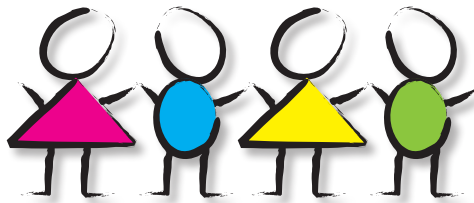


AUGUST  
2019



Issue 3

www.silverdalechildcare.com.au

Silverdale Child Care

www.silverdalechildcare.com.au



# Newsletter



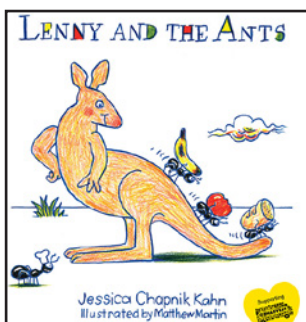
## INSIDE THIS ISSUE:

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## BOOK REVIEW

**Lenny and the Ants**  
 Author: Jessica Chapnik Kahn  
 Illustrator: Matthew Martin

Recently SCCC purchased this book because it provided 40 meals for Australians who are doing it tough. Lenny and the Ants is a fun and warm-hearted story for children of all ages. Together with Lenny the roo, children go on a journey to discover a whole new way to think about food. There are even some recipes to try! Proceeds from the sale of the book support OzHarvest, Australia's leading food rescue organisation. Consider purchasing this book yourself, because every \$1 spent in the OzHarvest Soul Shop provides 2 meals!



Important  
DATE!

### AUGUST

- 12-16: Science Week
- 19-23: Book Week
- 30: Father's Arvo Tea

### SEPTEMBER

- 2: Henny Penny Hatchling
- 13: Rubbish Incursion (\$)

### OCTOBER

- 5: Odd Socks Day
- 28: Grandparents Day
- 29: Diwali Hindus Festival of Lights
- 31: Halloween Madness

### NOVEMBER

- 7: The Dinosaur Who Lost His Roar (\$)
- 11: Remembrance Day
- 11-17: Nat. Recycling Week

### DECEMBER

- 6: Christmas Party & Graduation
- 16-20: Games Week

\* (\$) = extra cost

BITS 'N' PIECES  
HELLO

## 欢迎来到我们的通讯

Welcome families to our third centre newsletter of 2019. We recognise the traditional owners of this land the Gandangara people.

"MINDS ARE LIKE PARACHUTES;  
THEY WORK BEST WHEN THEY ARE  
OPEN"-THOMAS DEWAR

Traditionally when parents seek out childcare for their baby, they look for a loving environment with caring teachers who will provide safety and nurturing while parent's go to work. They expect their babies will build attachments with carers, be safe, and learn social skills and foundational cognition. When children turn three years old, many parent's expectations change. They now aren't concerned so much with the nurturing side of things but look for anything that resembles school readiness. Notably, school readiness is not just tracing their name and counting numbers. The value of learning that comes from play is irreplaceable. Foundational mathematics, science and literacy skills are obtained from play. Play is vital for cognitive development. For instance, pretend play that includes mythical elements can support children in making sense of things including change, through trying out different perspectives, playing with roles, creating and breaking rules, and exploring feelings of agency and altered

Reading is my  
**SECRET POWER**

CBCA Book Week  
17-23 August 2019  
#CBCA2019



power relationships. The uncertainties in change can be challenging for children and subsequently helps build resilience in children. Play is the essence of learning. "Play is our brain's favourite way of learning." -Diane Ackerman

### 2020 ENROLMENT

At the beginning of October you will receive a 2020 enrolment request form for your child/ren so we can commence our enrolment process for next year. Please return these forms to us as soon as possible.

### WELCOME MISS KATHERINE

We would like to give a big welcome to Miss Katherine who is working part-time with us. At the moment she is working two days in the Joeys and one day in the kitchen/schoolies bus.



### CHRISTMAS PARTY & GRADUATION

This year our Christmas Party & Graduation will be held on Friday 6th of December. The party will start at 5:30pm. Further information will be made available closer to the date.

### FEES

Fees are due on the first day of your child's attendance each week. Should you wish to pay in bulk, this needs to be paid in advance, not arrears. Your support in this area is much appreciated so we can pay wages & bills in a timely manner.

