



MONTHLY NEWSLETTER May 2025

Follow us:
Bowen/Collinsville Family Day Care



Welcome New Families!
Clayton/Milwain,
Burns, Redfern-
Adams, Condon/
Chatterley, George,
Bruce/Pringle, George,
Jackson/Scott, Belfield/
Redfern-Adams, Maloney

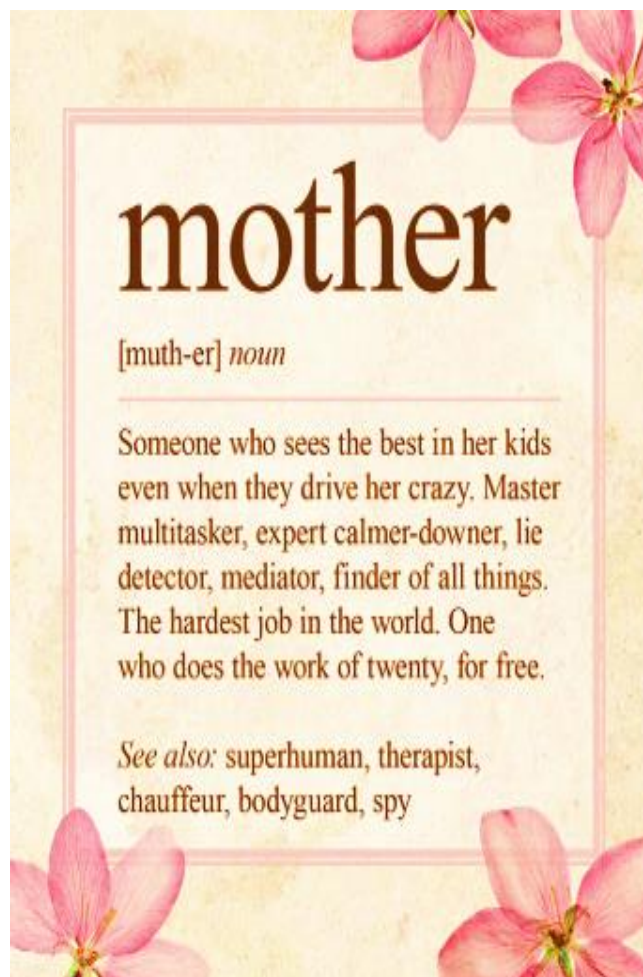


Dates to note:

5-11th - National Family
Day Care Week

11th - Mothers Day

27th - 3rd - National
Reconciliation Week



First and last day

absences and the Child

Care Subsidy.

The Child Care Subsidy will not be
applied when:

- > A child is absent for their first day/s
of care.
- > A child does not attend their last
booked day/s of child care.

For more information visit:

<https://www.servicesaustralia.gov.au/child-care-subsidy-if-your-child-absent-from-child-care?context=41186>

NATIONAL RECONCILIATION WEEK 2025

Bridging Now to Next

27 MAY - 3 JUNE

#NRW2025 | RECONCILIATION.ORG.AU



Educator Tip!

THE MEET AND GREET PROCESS

Having a meet and greet with prospective families and children provides a great opportunity for Educators and families to have initial discussions about the Educators philosophy, routines, regular excursions (if applicable) and the goals and needs of the family and child. This is also a valuable time to discuss the expectations of the service and your requirements as an Educator.

....Do you let families know....

If you have a bond?

The direct debit timeframes?

Observation platform used?

What equipment is required ?(hat/spare clothing/water bottle)

Communication limits and preferences?

Nutrition and healthy eating ideologies?

The enrolment process?

Programming style?

Family input and interaction?

The Coordination Units role?

CCS general information?

THANK YOU!

Thank you to the team at Selectability Bowen for providing us beautifully decorated Easter Baskets with lots of goodies inside! They were thoroughly enjoyed by all!



H·A·P·P·Y Easter

Thank you to our Educators who have
gone above and beyond in creating
the celebration of Easter.

