

### **Service Newsletter November / December 2023**

In the wonderland of Kambarang, nature throws open its doors, inviting children to dive headfirst into a world of outdoor fun! Picture this: the air is like a fizzy soda, buzzing with the promise of warmer days and the wild call for adventure! Kambarang decks out the scene with a splash of wildflowers and the crunch of leaves under tiny bare feet – Mother Nature’s way of saying, “Let the games begin!”. It’s a season that whispers secrets of growth and change, a perfect backdrop for your children to scamper around while exploring like little nature detectives!

### **Winner of the National Family Day Care Service of the Year**

We are delighted to announce that Nature Alliance won the Family Day Care Australia National Service of the Year award for 2023! This award recognizes and showcases the valuable work done by Family Day Care Services for their Educators and communities and we are very proud of our team! We want to recognize all the hard work and dedication from our staff and our Educators, the passion they have for Family Day Care is inspiring and the award is in recognition of all of their effort.

### **Signing your Child in and out of care**

It is a legislative requirement that every parent / guardian signs their child into care every morning and out of care at the end of the day. If for some reason you have forgotten your pin, or have forgotten to sign your child in/out, then your Educator may use her own pin to do this. This will give us an indication as to who is in care at any given moment. It is essential that you do not share your pin with anyone, including your Educator, as this is your unique signifier number. If you have forgotten your pin or feel that it may have been compromised, then please contact the office and we will issue you with another one.

### **Restructure of the Admin Team**

We have had a restructure of our Admin Team. We bid farewell to Nadia Buckland and welcome Lyn Doyle to the team. Jane Schmidt, who has been working with Nature Alliance in the background for many years, is back behind the computer as an extra pair of hands until our new staff members have settled in. We ask that if you have any questions regarding timesheets or fees that you send them through to [info@naturealliancefdc.com.au](mailto:info@naturealliancefdc.com.au) and they will be allocated to the relevant person. The office number has not changed, and you are more than welcome to give us a call if the matter is urgent. We thank you for your understanding and patience during this changeover.

### **Updated Policies**

The following policies have been updated and uploaded to the website:

- [Policy 5.2](#): Excursions and Regular Outings
- [Policy 7](#): Confidentiality, Privacy & Educator Record Management
- [Policy 8](#): Grievance and Complaints
- [Policy 22](#): Fit & Proper Persons
- [Policy 26](#): Monitoring, Support and Supervision of FDC Educators and Ed Assistants
- [Policy 28](#): Employment of FDC Staff
- [Policy 33](#): Fraud Prevention
- [Policy 35](#): Child Care Subsidy (CCS) Governance
- [Policy 37](#): Service Confidentiality, Privacy, Record Keeping & Retention
- [Policy 38](#): CCS Notifications
- [Policy 39](#): Data Security

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## **Update to the Nature Alliance Terms of Trade and Fee Policy**

We have updated our service [Terms of Trade](#) and [Fee Policy](#) to reflect the changes that we needed to make with regard to the nonpayment of Fees and Debt Collection. The changes were recommended by the service legal representative and now clearly outline the processes we will follow in the situation of non-payment of parent fees and the collection of bad debts.

## **Protect your Children Online**

[eSafety Commissioner](#) focuses on educating Australians about online safety risks and helps to remove harmful content such as cyberbullying of young children, adult cyber abuse, image-based abuse and illegal and restricted content. You may feel that your children are too young for you to worry about this, but having the information before they are ready to go online is essential. There are some great resources for [children under 5 years old](#) and lots of useful advice for parents. [Australian Children of the Digital Age \(ACODA\)](#) is calling on parents/carers to participate in a study exploring digital technology use by children aged between 6 months and 5 years so that they can understand the impact of technology on the wellbeing of young children. To get involved visit [acoda.org.au](http://acoda.org.au).

## **Christmas Closures**

As the festive season approaches at a rapid pace, we would like to remind you to chat to your Educator about their closure dates. If you are looking for alternative care while your Educator is on leave, please don't hesitate to contact us and we can see if there are any other Educators in the same area who may have some casual vacancies over that time.

## **Balancing Rest and Play: Meeting Children's Sleep and Rest Needs**

We understand that every child is unique and may have different preferences when it comes to sleep and rest. Educators prioritise the well-being of your child/ren by ensuring their individual needs are met. We appreciate that sometimes parents have concerns or requests regarding their child's sleep patterns, and we'd like to take this opportunity to address the importance of balancing rest and play while adhering to our strict guidelines. Educators are responsive to your child's cues, emotions, and needs, as this forms the basis of their approach to sleep and rest. If your child is showing signs of tiredness, Educators will provide a comfortable, safe area for them to rest. We also acknowledge that not all children have the same sleep needs, and it's crucial to respect their preferences. Some children may naturally be more inclined to stay awake and play, even when they show signs of tiredness, while others may prefer to nap. At times, there may be differences in your preferences and the professional approach by Educators. Our goal is to provide a balanced and nurturing environment where your child can grow and thrive.

## **Supporting Toileting Independence with Respect and Collaboration**

Toileting and nappy changing are essential aspects of your child's daily routine. These moments are not just about meeting your child's physical needs; they provide valuable opportunities to support their agency, foster respectful relationships, and promote effective communication. One of the Educators key priorities is to empower your child to develop an understanding and control of their own bodily functions. We recognise the importance of granting your child the autonomy to become more independent in their toileting habits. This process is a significant step in their growth and development. Consistency between home and your children's Family Day Care Service can make toilet training smoother for your child, so we encourage open communication and collaboration. We also encourage families to provide children with clothing that helps them toilet independently, such as elastic-waisted pants that are easy to pull up and down. This practical support can make the process more manageable for your child.

## **Nourishing Our Little Ones: A Healthy Lunchbox Guide**

In today's world, we understand that families are navigating busy schedules and financial constraints whilst still upholding children's health. Here are some ideas for packing a healthy and budget-friendly lunchbox.

- The Balanced Plate: Aim to include a variety of food groups in your child's lunchbox. A balanced meal often includes a source of protein (e.g., lean meats, legumes, or dairy), whole grains (e.g., whole wheat bread or brown rice), plenty of fruits and vegetables, and a small treat or snack.

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- **Colourful Choices:** Encourage your child to eat a rainbow of fruits and vegetables. Brightly coloured produce is not only visually appealing but also packed with essential vitamins and minerals.
- **Smart Snacking:** Opt for healthier snack alternatives such as yogurt, cheese, whole-grain crackers, or fresh fruit.
- **Involve your Child:** Engage your children in meal planning and preparation. When they have a say in what goes into their lunchbox, they're more likely to eat and enjoy it.

Making small changes in the way we approach their meals can have a big impact on their overall health and well-being. We encourage you to reach out to us if you have any questions or need further assistance.

### **Year End Wrap Up**

We would like to wish you a wonderful end to 2023. It has been a very busy year for everyone, and we hope that you and your families enjoy some down time together. Surround yourself with people who make you laugh, enjoy the precious moments with your children and take the time to reflect and reset! All the staff at Nature Alliance wish you a very peaceful end to the year and an exciting start to 2024!

### **Contact Us**

If you have any queries or feedback regarding the Service or would like to chat about the content of this newsletter, or about your child's care in general, please feel free to [contact us](#) through our website or find us on [Facebook](#).

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