### END OF YEAR CLOSURE

We will close for 2 weeks over Christmas and New Year from 23rd Dec to 4th Jan 2019 and re-open on Monday 6th January 2020. Fees will not be charged during this closure period.

### SCIENCE WEEK & BOOK WEEK

Recently the children enjoyed Science Week. Children are naturally curious and passionate about learning. An inquiry-based approach to science with the children led to some fantastic experiments which you would have seen on each room's private Facebook pages. The children enjoyed themselves enormously and no doubt learnt something new along the way!

This week book week is proving super fun too. Not only is book week about having fun dressing up as a character, but it is a celebration of books and how much enjoyment and learning we receive from them. As I write this, the Kangaroos are searching outside for Wally from the famous "Where's Wally" books and the Joeys are exploring the Wizard of Oz book. Thank you for participating in our planned experiences!

### WEEKEND SHEET

As usual we have included a weekend sheet in this newsletter. For those families who are new to our service, we use weekend sheets as a way of incorporating the children's interests and home life into our daily curriculum. A weekend sheet can be completed as much or as little as you like, it can be fabulously exciting or it can be boring! Simply complete the form and leave it with an educator or pop it in the fees box in the Kangaroo's room.

### THANK YOU!

Thank you so much to the following families for their generous gifts of clothing and toys; Clifford, Dewick, Hatton, Ingham, Preston and Sawyer. We really appreciated your donations.

# KEEP LOOKING WHEN YOU'RE COOKING<sup>1</sup>

**2,500** kitchen fires occur every year in NSW. Unattended cooking is the leading cause of home fires in NSW.<sup>1</sup>

## SAFETY TIPS

- Never leave food unattended on a stove.
- Keep the temperature of the stove controlled when cooking.
- Keep loose clothing, tea towels and curtains away from the stove.
- In the case of an emergency, call 000.

Certain elements designed by Freepik

<sup>1</sup>Fire & Rescue NSW (2015) 'Keep looking when cooking', [www.fire.nsw.gov.au/home-fire-safety/](http://www.fire.nsw.gov.au/home-fire-safety/)

# LAUNDRY & DISHWASHER CAPSULES

### SAFE USE

Read the labels carefully

Close the container lid properly after every use

- Do not use the capsules while children are close by and do not allow children to break open the packaging
- Never pierce or break laundry capsules
- Do not leave the capsules outside their container

### EMERGENCY

If you suspect that your child has come in contact with the liquid call Poisons Information Centre on 131126

If symptoms persist call 000

### SAFE STORAGE

Store these products up high, out of reach and out of sight from children

If stored in lower, accessible cabinets/cupboards, these should be secured with child resistant locks

Keep capsules in their original container and fully closed when not being used

Let's be #laundrysafe!

image sources: washingtonpost.com, ether.com, themourproject.com

Kidsafe NSW® [kidsafe.org](http://kidsafe.org) July 2015

# What I did on my holidays 18 June



# NAIDOC WEEK 7-14 JULY



# Science Week 12-16 August



# Book Week 19-23 August



# Joey's Newsletter

## **Sustainability**

The Joey's have been working on trying to get the vegetable garden up and going again for summer. The Joey's have helped by planting celery, cauliflower, broccoli, cabbage and carrots in the vegetable garden. The Joey's have also been taking care of the plants that have been planted in the tyres in the yard. The Joey's will continue to go out to the vegetable garden to water and check that no bugs have eaten the vegetables. While the Joey's have been looking after the vegetable garden, the children have helped to create a wall about the vegetable garden. This wall displays the steps the children take to be able to keep the vegetable garden growing all year around. The Joey's have been helping by collecting the eggs from the chickens and their food and water. The centre is now collecting plastic bottle top lids to donate to the company called Envision hands. This company uses the plastic lids to make prosthetic hands for children that are in war torn and developing countries. If you would like to help collect lids, you can bring them into the centre and put them in to the container in the front foyer or give them to one of friendly staff members.

## **Movement and Coordination**

August has been a time where the Joeys have been engaging in experiences related to using their fine motor skills. This has included drawings developing their hand grasps, completing bead frames, magnetic pencil puzzles and snipping with scissors. Fine motor skills is the coordination of small muscles, in movements—usually involving the synchronisation of hands and fingers.

