

MONTHLY NEWSLETTER

MARCH 2026



Welcome new Families!!

Williams-Togo, Kim/Morandi, Lane, Shephers/Mosely, Dales/Grenich, Thompson, Bird/Payne, Gray/Bradbury, Male/Hutchinson, Woods/Ririnui, Hazel, Youse, Nguyen, Crockferd, Payard, Bowering, Tonion-Smith, Dobson/King-Turner, McCammon/Powell, Cullen, Hildebrant, Pilcher, O'Connor/Arrow,

Head/Gorton, Nightingale/Rose, Edwards, Clarke Vodioka, Meiklejohn, Deas/Wilson, Danville/Kraut, Reyes/Dayrit, Butterworth/Mellors, Matthews, Serry/O'Brien

CCS and subsidised hours

Centrelink will assess your activity level on the hours of recognised activities you do and the type of activity you're doing. Centrelink will use your activity level to work out how many hours of subsidised childcare you can get each fortnight.

If you have a partner, the assessment will look at both of your activity levels. Centrelink will use the lower of your or your partner's activity level to work out your hours of subsidised care.

The hours of subsidised childcare is what you can access per fortnight – if you exceed your allocated hours, CCS will not be applied to these hours.

If subsidised hours have been reduced, or if you believe you are eligible for more hours - parents need to contact Centrelink.

<https://www.servicesaustralia.gov.au/recognised-activities->

Date claimers

17/03 - Pancake day

17/03 - St. Patricks Day

17 – 23rd - Harmony Week

19/03 - Close the Gap

21/03 - World Down Syndrome Day

Find Us On  facebook

www.bowen.com.au

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admin@bowen.collinsville.familydaycare.com.au

Welcome
BACK!



After a break from Family Day Care

Carla and Tash

Are re-joining the team!!

Both based in Bowen, we are grateful to have quality Educators re-join our Team!!

SECTOR UPDATE!!

Mandatory national child safety training

All persons with management or control, nominated supervisors, persons in day-to-day charge, Family Day Care Educators and other staff, volunteers and students in the early childhood education and care (ECEC) sector must complete mandatory national child safety training.

Packed with Goodness.

What does a healthy snack look like?

Reaching for healthy snacks has many benefits including managing portion size, reducing the amount of added sugars, saturated fats and salts, adding wholegrains, vegetables or fruits and saving money. Choose from the five food groups and encourage children to get involved in learning how to make healthy snacks too.



Supported by



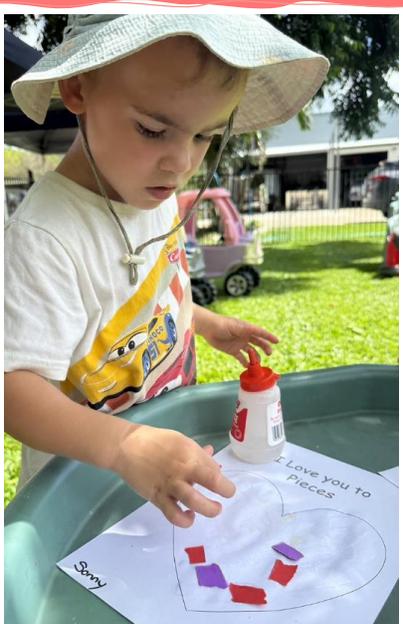
Crunch&Sip®

Happy Valentine's Day

3.1 Children become strong in their social, emotional and mental wellbeing.

5.3 Children express ideas and make meaning using a range of media.

5.4 Children begin to understand how symbols and pattern systems work.





FIRST THINGS FIRST

PREVENTING TOOTH DECAY

Tooth decay is caused by bacteria and sugar in the mouth, but you can help prevent it.

BRUSH HER TEETH TWICE A DAY.



AVOID sticky, chewy, high-sugar foods.



DON'T let her carry around a bottle or sippy cup of milk, juice, or sugary drinks between meals.



DON'T put her to bed with a bottle or food.



Take her to a dentist around her first birthday.

