



MONTHLY NEWSLETTER

June 2025

Follow us:
Bowen/Collinsville Family Day Care



Welcome New Families!

Seri, Watt, Bell,
Skladaniec/Lee,
Leilua/Dodd,
Trembath, Ashton,
Reid/Dowson, Bell,
Smallman/Weaver,
Dower/Harding, McCallon



Dates to note:

5th – World Environment Day

8th – World Ocean's Day

CONGRATS!



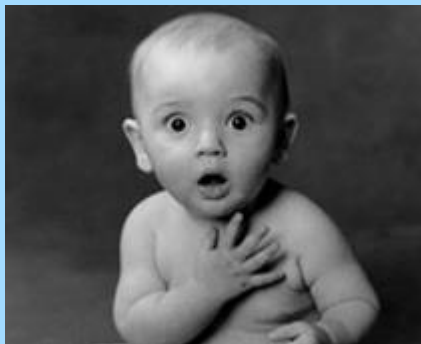
Congratulations to Lisa Blanch on

achieving **25 YEARS** as a
Family Day Care Educator!

Oh the lives you have had an
impact on since the year 2000...

STATE SCHOOL HOLIDAYS

28 JUNE – 13 JULY



***A child's CCS enrolment will cease after not being in care for 14 weeks. ***

Please let the Coordination Unit know if you have school aged children attending for vacation care so we can ensure that the child has a timesheet, and that the child had a CSS enrolment.

All children MUST have a CCS enrolment in place BEFORE care is provided.

CENTRELINK DEBT

Sometimes overpayments happen. If this does occur, you can make an arrangement with Centrelink to make repayment

Did you know?!

Thant if you do not set up a payment arrangement, Centrelink can withhold some of your Child Care Subsidy to redeem the debit?

Centrelink can also access your tax return to redeem the debt?

Be sure to update any of your personal details with Centrelink as changes take place.

For more information:
<https://www.servicesaustralia.gov.au/if-you-dont-take-action-to-repay-centrelink-debt?context=60271>

NATIONAL FAMILY DAY CARE WEEK

Celebrating the vital role family day care plays in the development and wellbeing of children in Australia.



FREE PROGRAM FOR PARENTS

ParentWorks

Parenting that works for you.

ParentWorks is a **free** online program for Australian parents and caregivers of children 2 to 17. It is an **'evidence-based'** program, which means that the program has been tested in research and found it be effective in improving parenting skills, parenting confidence and child behaviour.

Parents and caregivers may find this program helpful for:

- Managing challenging child behaviours such as tantrums, aggression, noncompliance, inattentive or hyperactive behaviour, sibling conflict, getting ready for school and/or bed, and behaviours outside the home, such as problems in the supermarket

- Increasing their confidence in parenting
- Working as a team with their partner

ParentWorks is entirely self-directed, which means that you work through the program on your own and there is no assistance from a professional during this program.

For more information visit:
<https://parentworks.org.au/>

Happy Mother's Day



HEALTHY lunchbox snacks



Swap snacks that are high in fat, sugar, salt and low in fibre for quick and easy healthy snacks!

HEALTHY SNACK IDEAS: ✓

- ✓ Pikelets
- ✓ Fruit bread
- ✓ Plain rice cakes
- ✓ Air-popped popcorn
- ✓ Wholegrain crackers
- ✓ Reduced fat yoghurt
- ✓ Reduced fat cheese
- ✓ Vegetable sticks eg celery, carrot, capsicum
- ✓ Cherry tomatoes
- ✓ Corn cob
- ✓ Cucumber
- ✓ Fruit (whole or sliced) eg grapes, orange segments, kiwi fruit, mango slices, pear, apple, banana



X SNACKS BEST LEFT OUT OF THE LUNCHBOX:

- X Muffins and cakes
- X Sweet biscuits
- X Savoury biscuits
- X Muesli bars
- X Sweet rice bars
- X Fruit straps
- X Chocolate
- X Lollies
- X Potato chips
- X Corn chips
- X Processed cheese & biscuits
- X Soft drink
- X Flavoured milk
- X Fruit drinks



swap!