## **Naidoc Week**

In the first week of July the Joeys completed many experiences in relation to Aboriginal cultural practises. NAIDOC Week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander people's. The Joeys listened to a dream time story each day, "Down by the Billabong", "How the birds got their colours" and "Echidna under the shade tree". They also had opportunities to create finger printed boomerangs, Aboriginal flag hand prints and nature paintings. We listened to Didgeridoo sounds and engaged with tapping sticks during music time. The children also engaged in a play-dough experience to create their own echidnas.

## **Pyjama Week**

This week is a big favourite of ours as well, as it brings support and awareness towards the Pyjama Foundation, whom assist in foster care for children and Asthma Australia, an organisation for asthma research and education to support the many adults and children that have this. Thank you all for your pyjama outfits throughout this warm and snuggly week at Silverdale Childcare!

## **Science Week**

Science week consisted of lots of moon sand play. Also each day we carried out a new experiment. Monday was a red volcano, Tuesday was fizzing cloud dough, Wednesday was a bubbling rainbow, Thursday was magic milk and Friday's experiment included a gassy balloon. Each day the Joeys completed their experiments as a large group experience with Miss Tarleigha. There was lots of inquiry and curiosity throughout each of the experiments. Most days we were able to do a large group experiment to begin with, then each of the children had the opportunity to create their own mini science experiment. These experiments encouraged the Joeys to see what reactions each of the experiments had when we added the vinegar or bi carb soda. It was also opportunities for the Joeys to ask and answer open ended questions as we talked throughout the experiment step by step as to what we were doing next. Please have a look at our Science board!

## **Book Week**

This is always one of our favourite weeks of the year! We would like to thank everyone for their input and costumes throughout this time in the Joeys room. Throughout this week schools have celebrated all things books as part of Book Week 2019. It's a great way to engage children in the fundamental life skill of reading. Each year across Australia, book week brings children and books together as they celebrate this. During this time, we love when our friends all come dressed up as their favourite book character! Each day we had a different dress up theme that we then participated in related experiences. Monday was Minion footprints, Tuesday was superhero masks, Wednesday was Madeline hat cookies, Thursday was a "Welcome to munchkin land" door poster and Friday were games of toy story cards and selfie opportunities as Buzz, Jessie or Woody. Please have a look at our Book Week display of fun!

## **Self Help Skills**

The Joeys have also been busy growing their self-help skills. This has been encouraged more during our lunch experiences, taking shoes and socks on and off, collecting belongings, drinking water from their water bottles and collecting their hats. The Joeys love these independent opportunities, many insisting on doing more and more things on their own!

## **Facebook Page**

If you are not yet our Facebook friend please find us as "Joeys Scc" where we post our daily photos and important messages.

## **Reminders**

Each day a fitted and flat sheet is required for your child, at least three nappies, a water bottle, a wide brimmed hat and sun cream applied to them upon drop off. Thank you for your cooperation.

Miss Hannah, Miss Ashtonn, Miss Tarleigha, Mr Tim and Miss Katherine.



# Kangaroo's Newsletter

Over the last few months the kangaroos have been extremely busy celebrating special days and events some including, national pyjama day, NAIDOC week, and science week. Here is a recap of these celebrations.

## National Pyjama Day

National Pyjama Day is all about wearing your favourite pair of PJ's to help The Pyjama Foundation raise much-needed awareness and funds for children in foster care. With the money raised from National Pyjama Day, we will be helping to offer learning skills to more than 1000 children, fund educational resources and help provide stable, positive relationships. To help support this great cause the children came to kindy dressed in their pyjamas. We believe that by taking part in this cause enables the children to show respect for diversity, acknowledging the varying approaches of children, families, communities and cultures (1.3.12)

## NAIDOC Week

As a part of our NAIDOC celebrations we have been discussing Aboriginal culture and traditions for the entire month of July. Together with the children we created a indigenous inspired play area with a billabong for fishing, and a nature mat where the children could find some bush tucker. This area also includes a light table with insect bricks, a cave wall, bon fire and dolls. We believe that by offering the children a play space like this enables the children to use play to investigate, imagine and explore ideas (4.1.3). During this topic the children were introduced to several Aboriginal songs, the children showed great interest in these songs and sung them so beautifully. One of the songs is called 'Inanay'. After introducing this song for the first time the children would request it. During this topic we read stories about bush tucker, dream time stories and used visual aids to assist the children to understand Aboriginal culture and traditions. The children also created Aboriginal inspired art.

