

DON'T LET WHAT YOU CAN'T DO, STOP YOU FROM DOING WHAT YOU CAN DO. - JOHN WOODEN

**KIDZ DREAM  
FAMILY  
DAYCARE**



**SEPTEMBER  
2019**

# ON *this* MONTH

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## Gastro Prevention and Management (QA 2; QA 6)

### Gastro prevention and management

**Gastroenteritis** or 'gastro' is highly contagious and can spread quickly through an early childhood education and care service if preventative action is not taken. Gastro is usually caused by a virus but sometimes by bacteria or parasites. Infections of the gut cause diarrhoea and sometimes nausea, vomiting and fever. Other symptoms may include stomach cramps, muscle aches and headache. Vomiting usually settles quickly but diarrhoea may last for a week or more. Someone with gastro is infectious while they have the symptoms and potentially for at least 48 hours after the symptoms have stopped. The onset of diarrhoea and/or vomiting in two or more people at the centre over 1-3 days suggests that a gastro infection is spreading within the service. When this happens, you must notify the nearest public health unit as soon as possible. Service providers can help protect children, staff and themselves by:

#### 1. Excluding unwell children and staff

NSW Health advises parents to keep children at home if they have vomiting or diarrhoea until at least 24-48 hours after the symptoms have stopped. This exclusion period also applies to all staff with gastro symptoms.



## 2. Upholding hygiene standards

The most effective way to contain the spread of gastro in an early childhood service is to enforce exclusion of unwell staff and children and practice good hygiene. This includes:

- cleaning surfaces regularly with warm water and detergent. This includes toilet seats, door handles, taps, tables and chairs. The local public health unit will advise on the additional cleaning and disinfection that will be necessary in the case of an outbreak
- washing hands thoroughly before and after preparing meals, eating, toileting and nappy changes and always after removing gloves
- limiting access to toys/objects which cannot be cleaned easily, such as play dough and soft toys
- supervising children during toileting and hand washing (using soap and water) and educating them about the importance of hand washing
- using disposable gloves to handle clothes that have been soiled storing food correctly and throwing out food and water which may be contaminated.

## 3. Educating parents

Ensure parents know the signs and symptoms of gastro and why they need to keep their child at home if they are unwell. Ensure parents are aware of the requirement to exclude unwell children from care.

### **For more information:**

NSW Ministry of Health Website

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/gastroenteritis-outbreaks.aspx>

Call NSW Ministry of Health

Within Australia (02) 9391 9000

Outside Australia 61 2 9391 9000

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South Western Sydney  
Local Health District





### EARLY CHILDHOOD EDUCATORS DAY – SEPTEMBER 4

Early Childhood Educators Day recognises and celebrates the work of Australia's educators in early learning centres (long day care centre based), kindergarten/preschool services, family day care,

occasional care and Outside School Hours Care (OSHC), for their wonderful contribution to the wellbeing and healthy development of the young children in their care. Find out more at: [earlychildhoodeducatorsday.org.au](http://earlychildhoodeducatorsday.org.au)

### TALK LIKE A PIRATE DAY – SEPTEMBER 19

Talk Like a Pirate Day™ is nationally recognised as the major fundraiser for Childhood Cancer Support, is an opportunity to polish ye hook and say “AHOY there, me hearties” to all ye mateys, school crew and work mates. Find out more at [talklikeapirateday.com.au](http://talklikeapirateday.com.au)

## SPRING TIME PIZZA



PREP 10 min | SET 60 min | MAKES 12-16

PREP 10 min | COOK 10-15 min | FEEDS 4

#### INGREDIENTS

- 1 cup (250 grams) ricotta
- 2 heaped tablespoons parmesan, grated zest of 1 lemon
- 4 sprigs thyme, leaves picked
- 4 wholemeal pita breads
- 1 zucchini, cut into thin ribbons using a speed peeler
- 6 stalks of asparagus, cut into thin ribbons using a speed peeler
- 1 tablespoon extra-virgin olive oil
- 3/4 cup (75 grams) shredded mozzarella (or tasty cheese)
- 100 grams turkey breast, shaved
- 1/2 cup (125 ml) basil pesto
- tomato wedges and extra pesto, to serve

#### METHOD:

Preheat oven to 200 degrees Celsius (390 F). Line 2 oven trays with baking paper and set aside. Place the ricotta, parmesan, lemon zest and thyme into a small bowl and mix to combine. Place the pita breads onto the oven trays. Divide the ricotta mix between the pita bread and spread evenly to cover each base. Place the zucchini and asparagus ribbons into a bowl, add the olive oil and toss to combine. Top each pita with the zucchini/asparagus mixture, shredded cheese and turkey. Dot each pizza with pesto and bake for 10-15 minutes or until golden and cooked. Allow to cool slightly before slicing into chunky pieces and serving alongside tomatoes wedges and pesto.

