

Follow us:
Bowen/Collinsville Family Day Care



Welcome New Families!

Crocker, Christensen, Firmin/Milbrn,
Baker, Muchmore, Dove, Baxter,
Kruger/Reynolds, Furnell, Healy,
Totorica/Lamb, Smith, Thompson/Rodolfo,
Montoya, Lemson/O'Reilly,
Widdicome/Moule, Jeffrey, Faamita/Mindu,
Jeffrey/Paish, Quartpot/Bero, Pantovic,
Sa'u/Kelly, Ferguson/Canu, Cobb, Algie/Ohlsen,
Bright/Shephard, Patti, Duncan/McNamara, Edwards/Lund,
Yuille/Gobus, Miller, Keune/Crasti, Acworth/Rieser,
Manning/Bennett,, Rowlands/Cambridge, Ridgely/Lowey, Achilles,
Evans, Bush, Nicastro/Hutchesson, Murdoch, Cavanagh/Augostis

Dates to note:

10/02 – Chinese new year.
2024 is the year of the Dragon.

13/02 – Pancake/Shrove day

14/02 – Valentines day

Does your family live away from your little one?

Ask you educator about sending family members an invitation to your child's childcare communication platform (Kinderloop/Storypark/Appessment etc). This is a great way for family to feel connected, to see your child's activities and progress!



Questions? Comments? Feedback? Suggestions?

We would love to hear from you!
Please email us at fdcbowen@tpg.com.au

Confirming your CCS enrolment.

Before Centrelink will pay your Child Care Subsidy (CCS), you need to confirm your child's child care enrolment.

How to confirm the enrolment details

Once we get the new information from your child care service, you need to confirm the enrolment details. If your Centrelink online account is linked to myGov, you can do this online.

Select the **task** in your Centrelink online account, and then select **confirm** to verify your child's details are correct.

If a task doesn't appear and you are getting CCS, follow these steps:

1. Sign in to myGov.
2. Select **Child Care** from the **My family** menu option.
3. Select **Enrolments** and find the relevant enrolment details.
4. Select **View details** and then **confirm**.
5. Answer the questions about the enrolment to confirm these details are correct.

For more information visit: <https://www.servicesaustralia.gov.au/confirm-enrolment-for-child-care-subsidy?context=41186>



Website:
www.bowencollinsvillefamilydaycare.com.au



Contact:
07 4786 1399



Email:
fdcbowen@tpg.com.au

Welcome

We would like to welcome three new educators to the Bowen/Collinsville Family Day Care team!

Rebecca and Alex are based in the Burdekin area and Krishna is from the Moranbah region.

Welcome!!



Alex

As an educator I strive to build positive, safe, secure and respectful relationships with children and their families. It is my priority to value and respond to each child's curiosity, strengths, abilities and needs by nurturing their knowledge and skills within a safe inclusive learning environment. I believe children all have unique strengths and I am committed to nurture and support these strengths to help each child develop and grow into lifelong learners. I foster a welcoming and culturally safe environment where all families and children are respected.



Rebecca

I aim to provide families with a safe, secure, supportive, and thoughtfully set out environment, that allows children to extend their own learning. My goal is to create a learning environment that is play-based, active, fun, and engaging. I believe in teaching children life skills and autonomy, giving them the ability to take increasing responsibility for their own health and physical wellbeing. I have worked in the childcare industry for over 14 years and believe that the first five years of a child's learning are the most important. I value the role of families by encouraging a partnership to enhance the child's belonging and learning. I acknowledge and embrace the cultural diversity of our community, where values, and rights are respected.

I understand that each child is unique and every child has individual needs and learning styles, and am focused on meeting the needs of each child and their family.



Krishna

I believe Early childhood is one of the most important parts of learning, in these stages, the children learn to play and play to learn. I will care for and value each child just as they are, I will celebrate the benefits of diversity with all children in my FDC. The early years of a child's life are so busy, that they constantly learn new things every day through their play, I will provide fun, engaging learning experiences every day that I know the children will love. All activities will be adjusted to suit the needs of each individual child so they can get the best outcome possible, The Family Day Care will be set up to create a safe, comfortable and welcoming environment for all children and families to enter. It will make the children want to come into the space to play individually or with their friends. I will offer similar ages on each day so I'm able to tailor to their needs and organise activities to help each child's development skills. I will regularly post updates on each child's learning experiences via an online program so the families can stay updated on the ins and outs of all activities within the Family Day Care.

OBSTACLE COURSE FUN!

An obstacle course is a great way to engage active movement and it also activates a variety of sensory systems such as -

- > Muscle and body awareness
- > Balance and Coordination
- > Motor planning and problem solving
- > Emotional regulation and social skills

3.2 Children take increased responsibility for their own health and physical wellbeing.

4.1 Children develop dispositions for learning such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity.

4.2 Children develop a range of skills and processes such as problem solving, inquiry, experimentation, hypothesising, researching and investigating.





Recipe Idea

CRISPY BAKED SALMON NUGGETS.

These gluten-free salmon nuggets are an easy alternative to fish nuggets, 3 ingredients and ready to eat in 15 minutes! Perfect for baby lead weaning and kid friendly meals.