## Science Week

This month we have been discussing space as an extension from the theme of science week this year 'destination moon'. We have explored the different planets and facts about each of them. We have been reading the story called 'there's no place like space' as well as 'zooming to the moon' whilst using creative arts. The children have also been busy creating a space inspired play area within our classroom complete with a rocket ship, moon sand, planets, stars and telescope. The children have put their creative minds to the test as we began our science experiments. We believe that by offering the children the opportunity to participate in these experiences enables them to make connections between experiences, concepts and processes (4.3.3) as well as use the process of play, reflection and investigation to solve problems (4.3.4). Some experiments we undertook included, balloon rockets, balloon explosion, flying rockets, straw rockets, finding stars, and erupting planets. These experiments were hands on and it allowed the children to manipulate objects and experiment with cause and effect, trial and error, and motion (4.2.5). During these experiments we encouraged the children to use reflective thinking to consider why things happen and what can be learnt from these experiences (4.2.7). Overall this was a great topic and the children thoroughly enjoyed it.

## Structured Learning

For structured learning we have been focusing on Pre-writing skills, tracking and tracing lines, shapes, and letters. Pre writing skills involve the skills a child needs in order to learn to write. These skills include sensor motor skills which enable a child to hold and use a pencil which gives them the ability to copy, trace, draw and colour. By tracking and tracing lines, shapes and letters will give the children the confidence and ability to write letters and numbers correctly in time. We have also been discussing opposites. We believe that it is important for children to understand the concept of opposites as it helps a child to learn how to compare two different things and to develop a more concrete understanding of a specific concept (e.g. hard vs soft). Learning opposites also improves a child's ability to describe things.

Welcome to our children who are transitioning into the Kangaroos room. It has been great to watch you all adjust to new routines as well as see our older children take you all under their wings.

## Adventures with Billy

We would like to say a big thank you to all the families that have had the privilege of having Billy for a weekend. We appreciate all of your family input and beautiful photos you have added. This book is now a real favourite in our classroom. If you have not yet had a turn with Billy he is still making his way through the class.

Miss Amy, Miss Rebecca and Miss Jo.



Let's be good  
Role models to  
our children

#positivity

Positive people also  
have negative thoughts...  
they just don't let those  
thoughts grow and  
destroy them.



Prince Ea



let the  
good thoughts  
grow



THE UNIVERSITY  
OF QUEENSLAND  
AUSTRALIA



# How Is Parenting For You?

If you have a child between 2 and 12 years, researchers from the University of Queensland are interested to know about your views on parenting and the services that are available to you as a parent. You will need to complete a short survey.

To find out more, visit our website:

<https://exp.psy.uq.edu.au/parenting>



**Survey closes on the  
31st August 2019**



# SCHOOLIES NEWS

Welcome to term 3. Wow, how fast is this year going!!!

As you now are all aware I have dropped Wednesday's and Miss Katherine has stepped into both the kitchen and as the Schoolies educator. When you see her, please extend a warm welcome and say "Hi"!

How fantastic is the new school bus??? The children are just loving it, as am I. The rides to and from school have become far more musical as we have a schoolies playlist of songs that are getting a good workout. I have asked the children to write down some of their favourite songs so I can cater for everyone. If you could help with this bit of homework that would be great, as the dozen or so songs we have are starting to get into all our heads and stay there... haha. Of course they all are loving 'Old Town Road' the most, and they all know most of the words. This always puts a big smile on everyone's faces and as a nice way to start our morning off. I have noticed the difference in our bus runs with and without music, and it's really changed the sluggish feeling of after schools tiredness.

It's been a busy term both here at SCCC, Warragamba Public School and Holy Family. We've had gala days, spelling bees, 100 days of learning, excursions, camps, carnivals and book week to name a few. The children from Warragamba all looked great in their book week costumes, so much time and effort went into putting them together. Holy Family is still to have there's on Friday the 30th. We look forward to seeing what costumes they wear to their parade.