Recipe and Image from 'mylovelylittlelunchbox.com'

## App reviews

Apps for learning and challenging fun.



### BANDIMAL

\$5.99 | YATATOY

**Introduce your kid to the joy of making music!**

BANDIMAL is a fun and intuitive music composer that lets kids discover the creative world of making music. Set up a drum loop, swipe through animals to change instruments, compose melodies, change loop speeds and add a quirky effect on top.

### SORTING GAME FOR PRESCHOOL KID

MyFirstAPP Ltd. | FREE

**Tidying up has never been more fun.** Teach your child about sorting and arranging with this fun, sorting application. This application helps develop conceptualisation, visual perception and fine motor skills. With parental assistance it can also develop language skills.

### TEACH YOUR MONSTER TO READ

Teach Monster Games LTD.

**Teach Your Monster to Read is an award-winning phonics and reading game that's helped millions of children learn to read.** Children create a monster and take it on a magical journey over three extensive games - meeting a host of colourful characters along the way and improving their reading skills as they progress. Covers the first two years of learning to read, from matching letters and sounds to enjoying little books.



## FOCUS: Climbing trees is safer than organised sport



### So why are parents so scared of it?

There's a big pine tree in our side yard. It's around 50 feet tall and holds a magnetic attraction for my children and their friends. It's not uncommon for me to step outside and hear a small voice from up in the sky, shouting, "I'm up here!" Sure enough, a small body waves enthusiastically from a high branch. Eventually they come down, covered in sap and scratched by branches, but delighted by their conquest. (Then I show them how to rub butter into the sap, and then wash it off with soap and water.)

I never stop them from climbing that pine tree (or the magnolia or the pear) because I believe it's so important for them. On a physical level, climbing trees builds muscular strength and flexibility, develops motor skills and depth perception, teaches them to assess a branch's size and ability to hold them, and forces them to concentrate.

On an emotional level, it's a pure thrill to attain such heights, to be out of reach of parents and safety, to be in control of pushing their own boundaries. It gives them a space for imagination to run wild and to feel connected to nature. It instils confidence and, in a way, makes them safer overall because they become more capable humans.

**But what about injury? This is the niggling doubt at the back of every parent's mind.**

Falling out of a tree is always a possibility (I did it as a kid and broke my arm, which I later perceived as a badge of honour in the kid world), but compared to other injuries, tree-climbing is a non-issue. Rain or Shine Mamma cites a 2016 study from the University of Phoenix:

"Researchers surveyed 1,600 parents who let their children climb trees and found that the most common injury by far was scraped skin. Only 2 percent of the parents responded that their child had broken a bone, and even fewer had suffered from a concussion. Meanwhile, more than 3.5 million American children under the age of 14 receive medical treatment for injuries from organised sports every year." This shows that if a parent were truly serious about injury prevention, they'd never sign their kid up for organised sports. But that's a ludicrous thought. Most parents wouldn't for a second doubt that the benefits of sport outweigh the risks. So why don't we do that with tree-climbing and other free play activities in nature?

It's time to let go and "let grow" (as Lenore Skenazy's free-range play organisation is called). Don't get hung up on statistically negligible injuries and let your kids climb trees to their hearts' content. Maybe even join them once in a while. I have yet to scale the pine, but you never know...

Source: Martinko, Katherine (2019, April 8). Climbing trees is safer than organized sport, Treehugger.com  
Retrieved from <https://www.treehugger.com/family/climbing-trees-safer-organized-sports.html?fbclid=IwAR2-B6dtnx1cruk2toX8ax-3iCp6SK55oEAZR-yeBWwMfoCBCzjDCmU78bl>

## SIMPLE MATH ACTIVITIES USING MANIPULATIVES

**Counting bears or counting animals are a wonderful tool to have in your home for use now but also as your children enter Primary School. You can use them to sort, count or use them with patterns. These multicoloured manipulatives can be purchased cheaply online or in most toy stores. You could also use the houses from monopoly or Lego blocks.**

**Patterns with bears:** In word create some simple pattern cards to help get your child started, like the ones in this picture, or simply download these ones via the link. The first page is an AB pattern, meaning two colours alternate in the pattern. The second page is an ABC pattern, meaning three are three colours in the pattern. For this activity, your pre-schooler will set the coloured bear on top of the matching colour to create a pattern. On the ABC pattern cards, the last circle is left empty. That is for your child to tell you what colour it should be.



