



Northern Rivers Family Day Care Family Newsletter

Dear Parents,

I hope you have all had a relaxing and rewarding Xmas and a positive start to 2024. It is difficult to believe we are already halfway through January and that most families and Educators have commenced care for the year. Our Coordination Units are also back in full swing so please feel free to contact us at either of our Tweed or Lismore offices.

The end of 2023 was quite a busy time for FDC Educators and Coordination units with our service going through the Assessment and Rating process. We are still awaiting the final result but feel confident that we will achieve a good rating.

With the near conclusion of the restoration efforts at our Lismore Office following the devastating floods, we are pleased to witness the return of Educators and services to our vibrant communities. As we anticipate the promising future that 2024 holds, I am truly optimistic about the prospects that lie ahead. Each one of our dedicated Educators has worked tirelessly to create enriching environments and exceptional experiences for the children under their care. It is a true delight to witness the growth and development of your precious little ones within these nurturing settings during our visits.

Kind Regards, *Jane Isenhood*

Chief Executive Officer , Northern Rivers Children’s Services Ltd

KEEPING BABY SAFER THIS SUMMER

Keep your little ones safe in the summer months with our top six summer safety tips:

1. Dress Your Baby Appropriately
2. Keep Your Baby Hydrated
3. Be Mindful of Heat During Travel
4. Supervise Your Sleeping Baby in the Pram
5. Be Cautious of Pram Coverings
6. Check your Porta cot for safety

See more: www.rednose.org.au



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WHY IS IT IMPORTANT FOR A FAMILY TO ENGAGE WITH THEIR CHILD'S FAMILY DAY CARE?

Family Day Care is one of the first places outside of the family environment that a family and their child engages with. How they are received by that Family Day Care is important because it can help a family feel that:

- They belong to an extended community who share in the delight of providing a safe and welcoming environment to nurture their child
- Other people can share the love they have for their child and their role as a child's family is viewed as an important one
- You have already taught your child a lot – and the Educator can help reinforce that learning being able to ask questions or express concerns.

Family Day Care helps connect families who may feel isolated at times and families can form relationships with other families and the children.

The more you know about your FDC Care Service and Educator, the more you may feel you can trust. You can then convey this feeling to your child so that they can then understand that their family trusts the Educator to keep them safe and help them learn. It is never easy for a family to leave a young child for the first time. Or to leave a child with someone new to them. By developing real engagement with families, both the parent and Educator can make that separation easier for them.

DIGNITY AND RIGHTS OF YOUR CHILD

In 1989, the United Nations established the first legally binding document to protect the rights of children. The United Nations Convention on the Rights of the Child is a collectively agreed set of nonnegotiable standards and obligations to protect children's rights, to help meet their basic needs, and to expand their opportunities to reach their full potential. <https://www.unicef.org/child-rights-convention>

The advocacy of children's dignity and rights is the foundation from which we operate. It forms the foundation of both the Early Childhood Australia (ECA) Code of Ethics and the Early Years Learning Framework (EYLF) which guides best practice and understanding of quality education and care for children.

NRFDC encourages Educators to reflect on their ethical responsibilities, not only towards children but also families and the communities in which they belong. In addition, the Early Years Learning Framework advocates that Educators must uphold all children's rights to have their cultures, identities, abilities and strengths acknowledged and valued, and respond to the complexity of children's and families' lives (EYLF, p.16).

PAYMENT OF GAP FEE

Since the 1st of July 2023 it has been a requirement under the Family Assistance Law that child care gap fees are paid using electronic funds transfer (EFT) system.

Gap fees from families are a key part of your Educator's income. Ensuring that the gap fees are paid, helps protect the Child Care Subsidy against mistakes, non-compliance and fraud. It also ensures providers and Educators receive income vital to their business, supporting the care sector and economy.

NRFDC would like to take this opportunity to thank all our families for their cooperation in paying their gap fee each week. We understand that sometimes situations may arise where payments are not made and debts have accrued. Your Educator is required to advise the office of any families who fail to pay their gap fee. Families who accrue a debt will be supported by the Co-ordination Unit to develop a payment plan. If the payment plan is not adhered to, care may be suspended until payment is made.

If you ever experience any difficulty in paying your gap fee please don't hesitate to talk to your Educator or please contact Kerrie Salmon at Tweed on 07 55875 303 or Taylor in Lismore on 02 66 216437



Preparing and storing food safely, being aware of allergies and teaching children about nutrition are important in Family Day Care.