A number of the children have had speeches they've needed to present and read to their classmates and teachers at school. I have spent some time with them and the rest of the schoolies in preparation for giving their speeches, they practice standing up and reading their speeches from their palm cards, to build confidence and public speaking skills. After reading their speeches we have question time, and they receive feedback and suggestions from their peers. I must say, I'm very proud of how confident the children are, especially the younger ones.

We have a new friend in our schoolies group and with a shared love of soccer between them all, they are all starting to bond nicely and welcome our newest member to the family.

Various activities have been keeping everyone busy, soccer as usual, dancing, craft, outside play, quiet reading, sand play, construction activities and the discussion and swapping of Woolworths Ooshies.

We have decided to present an item at this years Christmas concert at the start of December. Plenty of practice and preparation is underway, so we would love to have you all in attendance to participate and support the children. Let me say this, mine and the children's love of music has helped decide on what to do.

Before we know it, it's going to be Christmas and the long school holidays of summer.

Miss Lynda.







# News from the Kitchen

Hello everyone and welcome once again to News from the Kitchen.


Well, Winter is just about behind us (thank goodness) and it's only a couple of weeks till Spring! YAY!!!! There's plenty of beautiful spring vegetables starting to show up at your local green grocer ready for your families plates.

If you don't have a garden yourself to grow your own fresh vegetables or the space to put in a garden, spring vegetables such as Peas, Snow-peas, Rhubarb and Chard to name a few can all be grown in pots. Seasonal fruits and vegetables not only keep variety in our meals but they have more nutrients as they aren't having to be transported as far as out of season produce. Vegetables also start to lose nutrients as soon as they are harvested, so the closer to home they are grown and eaten, the higher in nutritional value they are.

Keeping with the rainbow coloured plate, spring and summer produce is in abundance. Here are some nutritious, colourful, appetising and easy breakfast, lunch, dinner and snack ideas to keep the whole family happy.



FIND HEALTHY SNACK IDEAS AT: <https://healthylunchbox.com.au/recipes/snacks/>



**FLAKEY VEGGIE ROLLS**

Recipe from <https://www.healthylunchbox.com.au/recipes/flaky-veggie-rolls.aspx>

**Ingredients**

<ul style="list-style-type: none"> <li>2 tsp olive oil</li> <li>1 onion, finely chopped</li> <li>1 medium (400g) sweet potato, cut into 1cm cubes</li> <li>2 tsp curry powder</li> <li>425g can no-added-salt lentils, drained</li> <li>2/3 cup hot water</li> <li>1 salt-reduced vegetable stock cube, crumbled</li> <li>1 cup frozen green peas</li> </ul>	<ul style="list-style-type: none"> <li>1 large zucchini (200g), coarsely grated</li> <li>1/2 cup chopped fresh coriander leaves and stems</li> <li>375g packet filo pastry (20 sheets)</li> <li>Olive oil cooking spray</li> <li>2 tsp sesame seeds</li> <li>1/2 cup reduced fat yoghurt, to serve</li> <li>lime wedges, to serve</li> </ul>
--	--

**Method**

- \*Heat oil in a large frying pan. Add onion. Stir over a medium-high heat for 2 minutes until softened slightly.
- \*Add sweet potato and curry powder.
- \*Stir in lentils, water and stock cube. Bring to the boil. Reduce heat. Cover and simmer 5 minutes.
- \*Stir in peas and zucchini. Simmer, covered, for 3 minutes. Uncover pan. Continue simmering for a further 3 minutes, or until liquid is absorbed and sweet potato is tender, stirring occasionally. Remove from heat. Stir in coriander. Transfer to a large bowl. Cool.
- \*Spray one pastry sheet with cooking spray. Fold in half crossways to form a rectangle. Spoon 1/4 cup of the vegetable mixture along one long edge to form a 10cm log shape, leaving a 7cm border on short sides. Fold short sides over filling, spray again with cooking spray and roll up to enclose filling. Continue with remaining pastry sheets and filling to make 20 rolls altogether.
- \*Place rolls about 3cm apart on 2 large, greased oven trays. Spray lightly with cooking spray. Sprinkle with sesame seeds. Bake in a moderate oven (180°C) for 20-25 minutes until golden brown, swapping trays halfway through the cooking time.
- \*Serve rolls warm with yoghurt and lime wedges.

Tasks for kids: Grate zucchini, Roll up filling in pastry sheets (Step 5), Sprinkle rolls with sesame seeds (Step 6).