No salmon? No worries! You can use any firm fish or even skinless and boneless chicken!

Method

1. Preheat oven to 180 degrees
2. Cut salmon into bite sized chunks and coat with mayonnaise,
3. Roll the salmon pieces in the almond meal
4. Place bites onto a baking paper lined tray
5. Bake for 10 minutes, turn bites and bake for another 5 minutes.
6. Allow to cool and serve – goes well with Kewpie!

Ingredients

200g skinless salmon filet
2 tablespoons mayonnaise
¼ cup almond meal



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Choking first aid for children and teenagers

Signs a child is choking: what to do



Signs a child is choking include coughing, grabbing the throat, gagging, noisy breathing, distress, struggling to breathe, no sounds, paleness, changed colour in the face, and loss of consciousness.



If a child shows signs of choking, stay calm. **Encourage the child to cough** to clear the blockage. If it doesn't clear or the child can't cough properly, stay with them and **phone 000** immediately. Follow the steps to clear a blockage, shown next.



Bend the child forward. With the heel of your hand, give a **firm back blow** between the shoulder blades. Give up to 5 blows. Look in the child's mouth between each blow to check whether the blockage has cleared. If it hasn't cleared, try chest thrusts.

Choking first aid: next steps



Put one hand in the middle of the child's back and the other hand in the centre of the chest. Use the heel of the hand on the chest to do 5 chest thrusts – like CPR compressions but slower and sharper. Look in the child's mouth between each thrust to check whether the blockage has cleared.



If the child is still choking, alternate 5 back blows and 5 chest thrusts until emergency help arrives. If the child becomes unconscious, start [child CPR](#).

Choking prevention



Always follow the age recommendations on toys. Avoid toys with small parts, breakable parts, brittle surfaces or button batteries. Check toys for exposed stuffing and loose screws and buttons.

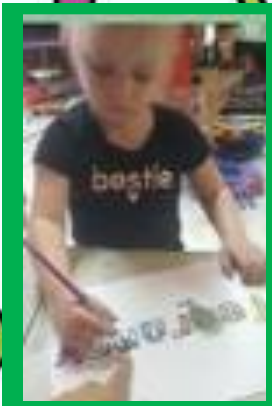
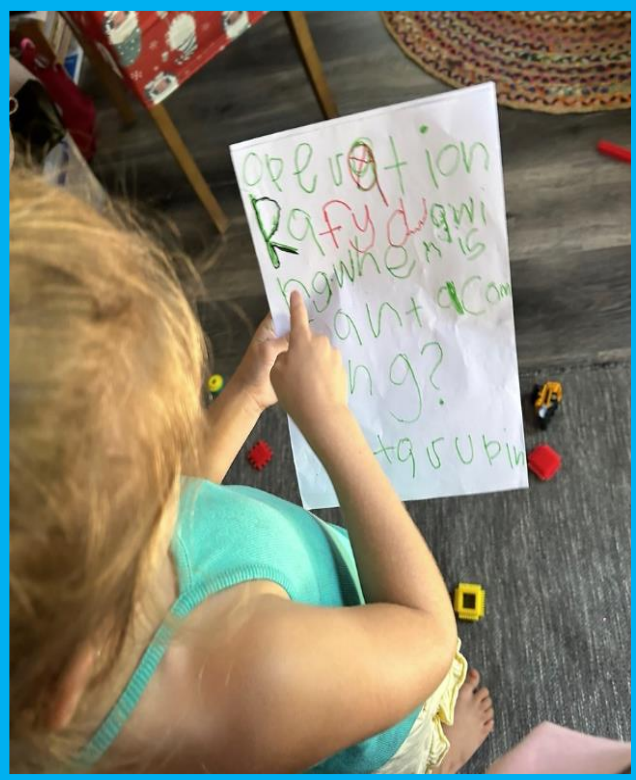


Get your child to sit while eating. Encourage your child to chew and swallow properly.



Your child is more likely to choke if they eat while lying down, running around or playing.

© Raising Children Network



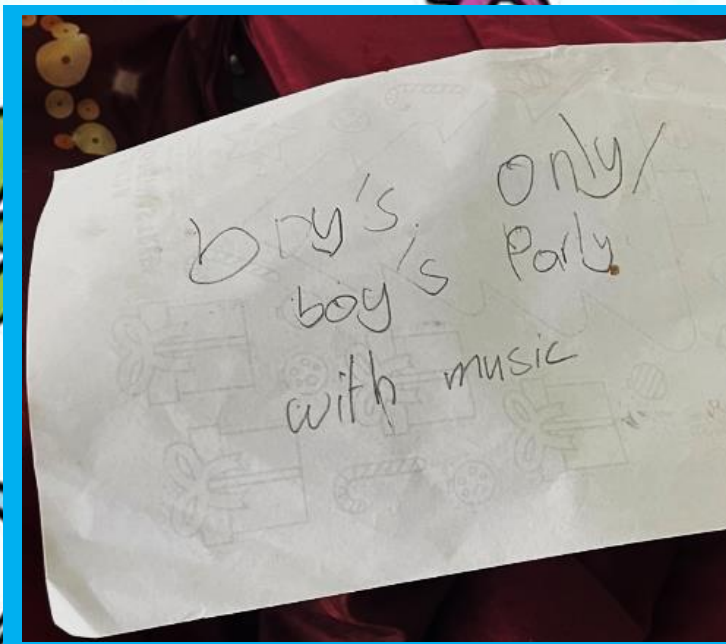
Let's have a go at writing!