KEEPING FOOD SAFE WHEN IT IS BROUGHT FROM HOME

When families pack lunchboxes for children we need to ensure it is safe for children to eat at Family Day Care. The Food Authority of NSW says that we need to think about food handling activities such as preparing, storing and transporting food for children. Here are some tips for families:

- Wash and dry your hands properly before preparing food
- Encourage everyone at home to always wash and dry their hands before eating or cooking, after using the toilet, after touching animals, after sneezing and coughing, and after handling rubbish
- Don't prepare food if you have an infectious illness
- Wash fruit and vegetables thoroughly in clean, drinking quality water just before preparing
- Use a clean chopping board and knife each time, or thoroughly clean them between different food types (e.g. between raw and ready-to-eat food)
- Keep raw foods (e.g., raw meat, chicken, eggs) separate from cooked foods (e.g., frittata, cooked chicken) or ready-to-eat foods (e.g., sandwiches, cut fruit) to avoid spreading harmful bacteria through cross contamination
- Check 'use-by' dates so you don't use food that is out of date
- Make sure your fridge is set at 5°C or lower and that your freezer is working properly
- If the lunch is made the night before, store it in the fridge overnight
- Pack food in an insulated lunch box or a cooler bag when transporting. Place a frozen drink bottle or ice block inside to help food stay cool or pack food that doesn't need to be kept cold, e.g. sandwiches with shelf stable sandwich spreads (e.g., 100% fruit spread or Vegemite™), and whole fruits (not cut up).

Signing your children into and out of care:

This is a friendly reminder about your responsibilities around signing your children into and out of care.

It is a regulatory requirement that all children are signed in and out of care each day. This is to be carried out by the person who delivers your child to the Family Day Care premises and also the person who collects your child from the FDC premises.

Your Family Day Care service uses a PIN (Personal Identification Number) to verify a person's identity when signing a child attendance.

PIN Security

Your Personal Identification Number (PIN) under no circumstances is to be shared with anyone else. If you forget your PIN, please ring the office:

Lismore—66216427,
Tweed 55875300,
and the FDC Administration Staff will resend a new random generated number to your email.

PARENT TIP: TEACHING YOUR CHILD TO FOLLOW DIRECTIONS

Between the ages of one and three, a small child has a lot going on. They are enjoying upward mobility, and it's not just their body that is busy. Their brain is also working overtime as it develops intellectually, emotionally and socially. Even though your toddler is actively absorbing language, this doesn't necessarily mean they'll do as you say. Below are some great ways to encourage your child to pick up toys, put away shoes and generally heed your instructions on the home-front, rather than them doing what seems like is just plain ignoring you.



WHY MIGHT THEY NOT FOLLOW YOUR DIRECTIONS?

Because of all the developmental changes and experiences they're going through, there are four big reasons why a small child might struggle to follow instructions:

1. **They're distracted:** toddlers are curious and active, with a keen interest in 'cause and effect', so they're often more interested in making things happen, such as pouring or knocking things over rather than making things tidy.
2. **They're testing you:** your toddler's penchant for experimentation means they also love getting a reaction. They might be thinking, "Does Mummy really mean it?" or "What will happen if I don't do what Daddy asks?"
3. **They're asserting their individuality:** sometime during their first year, your child realises that they're a separate being and with this epiphany comes the power for your toddler to say, "No" – just because they can.
4. **They're human:** like everyone, your toddler has different moods and tolerances which means they may not want to follow instructions. However, there will also be times when they don't know how to follow your directions, whether it's because they don't understand, they can't follow them, or they're simply too tired, hungry, or grumpy.

HOW CAN YOU ENCOURAGE AND BEGIN TEACHING YOUR CHILD TO FOLLOW DIRECTIONS?

- **Create a 'climate of respect':** speak to your child as you would to any person – in a direct, clear, open and respectful way. Instead of yelling an instructions, say things in a way that won't encourage toddler defiance. For example, children will follow parents if they say, "Let's put your shoes away," rather than, "Good girls/ boys put their shoes away."
- **Get organised:** your toddler hasn't been tidying up toys for a long time, and they're new to daily routines, so make it easier for them to help. Create easy-to-access spaces for their belongings, such as a coat hook at your toddler's height, and show them how to put things away.
- **Keep your expectations in check.** Because your toddler is just learning about the world, try not to overload them with instructions. Make a plan to give them one job at a time and the space to complete it. Then if they don't follow your direction, you could take their hand and create a teachable moment by saying, "Here, I'll help you." Reward them for a job well done. Remember that a two-year-old won't tidy up like an adult, so try not to be a perfectionist, and put value on their effort instead.
- **Focus on the fun factor:** if you, as an adult, complain about household chores, your toddler will get the sense that jobs are to be avoided. Show positive behaviour towards helping out and inject some fun into domesticity.
- **'Say what you mean and mean what you say':** because your toddler is testing boundaries and showing an interest in cause and effect, it's important that you follow-through on any requests and rules that you make. If you ask your toddler to do something, commit to them following your direction.

All in all, the toddler years are a great time to teach your child a new skill and system, like using a broom or packing up toys, and involve them in the domesticity of family life. However, it's important that you approach and recognise your little helper for what they are: a young child who's experimenting, asserting themselves, and learning on the job.