This resource was developed and designed by the Health Promotion Service, Western Sydney Local Health District, with contribution by South Eastern Sydney Local Health District and Illawarra Shoalhaven Local Health District.

Bridging Now to Next





PROTECT YOUR LITTLE ONES AGAINST THE FLU



Flu can be serious for children and can lead to hospitalisation.

The 2025 influenza vaccine is **FREE** for children aged 6 months to 5 years.

Talk to your health professional about the influenza vaccine today.



Dinosaur Day



HOW TO IMPROVE MENTAL FITNESS IN CHILDREN

Mental fitness refers to a child's ability to cope with the challenges of life. To Improve your child's mental fitness:



Make Time for Family Meals:

Family meals are a great opportunity to connect with your children and teach them healthy eating habits.



Encourage Outdoor Play:

Daily outdoor play is important for children's physical and mental health, as it supports their independence and resilience.



Limit Screen Time:

Try to limit screen time to one hour per day or less, as too much can be harmful to children's sense of anxiety and self-esteem.



Encourage Positive Self-Talk:

Help children identify and reframe negative thoughts from "I can't do this" to "I can try my best".



Teach Them Relaxation Techniques:

Techniques like deep breathing can help children calm down and manage stress in difficult situations.



Promote Social Connections:

Help children develop and maintain close friendships by encouraging them to participate in clubs that interest them.



Craft idea using natural materials.

Using contact, draw an image on the reverse side of the contact and peel off, affix to an outside wall or fence. Invite the children make their own design using natural materials found in the outdoor space.



FREE PROFESSIONAL DEVELOPMENT !



The First Nations Cultural Awareness course is for all staff who work in Early Childhood Education and Care (ECEC) - administrators, educators and any other staff. This course will help you:

- Learn about the impact of colonisation on the First Peoples of Australia.
- Hear about the experiences of First Nations Australians in our community and ECEC settings.
- Discover some actions that can be taken in the ECEC environment to support First Nations children, families, staff and communities.

The program is available via the Department of Education's Geckko platform.

https://learning.education.gov.au/view_course/43

Educator Spotlight

Sue-Ellen Gatton

Suzie's Family Day Care



Location: Proserpine

How long have you been an educator? Nearly 18 years.

What are your favourite things about being an educator?

Engaging with the children as they grow, learn, and develop. Watching the children share, talk, and laugh with each other makes the day brighter. Making strong connections with the families.

How would you describe Suzie's Family Day Care? A Safe, homely feel and family-oriented daycare home makes each day meaningful for all of us. It's special to be a part of these moments and to have a loving and supportive environment.

Do you have any tips for your fellow educators? Relax, don't overthink things, and let children be children. I always believe it's important to slow down and enjoy our time together, being in the moment.

Are you happy for other educators to reach out and connect with you? Absolutely. We all have different experiences, ideas, and struggles. It's great to communicate, share, and learn from others.



Lunch box idea

Stuffed dates

Dates are nutritious, high in fibre and are naturally sweet! Swap the processed sweet and add in some dates!

Have you tried dates stuffed with peanut butter or cream cheese?

Simply cut the date in half and remove the seed. Fill each half with either peanut butter or cream cheese, serve and enjoy!

7 TIPS TO BOOST YOUR TODDLER'S SPEECH



DESCRIBE EVERYTHING

Explain where you are, what you are doing, what you can see. Describe life as a toddler may see it.



ASK QUESTIONS

Yes, even if they cannot reply yet. Put plenty of intonation into it so they understand it is a question.



TELL STORIES

Get their imagination going with a simple object or person and tell them all about it.



BE POSITIVE

Talking and speaking is not just giving orders. Make speaking fun and positive all the time.



AVOID BABY TALK

Children understand a lot more than we think. Use simple but real language when talking to them.



GESTURE MORE

It has been shown that non-verbal communication also matters hugely to children's understanding



STOP AND LISTEN

Give them a chance to respond and reply. Let them express themselves and be more patient.



Acknowledgement to Country Wadda Mooli

We acknowledge the traditional custodians of the land upon which we work and live, the Juru people of the Birri Gubba nation, and recognise their continuing connection to land, water and community.

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