Pregnancy to 2 Years

THE FIRST 1000 DAYS
- A CRITICAL PERIOD OF DEVELOPMENT

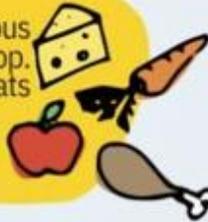


A child's brain develops more quickly in the first 1000 days than at any other time in their life

Children thrive in healthy environments and communities with access to what they need, where they need it



Children need nutritious food to grow and develop. Pre-birth, a baby eats what their mother eats



It is the experiences and relationships children have that assists their brains to grow



A baby begins hearing and listening to voices in the womb - it's never too early to talk, read or sing to your child

Playing together helps brains develop. Let's have some fun exploring and learning together



A loving, secure and safe relationship with one or more caring adults is the biggest protective factor for children in the first 1000 days



The first 1000 days of a child's life is a key period which shapes their development and wellbeing, now and for the future



www.b4.education.tas.gov.au
Supporting the Early Years

TASMANIAN
GOVERNMENT
INITIATIVE



Educator Spotlight



Rosemarie Laidlow

ROSE'S BUSY BEE'S CHILD MINDING

Location: Ayr.

How long have you been an Educator: I commenced working in a local child care centre in 2003 (23 years ago) before becoming a family day care educator in 2008. I rejoined the Bowen/Collinsville Scheme in 2016 after offering stand-alone care for three years.

What are your favourite things about being an Educator: I love that I have the opportunity to role-model and nurture each child's sense of empathy, compassion, care and belonging. I value the privilege of supporting a child's development and I absolutely love the meaningful connections with the children and their families. In 2008, an eight month old child began family day care with me. Seventeen years later, she asked my son to be her debut partner—a truly special moment. I've also been honoured to photograph Student's Balls, Graduations and Debuts of past children who are now so grown up. The spontaneous "Hey Rose!" shoutouts from car windows, the hugs, updates and memories shared when I run into former families are priceless. I also love that even after all these years, there are still hilarious 'first-ever' and 'what the heck' moments. I truly am so grateful for the many memories I will always cherish thanks to family day care.

How would you describe RBBCM: At Rose's Busy Bees, I view children as capable, active participants in their learning and recognise my shared responsibility as an educator and community member to support their wellbeing, identity, sense of belonging and unity. Having the capacity to view things from the child's perspective brings so much understanding especially when a child is transitioning into care. Forming strong secure connections is so important at RBBCM. This is why I strive to create a safe, nurturing, attentive environment where children feel secure, valued, respected and part of our family.

At RBBCM learning is supported through both planned and spontaneous experiences both most often child led. These experiences provide fun meaningful opportunities for children to discover, explore, imagine, problem-solve, invent and improvise and enables each child to develop their creativity, agency and observe how they can contribute to the world around them. Our environment supports this through a less is more approach and the purposeful selection and placement of resources. Time spent outdoors is prioritised to support holistic development and wellbeing, strengthening children's connection to the natural world whilst utilising what nature has to offer. Consistently role modelling and facilitating opportunities for the children to engage in warm, respectful, and reciprocal relationships, fosters kindness, empathy, resilience and unity through play and scaffolds the foundation of a child's learning and wellbeing whilst feeling at home.

Do you have any tips for your fellow Educators? Less is more – by supporting children to be curious, to imagine, to improvise, to reinvent we are supporting them to be critical thinkers and develop crucial lifelong skillsets. Follow the children's interests and see where it takes you.

Are you happy for other Educators to reach out and connect with you? Absolutely! I have much to learn and improve on. And I am grateful for those that have connected over the years as this has been invaluable.



SNACK IDEA: ROASTED CHICKPEAS

- 1 can chickpeas *rinsed and drained*
- 1 teaspoon olive oil
- ½ teaspoon garlic powder
- ½ teaspoon cumin
- Salt and pepper

Preheat air fryer to 200c.

Place chickpeas in a medium bowl and use a paper towel to dab them dry. Add olive oil, garlic powder, cumin, salt and pepper, and toss until the chickpeas are well coated.

Transfer the chickpeas to the air fryer and cook for 12-15 minutes, shaking the air fryer basket once or twice during cooking to ensure even cooking.

Allow to cool slightly and enjoy warm or completely cooled.

QA1.1.2 - Following Children's interests

FARM ANIMALS





Sustainability Craft Idea

RECYCLED BOTTLE TOP CURTAIN.