EYLF Outcome 1
EYLF Outcome 2



Website:
www.bowencommunity.edu.au



Contact:
07 4786 1399



Email:
fdcbowen@bowencommunity.edu.au





HOT DRINKS BURN LIKE FIRE

1

PREVENT

Don't hold your child
when having a hot drink



2

PROTECT

Keep kettles, jugs, mugs
and cups out of reach



3

FIRST AID

Place burn under
cool running water
for 20 minutes



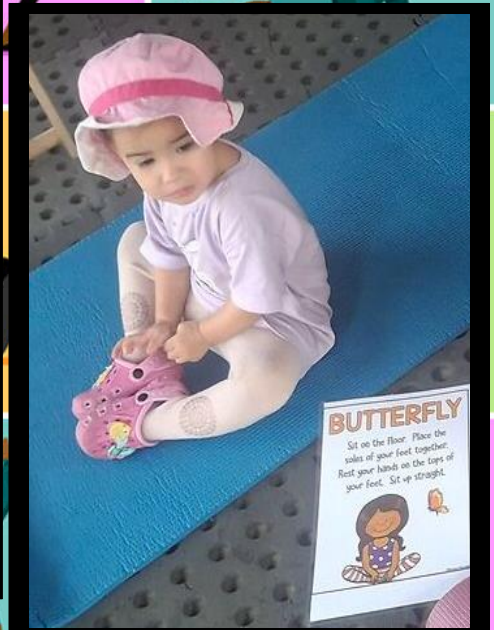
phone: 02 9845 0890

email: schn-kidsafe@health.nsw.gov.au

website: kidsafensw.org

Kidsafe NSW supported by generous funding of
Clipsal by *Schneider Electric* and the Julian Burton Burns Trust



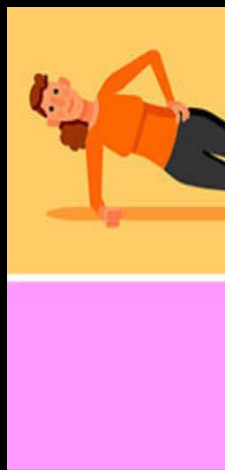


MOVEMENT

NATIONAL QUALITY STANDARDS
2.1.3 HEALTHY LIFESTYLE

Healthy eating and physical activity are promoted and appropriate for each child





Lunch box idea

MUESLI BALLS

1 cup of pitted dates - 2 ½ cups muesli - ¼ cup rice malt syrup

1

Place the pitted dates into a large bowl and cover with boiling water. Let the dates soak for 15 minutes.

2

Drain the water from the dates and add 2 cups of the muesli and the rice malt syrup to the bowl.

3

Use a stick mixer (or a food processor) to combine the ingredients until they all come together.

4

Place the remaining half cup of muesli into a separate small bowl. Use a teaspoon to scoop up the date mixture and roll into balls. Place the balls into the bowl of extra muesli and roll to coat.

5

Put the muesli balls into an airtight container and place into the fridge for 1 hour to firm.

SMS4dads

Get tips, info & support



Website:
www.bowencollinsvillefamilydaycare.com.au

Sustainable Craft Idea

Plastic Bottle Planters

To create plastic bottle planters, gather empty plastic bottles, soil, seeds, and paint. Cut the bottles in half to form the planters. Let the children decorate the outside with paint, creating unique designs. Once the paint is dry, fill the bottles with soil and plant the seeds.

This project teaches children about recycling and plant growth. Children can decorate the bottles, fill them with soil, and plant the seeds, actively participating in every step. They learn about the life cycle of plants, the importance of caring for the environment, and the basics of gardening. This hands-on activity nurtures their curiosity and responsibility towards nature.



Sensory play idea 'ICE BERGS' for Artic play



1. Make gelatin (make according to package – pictured is roughly 3 cups water and 4 tbsp of gelatin)
2. Add approximately 1 1/2 cups of milk to the tray to turn the gelatin white. *If you don't want to use milk or don't need the activity to be taste-safe, you can use white non-toxic, safe paint
3. Place the container in the fridge overnight to set.
4. Cut into different shapes and put them in shallow water. Make sure to add blue food colouring to the water first. Once icebergs are placed, you can add your artic animals, scoops and bowls.

