

MONTHLY FAMILY FACTSHEET

December 2018 – Balance Early Education

Website of the Month – www.raisingchildren.net.au

The Raising Children Network website provides ad-free parenting videos, articles backed by Australian experts. Information covers all stages of life from pregnancy through to adults as well as specialised topics such as Autism and a range of disabilities.



Transitions

“Transitions are times when children move between and adapt to different spaces or places and with different people, experiences, expectations and routines. The term encompasses regular transitions across a day and those that occur at significant times in children’s lives such as starting in an education and care service or starting full-time school” (EYLF, p. 16). Transitions also occur when children move from one age group to another. Families play an important role in a smooth transition for children by supporting them with positive communication about the changes which are about to occur. Educators at our service are here to support children and families through transitions and we encourage you to discuss both daily transitions and more significant transitions with our team.

Important points to help families to support children in daily transitions include;

- Understanding that it can be hard for children to move from one activity to another especially if they are enjoying something and are not ready to stop
- Establishing flexible routines can help children with transitions that happen every day. It is easier to accept change when we know it is coming.
- It often helps to provide children, and adults, with enough warning, allowing time for transitions to occur and by offering choice and involvement in transition times.



Focus on Policies to Support Quality

Arrival and Departure

Arriving at, and leaving the service, are important times for children, families and educators. As well as the requirement of ensuring that your child is accurately signed in and out of care, for both regulatory purposes, and their safety in the event of an emergency, these are valuable times to communicate about your child. Arrival times should be calm and relaxed, allowing time for children to adjust to their arrival, we understand that emotions can be high at this time and we are here to support children to feel safe and secure. Ensure you approach a familiar educator upon arrival and exchange information about your child’s needs for the day. Despite the rush of getting home at the end of the day, it is important to take the time to find out about your child’s day, it is a great opportunity to have a topic to discuss and share with your child on the way home. We are here to support children and families at these times, please ask us how!

For more information visit



Activities for promoting learning

Children learn best through play; simple everyday moments help your child grow. *“Play helps children learn about themselves and the world around them. Children need different kinds of play opportunities from birth to use their imagination, learn and practice skills”* <http://www.earlyyearscount.earlychildhood.qld.gov.au/>. The Early Years Count campaign recognises that parents and families play a major role in their child’s ongoing learning and provides some tips and ideas to help your child develop important physical, social and emotional wellbeing and skills needed to thrive in later years. Visit [HERE](#) to view short videos, articles, tips and simple ideas, for parents and families to incorporate play and learning into everyday activities.

Importance of sleep and rest

Sleep and rest is essential to our health and wellbeing. Understanding the benefits of sleep, how developmental stages change the amount of sleep we need, and the different stages of sleep can help you to meet your child’s changing needs. We all need some downtime to recoup ready to tackle the next phase of our day. Here are some articles and websites to support families to better understand and support their child’s sleep/rest needs:

- ["What Sleep is all why all kids need it"](#) Kids Health
- ["Sleep - Children and Naps"](#) Better Health Channel
- ["Children and Sleep"](#) National Sleep Foundation

Visit www.raisingchildren.net.au or www.tresillian.org.au for age specific articles on sleep and settling

We trust the information provided in this factsheet supports you in your parenting role. All care was taken to ensure that information was correct at the time of production. The service and author accept no responsibility for information which may be incorrect or inaccurate. Information in this factsheet or related websites do not necessarily reflect the views of our service, owners, educators or staff. Your individual circumstances should be considered in relation to each topic.

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