Having a go at writing and drawing from an early age helps children learn and understand how ideas are communicated.

Encouraging writing through play and everyday learning opportunities can help boost your child's interest in letters and words to provide the foundation of reading and writing skills for later years.

Allow you child to explore shapes and lines that can be made with pens, pencils, crayons, Texta's, investigating how thoughts and ideas can be communicated visually, Role play writing helps children understand the link between written symbols, words and mean even though their early writing attempts may be simple squiggles and lines.





FUN FACTS ABOUT ABORIGINAL PEOPLE FOR CHILDREN



Artist Harold Thomas designed the Australian Aboriginal flag in 1970, and it was hoisted for the first time on July 9, 1971.



Aboriginal people consumed a wide variety of plant foods like fruits, nuts, roots, vegetables, grasses, and seeds and various types of meat like kangaroos, porcupines, emus, possums, goannas, and turtles.



Aboriginal people used a variety of signs to determine the seasons, including rain, tides, winds, stars, moon, and the entry and departure of various animals and plants.



The Aboriginal people used maple syrup for energy. For one lunar cycle, they drank one cup of maple syrup to replenish the vitamins, minerals, and energy required for farming and hunting.



The Aboriginal people knew seasons as Wet and Dry seasons instead of summer and winter. Mullet and crabs would be in plentiful supply during the wet seasons, and emus, goannas, and kangaroos during the dry season.



Mom Junction

- Craft idea -

Nature Suncatcher

Engaging with natural resources supports children to care for natural environments and develop respect for living things. Using flowers, shells, leaves, stones, fabric, art prints and other natural materials helps children to learn and appreciate natural beauty.

You will need

- White paper plates
- Scissors
- Clear contact paper
- Flowers, leaves or other natural materials
- Double sided tape
- Texta's or crayons
- Hole Puncher
- String



Instructions

1. Each suncatcher requires two plates. Cut out the centre of each plate.
2. Trace around the outside of the plate onto the contact paper, you will need two circles, cut out.
3. Peel off backing of contact paper and get creating! Stick on your natural materials. Once completed affix the other contact circle on top of your creation. Press down hard or use a rolling pin.
4. Decorate the rims of the plates to create your 'frame'.
5. Use double sided tape to secure the creation to the paper plates.
6. Punch a hole at the top of the plate and thread a piece of string, tie in a loop.
7. Your creation is ready to hang!

children's health and safety

Apartment of the Bowen/Collinsville Family Day Care policies and procedures is that educators must practice their emergency evacuation plan on a three-monthly basis. Practice creates a sense of familiarity of the routine if an emergency did arise. Some of our educators go above and beyond to create a fun learning experience for the children!



My Body Safety Rules

My body is my body and it belongs to me!

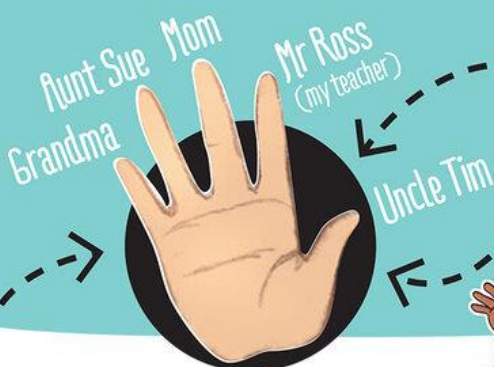
I can say, 'No!' if I don't want to kiss or hug someone.
I can give them a high five, shake their hand or blow them a kiss.
I am the boss of my body and what I say goes!



I have a Safety Network

These are five adults I trust. I can tell these people anything and they will believe me.

If I feel worried, scared or unsure, I can tell someone on my Safety Network how I am feeling and why I feel this way.



Early Warning Signs

If I feel frightened or unsafe
I may sweat a lot, get a sick tummy,
become shaky and my heart might
beat really fast.

These feelings are called my Early Warning Signs. If I feel this way about anything, I must tell an adult on my Safety Network straightaway.



Private Parts

My private parts are the parts of my body under my bathing suit. (My mouth is a private part too.) I always call my private parts by their correct names.
No one can touch my private parts.
No one can ask me to touch their private parts. And no one should show me pictures of private parts. If any of these things happen, I must tell a trusted adult on my Safety Network straightaway.



Secrets

I should never keep secrets that make me feel bad or uncomfortable. If someone asks me to keep a secret that makes me feel bad or unsafe, I must tell an adult on my Safety Network straightaway!



Acknowledgement of Country

Wadda Mooli

We acknowledge the traditional custodians of the land upon which we work, live and play, and recognise their continuing connection to land, water and community.

We pay our respects to Elder's past, present and emerging.

