionally resilient and things appear to be much brighter. It is so heartening to see our communities rebuilding and being positive about the future.

NRFDC values our community links and as our community rebuilds, we are striving to continue towards strengthening and building on these partnerships to create best outcomes for children and our community's future. We have been active participants in a number of our local community events and are linked to a number of services that support families and children throughout the region.

We are also excited to be back in our Lismore office following the devastating floods, even though we continued to work and support families from home it has been wonderful to be back in our own space with the team all back together again.

We are working hard to recruit more Educators to be better able to provide care throughout our region, with the shortage of Early Childhood Educators this has been very challenging, and we are very aware of the stresses this is putting on families. Please call us if you need anything. Being an Educator is a very rewarding job and if you or anyone you know would be interested in joining our service, we would love to hear from you.

Our goal for 2023 is to move forward to positive outcomes for children and families and to continue to provide quality care for our precious children throughout the Lismore and Tweed Heads region.

Kind Regards

Jane Isenhood, CEO



New Lismore office reception area with our Administration Officer Janika

What is Assessment and Rating in Family Day Care?

All FDC services in NSW are assessed and rated against the National Quality Standard which sets a high benchmark for the quality of all services across Australia. We are assessed and rated by our state and regulatory authority. Each service is assessed against the 7 quality areas of the National Quality Standards. Services are then given a rating for each of the 7 quality areas and an overall rating based on these results. Once finalised these results are published online and accessible to the public. It is not a pass or fail system, but is designed to promote continuous quality improvement by identifying service strengths and areas for improvement.

The 7 Quality areas are:

QA1	Educational program and practice
QA2	Children's health and safety
QA3	Physical environment
QA4	Staffing arrangements
QA5	Relationships with children
QA6	Collaborative partnerships with families and communities
QA7	Governance and leadership

The National Quality Standard (NQS) sets a benchmark for the quality of all education and care services across Australia. The NQS is made up of seven quality areas. Services are assessed and rated by their regulatory authority to determine the level of quality.

seven quality areas

1. Educational program and practice
2. Children's health and safety
3. Physical environment
4. Staffing arrangements
5. Relationships with children
6. Collaborative partnerships with families and communities
7. Governance and leadership

quality ratings

Service promotes exceptional education and care, demonstrates sector leadership, and is committed to continually improving.

Service goes beyond the requirements of the National Quality Standard in all seven quality areas.

Service meets the National Quality Standard. Service provides quality education and care in all seven quality areas.

Service provides a safe education and care program, but there are one or more areas identified for improvement.

There is an identified significant risk to the safety, health and wellbeing of children. Immediate action will be taken to address issues.

www.nqs.gov.au 1300 622 327

Assessment and rating is an opportunity for Educators and the Scheme to showcase what they do every day to support, educate and care for the children at NRFDC. To complete the assessment and rating an authorised officer from the regulatory authority (NSW Department of Education) will visit your Educator if selected, to observe and discuss their practices. You will be notified when this process is occurring.





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UPDATED APPROVED LEARNING FRAMEWORKS

VERSION 2.0

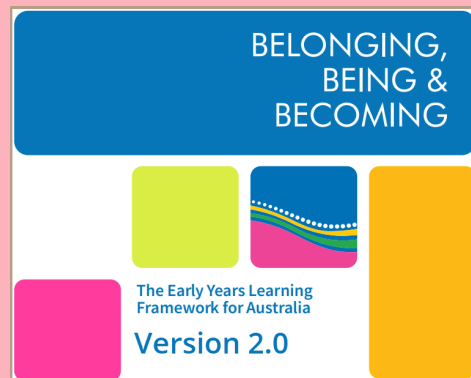
Under the National Law and Regulations, NRFDC is required to base their educational program on an approved learning framework. This should focus on addressing the developmental needs, interests and experiences of each child, while taking into account individual differences. There are two nationally approved learning frameworks which outline practices that support and promote children's learning:

- Belonging, Being and Becoming: The Early Years Learning Framework for Australia
- My Time, Our Place: Framework for School Age Care in Australia

These have both been updated recently for use from early 2023 onwards. The original national learning frameworks will remain in operation alongside the updated frameworks in 2023.

The changes you will find in both framework documents comprise a mix of clarifications and expanded explanations across the Principles, Practices and Learning Outcomes of the original Approved Learning Frameworks, and a smaller number of more substantial changes. The main differences you will see are a stronger connection between the frameworks and the National Quality Standard in areas such as sustainability, theoretical approaches, critical reflection, the importance of Aboriginal and Torres Strait Islander ways of being, knowing and doing, inclusion and the addition of three new principles.