**Sorting colours with bears:** Another way to use these tools is for sorting activities. Sorting is a key mathematics skill and these activities provide the foundation for early numeracy learning. Children can sort the bears into colours, if you have different animals, they could sort them into types of animals too.

You can download and print both activity cards via the link below.

Source: Teaching Mamma (2019, August 10). 15 Hands-On Math Activities for Preschoolers Retrieved from <https://teachingmama.org/15-hands-on-math-activities-preschoolers/>



## HEALTH & SAFETY: Water Safety

Whether at home, visiting family and friends or on holiday, it is always important to keep safety in mind when children are in or near water. Drowning is the number one cause of death for children under five. Drowning can occur quickly and quietly, without any warning noises. Sadly, on average, one child dies each week in Australia as a result of preventable drowning.

### Toddlers are most at risk near water

Toddlers aged between one and three years are most at risk, because they are mobile and curious, but don't understand the danger of water. You can always considerably reduce the risks by supervising your child around water and by teaching them to swim.

Taking precautions to reduce the risk of drowning around your home is also very important. A toddler or child can drown in five centimetres of water. Every exposed water source, no matter how shallow, poses a significant danger.

It is important to provide barriers to prevent access to water sources. You should also learn resuscitation techniques so that you know what to do if you are faced with an emergency.

**Supervise your children around water** - the most important preventive tactic is always to supervise your child around water. This means actively watching them, keeping them within arm's reach and not just glancing up every now and then. Don't assume they will splash and yell for help if they get into trouble. **Twenty seconds is all it takes for a toddler to drown.**

**Learn first aid** Emergency medical treatment for young children or babies isn't always the same as for adults, which is why all parents should take an infant or child first aid course that includes cardio-pulmonary resuscitation (CPR).

### Water safety around the house

Suggestions for reducing the risks of your child drowning in and around the home include:

- Never leave an older child to supervise the younger child in the bath.



- Always supervise your child in the bath.
- Take your child with you if your telephone or doorbell rings while supervising your child in the bath.
- Empty the bath immediately after use.
- Always keep the doors to the bathroom and laundry securely closed.
- Use a nappy bucket with a tight-fitting lid, and always keep the bucket closed and out of your child's reach.
- Cover ponds, birdbaths and similar water sources with mesh.
- Keep pet water bowls, aquariums and fishbowls well out of little children's reach.

**Learn to swim** Swimming programs are available for children and babies, the emphasis is on building confidence and encouraging the child to enjoy water in the youngest programs, rather than teaching them to swim. Children can take formal swimming instruction from the age of four years. Water safety skills make up part of the tuition. Swimming is an extremely important life skill. Regardless of your child's ability never leave them unattended in or near water.

Better Health VIC (2019, July 10). Water safety for children. Retrieved from <https://www.betterhealth.vic.gov.au/health/healthyliving/water-safety-for-children>

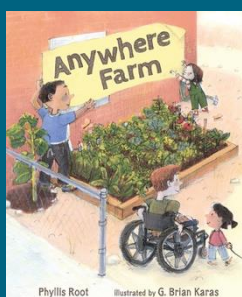
## Sustainability CORNER

### SPRING PLANTING

Growing your own fruits and vegies is such a rewarding activity, children of all ages can take part. Tending to your garden can become a part of your daily routine, a nice way to get outside each day and spend quality time together.

But what do you plant? Fruit trees, vegetables and herbs. What you can grow depends on the soil conditions and climate where you live. With a climate as diverse as Australia's, it's important to know which plants are best suited to your region so that you get the best results in your garden.

Bunnings has a great list that details which plants grow best in your region, check it out here: <https://www.bunnings.com.au/diy-advice/garden/planting-and-growing/what-to-plant-in-spring>



### Anywhere Farm – Phyllis Root

Is a beautiful story to read alongside building your own garden. Enjoy the rhymes and bright pictures.