Ask your families for a variety of bottle tops.

Punch holes in the tops.

Have the children thread onto fishing line or twine.

What does this teach?

Fine motor skills

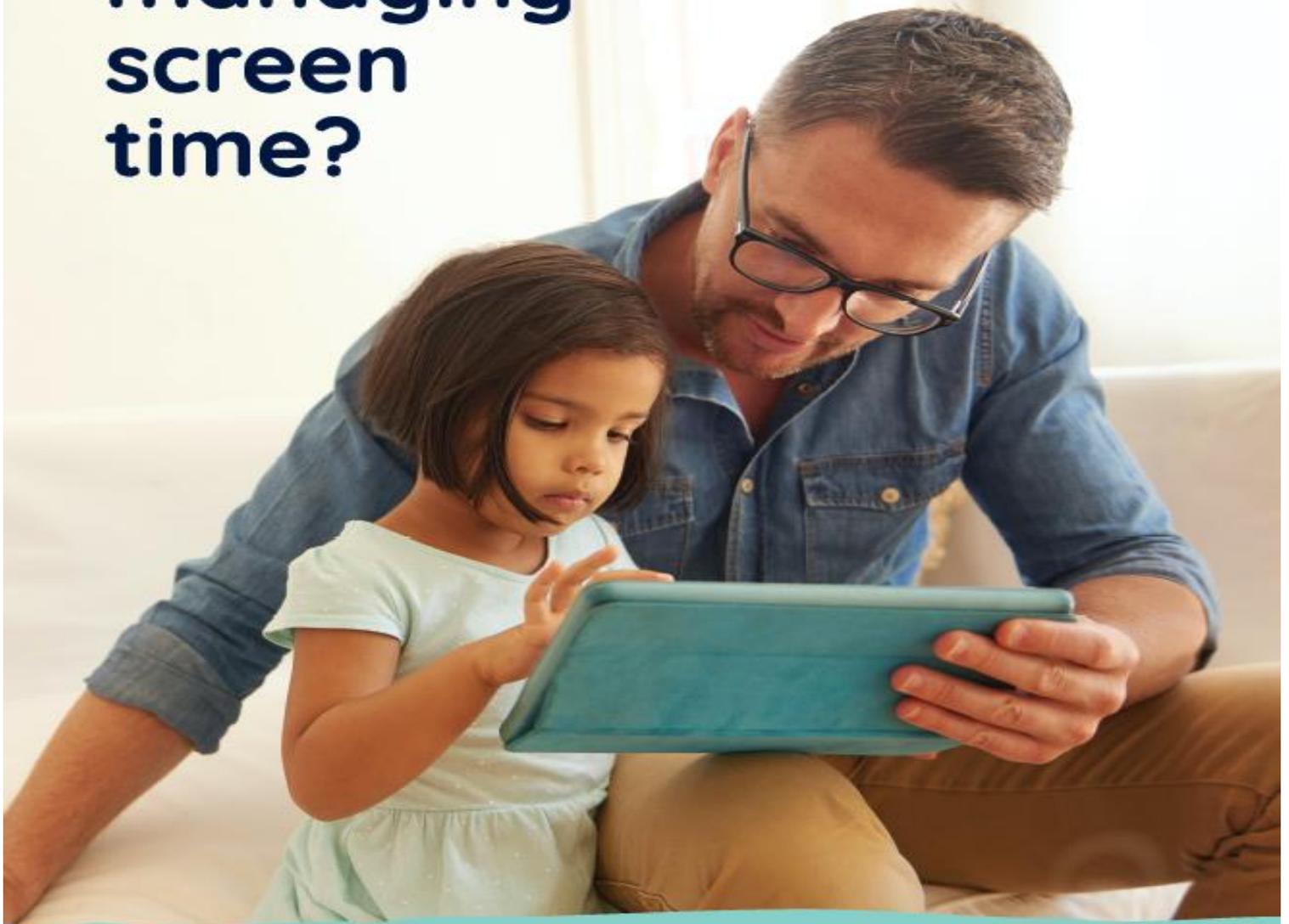
Colour recognition

Counting

Building relationships with families



Want help managing screen time?



Find out more at: esafety.gov.au/early-years

eSafety
Early Years
Online safety for under 5s



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.

