



July 2024

Northern Rivers Family Day Care Family Newsletter

Dear Families,

I hope this message finds you well. I am delighted to share some important news with you all. As of the 4th July, I have assumed the role of Director of our Family Day Care at Northern Rivers Children Services Ltd. I am honored to step into this position and continue the commitment to providing exceptional care and support to your children.

I have been a Coordinator with NRFDC for 16 years and the last 10 years the Educational Leader of the service. Family Day Care (FDC) is profoundly important to me because it represents a crucial pillar of support for families and children. I believe FDC provides a nurturing environment where children can learn, grow, and thrive. FDC services often become a hub for community interaction, fostering relationships not just among children and Educators but also among families.

I am passionate about ensuring that every child receives high-quality care and education and supporting FDC educators who play a crucial role in children's lives. Their dedication and expertise are essential to the success of the FDC service.

In essence, being the Director of NRFDC is not just a job but a passion, it is a chance to contribute positively to the lives of children and families, to foster a sense of community, and to ensure that every child receives the care and education they deserve during their formative years. It's a responsibility I take with great pride and dedication.

At the same time, I want to take a moment to recognise Cathie Pickford, who has served as our Lismore Director with dedication and passion over the years. Her leadership has been instrumental in shaping our community and nurturing the growth of our Educators, staff and the children in their care. We extend our heartfelt thanks to Cathie for her invaluable contributions and wish her all the best in her well-deserved retirement. I would also like to acknowledge Kerrie Chadburn, our Tweed Director. She will be remaining as a pivotal part of our Team and the Tweed community with a sharpened focus on responding to the unique needs of the local community. This will involve providing crucial support to staff, Educators, and families across the Tweed locality. Kerrie will focus on community engagement and capacity-building, ensuring that NRFDC remains closely connected to the families it serves.

I am eager to build upon the foundation laid by Cathie and Kerrie to ensure that our FDC service remains a nurturing and enriching environment for your children. Please feel free to reach out to me with any questions or thoughts you may have during this transition period. Thank you for your continued trust and support.

Kind Regards,

Kathy van der Struik,

NRFDC Director



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Signs your child is ready to be toilet trained

Here are some of the signs that may indicate that your child could be ready to be toilet trained:

- They can stay dry for two or more hours. This shows that their bladder muscles are getting stronger.
- They can tell you using signs or verbally that they need to wee or poo.
- They can sit comfortably in one position for a long time.
- They know how to pull their pants up or down.
- They dislike wearing a wet or soiled nappy.
- They can follow simple instructions.
- They are showing an interest in adults (or their siblings) going to the toilet. They may even try to imitate others' bathroom habits.
- They poo at fairly regular and predictable intervals.
- They don't wake up in the night to poo or wee and they wake up dry from a nap.

Note that the above are only indications that your child might be ready to be toilet trained.

FINANCIAL YEARS BEING BALANCED.

2022–23 FINANCIAL YEAR

Services Australia is currently in the process of balancing CCS payments for the 2022–23 financial year. It is imperative that families confirm their income with Services Australia in order for their payments to be accurately balanced. Once Services Australia has completed the balancing process for a family's CCS, they will promptly send them an outcome.

It is crucial for families to confirm their 2022–23 income by 30 June 2024. Failure to do so will result in the cessation of their CCS payments, leading to the requirement of paying full fees for child care services. While Services Australia has the capability to reinstate a family's CCS, this can only occur after the confirmation of their income. Consequently, families run the risk of missing out on CCS if they do not adhere to the income confirmation deadline.



2021–22 FINANCIAL YEAR

The majority of families successfully verified their 2021–22 income by the initial deadline of June 30, 2023. However, families who have not yet done so must ensure they confirm their income by the secondary deadline of June 30, 2024.

It is crucial for families to meet this second deadline, as failure to do so may result in the need to repay all Child Care Subsidy (CCS) received during the 2021–22 fiscal year. Additionally, non-compliance will lead to the loss of CCS eligibility.

In the event that families miss the second deadline, they will be required to submit a new claim in order to receive CCS once again. To be eligible for CCS reinstatement, families must have confirmed their income, repaid any outstanding child care-related debts, or established a repayment plan.

Families who fail to meet the second deadline will forfeit any potential top-up of CCS for which they may have qualified. It is imperative to adhere to the deadlines and requirements set forth to maintain their CCS benefits and eligibility.



Stopping the Spread of Childhood Infections

Community Events:

NAIDOC Celebration Day

Thurs Jul 04 10am - 2pm

Location: Lismore Turf Club,
9A Woodlawn Road, Lismore

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Casino NAIDOC Fun Day and March. Mon Jul 8 10am—3pm

Flag raising ceremony at 10am in Graham Place followed by a march. Then head to Casino Drill Hall for our annual fun day with laser tag, activities, music, information stalls and BBQ lunch.

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Community day with [Dean Brady](#) performing,

Wed Jul 10, 11am – 2pm
Cultural performances, musicians, workshops/activities and an Art Exhibition in the Library.