# Healthy food grows strong kids

Eating healthy foods will help kids grow strong, healthy and happy.

Have a variety of healthy food every day.

## What are healthy foods?

Breads, cereals, rice, pasta, oats and noodles. Wholegrain or wholemeal is best.

Vegetables like carrots, pumpkin, broccoli, peas and lettuce.

Fruit like apples, bananas, oranges and pears.

Milk, yoghurt and cheese. 'Lite' or reduced fat is best for children over 2 years old.

Lean meat - chicken without skin; kangaroo; pork, lamb and beef with the fat cut off; and lean mince.

Seafood, fish, shellfish - fresh, frozen and canned.

Eggs - boiled, scrambled and poached.

Lentils, kidney beans, baked beans and chickpeas.

Frozen and canned vegies and fruit are healthy too.



*Kids don't need foods that are high in fat and sugar like takeaway food, lollies, cakes and ice cream.*





## Family Input – What did you do on the weekend?

QIAS Principle	3.2.3
Early Years Learning Framework	Principle 2 Partnership
Child's Name:	

### Extending Children's Interests and getting to know them more.

Please tell us what your child did on the weekend. No matter how big or small, exciting or not so exciting.

Everything parents and families do interest children and these events, no matter how big or small are the best educational resources you can provide for the centre. We use these events in our curriculum/program and the ideas explored from your weekend can last for weeks. This allows you to see firsthand what we do and your child sees that there is a connection between home and the centre. This strengthens the learning link.

## Family Input – What does your child enjoy doing?

### Extending our curriculum and experiences with children.

Please tell us what your child is enjoying at home at the moment. What do you currently consider your child's strengths and what are your goals for your child at this point in time?



## Sleep, Rest, Relaxation and Clothing Policy

### NQS

QA2	2.1.1	Wellbeing and comfort - Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.
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### National Regulations

Regs	81	Sleep and Rest
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### EYLF

LO3	Children take increasing responsibility for their own health and wellbeing
	<ul style="list-style-type: none"><li>• Children recognise and communicate their bodily needs (for example, thirst, hunger, rest, comfort, physical activity).</li><li>• Educators consider the pace of the day within the context of the community.</li><li>• Educators provide a range of active and restful experiences throughout the day and support children to make appropriate decisions regarding participation.</li></ul>

### Aim

Our Service aims to meet each child's needs for sleep, rest and relaxation in a safe and caring manner that takes into consideration the preferences and practices of each child's family.

### Implementation

Most children benefit from periods of rest which help them grow and prepare them for meaningful learning experiences. Rest periods are included in all children's daily routine consistent with their developmental needs, including a short period of rest each day for older children.

Educators will take into account families' preferences about the amount of sleep their child has at the service, and will accommodate any requests about their child's sleeping practices where these are not inconsistent with the safe sleeping practices discussed in the policy, and meet a child's needs for sleep or rest.

Educators have a legal obligation to ensure children are safe and are offered sleep or rest when they need it. If a child is displaying signs of tiredness, educators must allow the child to sleep or rest for a reasonable period of time. Where families are concerned that children's sleep at the service is impacting night sleep patterns, educators will discuss expected sleep patterns with families based on advice from recognised authorities and adjust a child's sleep time at the service if appropriate. The Nominated Supervisor and educators, however, will make the final decision about the child's sleep and rest at the service to ensure they can meet their obligations. For example, if a resting child falls asleep without assistance in instances where families have requested the child not have naps, educators may allow the child to sleep for a period they believe is in the best interests of the child.

### **Nominated Supervisor Responsibilities**

To promote children's safety and wellbeing during sleep and rest periods, the Nominated Supervisor will ensure:

- sleep and rest environments are quiet and restful
- there are comfortable spaces for children to engage in quiet activities if they're not sleeping or resting
- rostering enables adequate supervision of sleeping and resting children
- ratios are maintained at all times children are sleeping and resting
- educators implement the safe sleeping practices in this policy at all times
- hanging cords or strings from blinds, curtains, mobiles or electrical devices are away from cots and beds/stretchers
- babies are never left to sleep in a bassinet, hammock, pram or stroller
- heaters and electrical appliances aren't near cots or beds/stretchers
- information about safe sleeping practices is discussed during enrolment and displayed or available in the parent information area.