Be inspired by the creative gardens and maybe even try out an odd pot yourself!



# National Child Protection Week Forums

- Putting children first

As part of National Child Protection Week NAPCAN is promoting a series of events throughout Australia to highlight key messages around the prevention of child abuse and neglect, including the new Navigating Waters research about the importance of language in creating better outcomes for children.

Townsville - Friday 30 August  
Canberra - Monday 2 September (FULL)  
Darwin - Monday 2 September  
Sydney - Tuesday 3 September (FULL)  
Alice Springs - Tuesday 3 September  
Hobart - Wednesday 4 September  
Melbourne - Wednesday 4 September  
Brisbane - Thursday 5 September  
Adelaide - Friday 6 September  
Perth - Friday 6 September (FULL)  
Bundaberg - Friday 6 September

**Click on events for direct links.**

Speakers vary from event to event including from FrameWorks Institute (US), Parenting Research Centre, NAPCAN, Children's Commissioners, Ministers, sector leaders, award-winning practitioners, topic experts and academics.

**For booking links go to [www.napcan.org.au/ncpw-get-involved-2/](http://www.napcan.org.au/ncpw-get-involved-2/)**

**NATIONAL CHILD PROTECTION WEEK 2019**  
**1st – 7th September**

**PROTECTING CHILDREN IS EVERYONE'S BUSINESS**





## Being Environmentally Responsible

*Sustainability is more than gardening, worm farms or composting. As educators, we have to think beyond these green activities. Sustainability has shifted away from being just about environmental education to thinking about it as education for sustainability (Davis, 2010). Although both education threads are separate, they are certainly not isolated. Education for sustainability is about linking the 'about' with the 'doing'. - Yvonne Paujik Curriculum Lead Teacher Campus Kindergarten University of Queensland*

### Within our service children:

- **Connect with the natural world** Children use their senses to explore their surroundings through free play and guided discovery.
- **Learn to care for the environment through** Play and directed activities. This may be sorting items into their correct bins, caring for 'injured' wildlife, planting gardens, observing wildlife.
- **Observe sustainable practise** through modelling from our educators and daily practise.

Being environmentally responsible is neither a subject nor an 'add on', it is a way of thinking, a way of practice. Education for sustainability is interdisciplinary and involves different members of the community with different expertise and knowledge collaborating together to tackle issues that affect sustainability.

We hope children think of sustainability as being broader than the environment, to thinking about how people and change can influence every living thing. Encourage and support your child and the next generation at home by being environmentally responsible in every possible way.

**National Quality Framework | Quality Area 3:**  
*Physical Environment Element 3.2.3 Environmentally responsible*

# NATIONAL CHILD PROTECTION WEEK

National Child Protection Week is coordinated by NAPCAN starting on Father's Day on the first Sunday of September (1-7 September 2019).

The aim of the week is to engage members of the community in supporting families and protecting children.

### 2019 THEME

In 2019 National Child Protection Week focus on introducing a 'child development' communication frame to promote the messages that:

- Kids do well when parents are supported
- To raise thriving kids, parents need support to navigate life's choppy waters

### BACKGROUND ABOUT THE THEME...

This theme is based on evidence from the Frameworks Institute research commissioned by the Parenting Research Centre, which shows us the most effective way to talk about parenting and child wellbeing is with a 'child development' frame that:

- Focuses on children and what they need to thrive, rather than blaming or evaluating parenting
- Establishes the importance of interaction with parents and caregivers to child development, rather than assuming that young children simply grow
- Helps people see that
- circumstances shape options, rather than assuming that good parenting comes naturally to individuals
- Uses a 'navigating waters' metaphor where boats represent families/parenting, weather/hazards represent the circumstances that can affect us all, and lighthouses and safe harbours represent the support that we all need.

Changing the way we communicate and engage with families can take time and consideration. This is a whole new way of 'framing' the conversation about child wellbeing and parenting, which will require a long-term commitment from Australian organisations.

## LET'S PLAY HANDBALL

Short simple activities to get some active minutes in the day.

Do you remember this game from Primary School? All you need is a tennis ball and 2 or more connecting squares marked on any hard surface. The typical game requires you to have rallies similar to tennis by batting the ball back and forth, bouncing in your square first.

For this intro let's just see if you can get the ball from one person's square to another. This may be via typical hand batting or gentle throws. Throw the ball so it bounces in your square first and then into your child's. Practise this first and move up to batting from here.