Location: Southern Cross University Lismore. Goodman Plaza

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Tweed Heads NAIDOC Sports Day & Expo

Wed Jul 10 10am—3pm
Arkininstall Park, Robert Street, Tweed Heads South

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Tweed NAIDOC March in the Park

Fri Jul 12 10am—11:30am
The march will start at Tweed Civic Centre and finish at Jack Evans Park.

Infections are frequently encountered among children, often resulting in illness. Your child's health and safety is very important to us and it is crucial to exclude sick children from your Family Day Care service in order to prevent the spread of infection to other children and your Educator.

If your child is sick or has a contagious disease, they will not be able to attend care. This includes children who have had a fever or diarrhea in the last 24 hours. In the event that your child falls ill while in care, your Educator will contact you immediately to pick up your child. If your child is diagnosed with an infectious disease, we must follow the exclusion periods outlined by the NSW Department of Health. For more information, please refer to <https://www.health.nsw.gov.au/Infectious/factsheets/Pages/childhood.aspx>.

You may also be asked by your Educator to provide a medical certificate confirming that your child is cleared to return to care. We also request that if your child starts antibiotics that they remain home the first 24 hours in case there is a reaction to the medication.

Looking after a sick child

KEY FACTS

- The most common signs of illness in children include a fever, sore throat, a blocked or runny nose, and a rash.
- A child who has a fever, is vomiting, or who has mucus in their eyes should not go to school or day care.
- It's normal for children to get mild illnesses, but you can help your child stay well by arranging on-time vaccinations, and teaching them good hygiene practices.

If your child's symptoms don't improve after 2 days, or they get worse, your child should see a doctor.

Source: <https://www.healthdirect.gov.au/looking-after-a-sick-child>

The best way to help your child recover is to allow them to [rest at home](#) since this will help their body fight the illness.



Have you seen our new updated Service Philosophy?



nr cs
Northern Rivers Children's Services Philosophy

Our philosophy is embedded in the belief that every child and their family holds immense importance. Every voice is respected and valued, to foster a strong sense of belonging. We uphold accountability, stability, and continuity, nurturing connections and relationships. Our endeavour is to consistently assess our practices by actively engaging with the community. Nurturing a culture of self-reflection and continuous improvement among our Team and Educators, urging them to strive towards excellence in their interactions and practice.

We endeavour to instill a deep sense of respect for the land, nature, and animals, understanding that the experience of childhood is a unique and profound journey. Promoting sustainability is vital for our economic and social well-being, and we are committed to embedding this value in our services.

The early years of childhood are critical in shaping a child's development, and we prioritise emotional security to create a supportive and inclusive organisation. We empower children to make choices, celebrate their agency, and provide opportunities for their success. Autonomy, independence, and the importance of family as a child's greatest influence are deeply ingrained in our philosophy.

We are committed to fostering an inclusive environment that embraces diversity. Weaving understanding, knowledge, and respect for the People of the Bundjalung Nation, the Traditional Owners and ongoing Custodians of the land on which we work and live. At the foundation of our approach lies our commitment to reconciliation. With a positive mindset and deep respect for all, we prioritise the wellbeing of every child.

Our spaces are designed to be warm, welcoming, and supportive, providing a platform for play-based, child-led learning, imagination, and adventure. We aim to create an enriched environment that enhances and inspires curiosity through responsive, genuine, and motivated interactions. With optimism and sincerity, our proactive approach focuses on developing positive outcomes.

Above all, we nurture each child's unique identity as a mighty learner and citizen, valuing their active and authentic participation. By embedding child-safe standards, we ensure a secure environment where children can exercise their right to make choices and experience a strong sense of well-being. We believe in unlocking every child's potential by providing a welcoming environment where they can freely play, explore, communicate, and establish meaningful relationships.

 Northern Rivers Children's Services Limited: caring for the community since 1980 

Fun Activities to do at Home

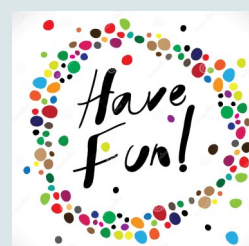
When families are at home spending time together, a challenge can be finding things to do that connect us with our children and our children with us and each other. Below are some ideas, – some are relaxing and some are more active – but all are about connecting.

Find the....: You can select some treasured objects together and then someone can hide them around a room or the whole house and then you have to find them. It is a lovely chance to talk about why you have selected those objects and why they are so treasured.

Art activities: This can range from messy to clean and big to small. What about painting, crayons, mosaic, body art, anime, paper mache or clay?

Dancing: Having a dance party is a great way to show off some moves and to burn off some energy. You will have to decide who gets to choose the music each time .

Night walk, Night spotting: If you can head out then it is always amazing to see what you can find in the dark – different animals, birds, the stars, the moon in all its phases. But if you can't go out for a walk then just looking and listening outside after the sun has gone down can be a special time together .



A statement of philosophy is more than a mission statement. The philosophy is the 'why' behind our work with children, their families and each other. It is the combination of our beliefs, values and hopes for the services that we provide and its outcomes.

A statement of philosophy serves three purposes: **Underpinning the decisions, policies, and daily practices of the service.** Reflecting a shared understanding of the role of the service among staff, children, families and the community. Please have a read, it is also displayed at each of your Educators services.