### **Family Responsibilities**

If a child has a medical condition which prevents educators from following these procedures, for example the child cannot sleep on their back, a medical practitioner must authorise an alternative resting practice in writing as part of the child's Medical Management Plan.

### **Educator Responsibilities**

To ensure children's safety and wellbeing during sleep and rest periods, educators and volunteers will:

- accommodate each child's and family's preferences, for rest, sleep and clothing, including cultural and religious preferences, to the extent they are consistent with this policy
- provide children who do not require sleep or rest with quiet, meaningful activities
- encourage children to communicate their needs for sleep and rest and make appropriate decisions about these needs
- support children who need rest and relaxation outside the designated rest time
- respect the privacy needs of each child when dressing and undressing
- play calm, relaxing music
- communicate daily with families about their child's sleep and rest routines

- comfort children when required. Educators try to avoid rocking children to sleep so they don't expect this at home
- ensure babies are never left to sleep in a bassinet, hammock, pram or stroller
- ensure hanging cords or strings from blinds, curtains, mobiles or electrical devices are away from cots and mattresses
- implement the safe sleeping practices which follow at all times, with the only exception based on written authorisation from a child's doctor

## Safe Sleeping Practices

### All children

- can always see and hear sleeping or resting children
- child's face is never covered when they sleep or rest
- regular checks of all sleeping or resting children paying particular attention to breathing patterns and skin colour. Checks will be more frequent if there are increased risk factors e.g. medical conditions or sleep issues
- temperature of rest environment monitored to ensure it's not too hot or cold
- adequate space between sleeping and resting children

### Babies and toddlers

- babies and toddlers placed on back
- babies re-positioned onto back when they roll onto their front or side if they cannot repeatedly roll from back to front to back (occurs around 5-6 months of age). Babies who can roll back and forth may be left to find their own sleeping position
- light bedding used and tucked in tightly. Sleeping bags with a fitted neck and arm holes but no hood may be used instead of bed linen. Wraps made from lightweight material like muslin or cotton
- babies arms free from wraps once startle reflex disappears (around 3 months old)
- no wraps used if babies can roll from back to front to back again
- no quilts, doonas, pillows, soft toys, lamb's wool or cot bumpers
- no electric blankets, hot water bottles and wheat bags
- babies and toddlers placed so their feet are close to the bottom end of the cot
- no bottles given to child (for safety and dental hygiene reasons)
- no bibs on child
- dummies provided if required without chain attachments. Dummies not replaced if they fall out while child sleeping. Dummies should be phased out around age 1 following discussion with families
- babies are never left to sleep in bassinets, hammocks, prams or strollers
- toddlers moved from cot to bed if likely to succeed when attempting to climb out of cot (usually 2-3½)
- babies checked every 10 minutes.

## Cots

The Approved Provider and Nominated Supervisor will ensure all cots meet Australian Standards and have one of the following labels - AS/NZS 2172:2010 or AS/NZS 2195:2010 (folding cots). For normal cots this means, for example:

- cot mattresses are in good condition, clean, firm, flat and fit the cot base with no more than a 20mm gap between the mattress and the cot sides.
- the distance between slats is at least 50 mm
- cots in the lowest base position, the distance between the top of the mattress base and the top edge of the lowest cot side or end is at least:
  - 600 mm when access is closed
  - 250 mm when access is open
- for cots in the upper base position, the distance between the top of the mattress base and the top edge of the lowest cot side or end is at least:
  - 400 mm when access is closed
  - 250 mm when access is open

The Approved Provider and Nominated Supervisor will also ensure:

- mattress firmness complies with AS/NZS 8811.1:2013 Methods of testing sleep surfaces.  
<https://rednose.com.au/article/what-is-a-safe-mattress>
- mattresses are not tilted or elevated
- plastic packaging is removed from new mattresses
- waterproof mattress protectors are strong, not torn and a tight fit
- only mattresses supplied with portable cots are used in those cots, and no additional padding or mattress is added under or over the mattress.

## Sleep and Rest Environment

The Nominated Supervisor will conduct regular safety checks of the rest environment and equipment.