For more information see: [Information Sheet - Approved Learning Frameworks overview](#)



Northern Rivers Family Day Care High Quality Childcare in a Family Home Environment

Financial Incentive for new FDC Educators

Would you like to operate your own business from home and receive free training & support? You can care for your own children while still earning an income!

We are urgently seeking Educators who are interested in operating their own Family Day Care service. We currently have initial training now for FDC Educators. If you or someone you know is interested, please contact our office to discuss how you can become a part of our team:

Lismore - 02 6621 6437 or lismore.admin@nrfs.org.au
Tweed - 07 5587 5300 or tweed.admin@nrfs.org.au



Educators Needed Now!





Family Day Care News

Children and Screen Time

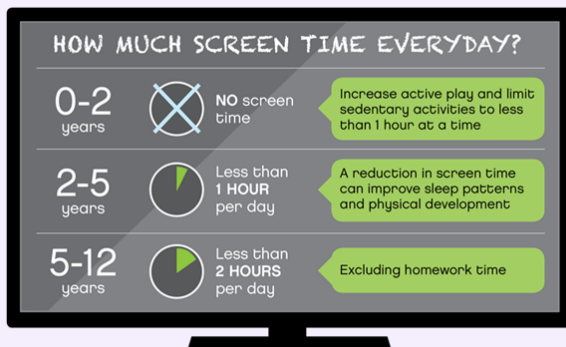
Screen time is inactive behaviour that involves using screens while not doing anything else active:

- a computer or laptop
- watching television
- playing electronic games, tablets or phones for recreation



Screens can play a part in learning and communication but too much screen time can be unhealthy as it usually involves time spent sitting instead of children being active. Small amounts of screen time can be useful and enjoyable for families. They can offer time for children to connect with others, be creative and learn. Screen time can also keep children entertained, or distracted, and are used in educational settings by teachers.

In Australia, the current recommendation is for no more than 2 hours of screen time per day for children, with screen time not recommended for children under 2 years.



The time spent in front of a screen, and the quality of the content on screen, has been linked to a number of positive and negative health outcomes. These include:

Weight- Children who spend a lot of time using screens may not be getting enough physical activity, leading to weight gain.

Sleep - The light emitted from screens has been shown to prevent sleep onset. Less sleep in children is linked to weight gain and to mood and behaviour problems.

Communication skills - Screen use can isolate children from what is going on around them. Families may miss out on the everyday interactions that build healthy relationships. Friendships may also be affected as children sit alongside each other on screens instead of interacting and communicating with each other. Children can also miss out on opportunities to develop language through play and interactions with others.

Exposure to potentially harmful information - There is growing evidence that shows children who watch violent content, are more likely to view the world as a scary, uncaring and mean place. It also suggests that children are more likely to show aggression as they see it as 'normal' behaviour. Reportedly, the MRI brain scans of children who have viewed violence look similar to those of children who have acted out violently. It can also provide children with the opportunity to give and receive inappropriate or hurtful messages.

Neck and back strain - Anecdotal evidence suggests that the time spent leaning, or hunched over screens is leading to neck and back pain in children.

Eye health - Research has shown that children who spend more time outdoors are less likely to develop short sightedness. When children stare at the screen for a long time, they may blink less than normal which can dry the eyes, leading to eye strain and fatigue.

Some positives of screen time - Young children learn most from face-to-face, 2-way conversations and interactions. However, "video chatting", e.g. using Skype or FaceTime, may be of some benefit for children to keep in touch with friends and family.

Screen time can also play an important role in keeping children connected when they are sick or in hospital, or as a means of distraction. For children with a medical condition, social media platforms allow them to connect with others with similar conditions and provide opportunities for self expression and for increasing awareness amongst peers about their condition. Recommended Australian standards on the use of Digital technology helps children prepare and thrive in the digital world.

Help for parents

- eSafety is an Australian government initiative that provides information on internet safety for families (<https://www.esafety.gov.au/>)
- Use parental controls to block/filter Internet and television content. You can also set devices to the "do not disturb" mode to help limit screen use (eg: the family link app for android devices).
- The brightness and blue light from screens can be changed to a dimmer and 'warmer' setting.
- One key point for all of us is that research has highlighted the need to avoid screens for at least an hour before bedtime





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Changes to Child Care Subsidy

From **10 July 2023**, there are changes to the way we work out your Child Care Subsidy entitlement. Child care will be cheaper for most families.



For more information go to servicesaustralia.gov.au/changes-if-you-get-family-payments

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