EDUCATOR SPOTLIGHT

ALICIA TORRISI

Colourful Beginnings Family Day Care



LOCATION: Ingham

HOW LONG HAVE YOU BEEN AN EDUCATOR: 10 years

WHAT IS YOUR FAVOURITE THINGS ABOUT BEING AN EDUCATOR: Watching children learn and grow from their first day up until their last. Knowing I have been a big part in their early childhood development is a great feeling.

HOW WOULD YOU DESCRIBE COLOURFUL BEGINING'S FAMILY DAY CARE: At Colourful Beginnings Family Day Care our environment is bright, warm, welcoming, respectful and homely. We enjoy learning, discovering and experimenting through play. We love to go out and engage within the community weekly by attending a local playgroup and visiting our local playgrounds and attractions within the Hinchinbrook area.

DO YOU HAVE ANY TIPS FOR YOUR FELLOW EDUCATORS?

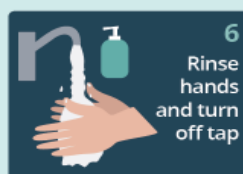
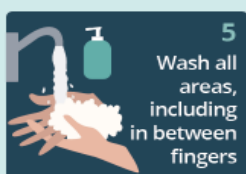
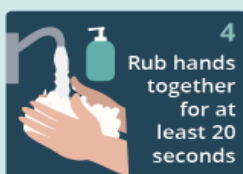
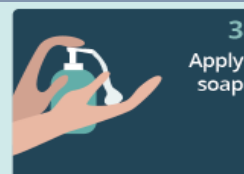
Everyday is different. Having a bad day? Always think tomorrow will be better. Don't exhaust yourself, sometimes less is better!

ARE YOU HAPPY FOR OTHER EDUCATORS TO REACH OUT

AND CONNECT WITH YOU? Yes, its great to have the support of other educators. I love to share and receive different learning ideas from other educators.



Hand washing tips



When to Begin Consent and Body Safety Conversations

by Jayneen Sanders

Below is an approximate guide on when to begin conversations with your child around Consent and Body Safety.

All children are different, and you know your child best. Be guided by their ability to focus and the questions they ask. These conversations are ongoing and can happen over years. Use their questions, family discussions, children's books, and situations that may occur to have open and ongoing conversations. Everyday situations that may arise, can be teaching and learning opportunities.



Birth – 2 yrs (non-verbal)

- Use the correct terms for your child's private parts from Day 1.
- Tell your child what you are doing to their body and why e.g. 'I'm just putting your socks on so your feet will be warm.'
- Validate their feelings, e.g. 'I can see you are sad, but I need to go shopping. I'll be back very soon. Gran will take good care of you.'
- Note your child's body language, e.g. if you are playing a tickling game and you can see from their body language they don't like it, stop immediately.
- Ensure health professionals talk to your child about what they are doing to their body and always ask for consent before entering your child's body boundary.



2 yrs – 3 yrs (verbal)

- Introduce the term 'body boundary' — the invisible space around our bodies. Explain that everyone needs to ask for consent before entering another person's body boundary.
- Let your child know they can say 'No' to kisses and hugs if they want to. How they greet another person is always their choice.
- Let your child know they can say, 'No' to tickling games and inform adults (or older children) when your child says 'Stop!' they need to stop immediately.
- Ensure health professionals ask for your child's consent.
- Let your child have choice and agency wherever possible, and if it is safe to do so.

3 yrs – 6 yrs +

- Continue to reinforce the concepts of body boundaries and consent.
- Formally (and over a number of sessions) teach your child about: feeling safe and feeling unsafe; Early Warning Signs; a Safety Network; the difference between secrets and surprises; the difference between safe and unsafe touch; private parts are private and what to do if they are touched inappropriately, see inappropriate images or someone asks them to touch their private parts.



Note: Most sexual abuse begins in pre-adolescence; between the ages of 6 and 12 years.

(Abd El Rahman et al., 2017; Aydin et al., 2015; Ferragut et al., 2021; McKillop et al., 2015)

It is never too early to begin these conversations.



from our **Little BIGCATS** series



www.e2publishing.info

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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.