To promote learning and wellbeing, educators may occasionally encourage children to sleep or rest outdoors in suitable weather conditions e.g. it's not too hot or raining. Educators will ensure:

- beds are placed in clean and shaded areas i.e. not in wet dirt or mud
- bed linen is washed at the end of the day if it is dirtied outside
- beds are cleaned before being stored inside after rest time
- children are supervised at all times
- the quality of children's sleep and rest time is not affected by being outdoors.

## Hygiene

To ensure sleeping environments are hygienic educators will:

- clean beds, linen and mattress covers with detergent and water every day or at end of week if used by same child
- clean beds, linen and mattress covers when they look dirty
- make sure each child has their own bed linen

- implement the Cleaning Procedure Cots and Stretchers to clean soiled cots, beds, mattresses and bed linen.

## **Cleaning Procedure Cots and Stretchers**

Wash cots and stretchers at the end of every day with detergent and warm water, and during the day if visibly dirty.

Wash sheets and mattress covers, or return them home, on child's last day for the week.

If poo/urine/vomit etc gets on the cot/stretcher/mattress/linen

1. wash hands and put on gloves
2. clean the child
3. remove gloves
4. dress the child
5. wash child's hands
6. educators wash hands
7. put on gloves
8. remove most of the soiling in the cot/bed with paper towels
9. place paper towels in garbage bin
10. put linen in a plastic-lined, lidded laundry bin. Throw liner out after linen is washed and place new liner in bin
11. clean cot or mattress thoroughly with detergent and water
12. use disinfectant after detergent if surface is or could be contaminated with infectious material. See Spill Procedure Blood, Urine, Poo, Vomit
13. air dry if possible
14. remove gloves and wash hands
15. put clean linen in cot

## **Children's Clothing**

To ensure children's comfort and safety at the service, they must wear clothing that is suitable for the weather, lets them explore and play freely, and minimises the risk of injury. Some clothing items and jewellery, for example, can strangle or choke young children. Educators may remove jewellery and teething necklaces if children wear them to the service.

### **Amber Teething Necklaces and Bracelets**

Based on Australian Government product safety warnings, we do not allow children to wear amber teething necklaces or bracelets at our service. This is to minimise the risk they may choke on the beads if the necklaces or bracelets break apart.

Educators and volunteers will encourage parents to dress their children in clothes that:



- are loose and cool in summer and warm enough for cold weather including outdoor play in winter
- protect them from the sun during outdoor play
- do not restrict them or compromise their safety when playing, sleeping or resting eg no hoods, cords, ties, ribbons or crocheted jackets that can pull tight around the neck, no hats with cords or strings that may get caught on equipment and furniture, footwear that is stable and supportive e.g. no thongs, clogs or backless shoes which can cause children to trip, and clothing that allows easy access for toileting e.g. elasticised trousers and track pants rather than buttons, zips, belts etc
- can get dirty when children play i.e. children should not come in their best clothes

Families must clearly label all clothing with the child's name.

To ensure children's comfort educators and volunteers will:

- ensure children are appropriately dressed for the weather, play experiences, and rest and sleep
- provide clean spare clothing to children if needed
- encourage children to use aprons for messy play and art experiences to protect their clothing

## Sources

**Education and Care Services National Law and Regulations**

**Early Years Learning Framework**

**Work Health and Safety Act 2011**

**Work Health and Safety Regulations 2017**

**Red Nose <https://rednose.com.au/>**

**NHMRC: Staying Healthy Preventing infectious diseases in early childhood education and care services**

**NQF e-bulletin Qld 9.5.16**

**Product Safety Australia**

# Updated Policy Feedback

We appreciate your participation, opinion and input into Silverdale Child Care Centre. Your feedback in regards to our policies is encouraged. Should you have any feedback, please complete the form below and place into our fees box, located in the Kangaroos room.

Thank you.

Name (optional): .....

**UPDATED POLICY- Sleep, Rest, Relaxation and Clothing Policy**

**COMMENTS:** .....

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## MOVIE NIGHT IN WARRAGAMBA



*Moana – 6pm | Dirty Dancing – 8pm*

**24th August 2019 - Warragamba Town Hall (Hydro Theatre)**

**ENTRY: GOLD COIN DONATION**

\$5 meal deals available for purchase from 5pm, Hot Dog or Sausage sizzle + drink. Popcorn also available to purchase on the night. BYO own Blanket or cushion only. Seats will be available.

For more information contact Lee on **4774 1273**

