

MONTHLY FAMILY FACTSHEET

November 2018 – Balance Early Education

Website of the Month – www.tresillian.org.au

Tresillian offers a range of services to support families, these include factsheets on a wide variety of topics as well as access to Tresillian Nurses via either a “live chat” available from 5pm-11pm Mon-Fri or by calling the Parent’s Helpline on 1300 2 PARENT (1300 272 736), Mon-Sun 7am – 11pm.



Wellbeing

“Wellbeing includes good physical health, feelings of happiness, satisfaction and successful social functioning... A strong sense of wellbeing provides children with confidence and optimism which maximise their learning potential.” (Early Years Learning Framework)

Wellbeing is feeling good about yourself. It is closely linked to a sense of identity and to feelings of self-esteem and self-worth. It also includes physical fitness, nutrition and health - all of which make a big contribution to how we feel. Our educators focus on building positive relationships with children which contribute to building positive self-esteem and confidence to explore in a safe, secure, caring environment.



Focus on Policies to Support Quality

Child Protection

The very nature of our work is to protect children from harm and hazards. Our educators are mandatory reporters under legislation and as such we must report any suspicion or disclosure of harm to a child. Our team undergo regular training on child protection and recognise that protecting each child is about more than reporting harm which has occurred, it is also about prevention. We empower children to speak up when things don't feel right and we encourage families to seek help when things get difficult. If you have concerns about the welfare of a child please contact us for guidance and contact details for reporting. If you believe a child is in immediate danger, call 000.

A list of free helplines and support agencies for families can be found [HERE](#)

For more information visit

[STARTING BLOCKS](#)



Or

[ACECQA](#)



Focus on Quality Area 7 – Governance and Leadership

“Quality Area 7 focuses on effective leadership and governance of the service to establish and maintain quality environments for children’s learning and development. To achieve the best outcomes for children and families, a service requires a skilled and engaged workforce, sound administrative and risk management systems, well documented policies and procedures, and a safe and healthy learning environment for children.”

(Guide to the National Quality Framework, ACECQA Oct 2018)

Quality Area 7 has two standards:

- Governance – Governance supports the operation of a quality service
- Leadership – Effective leadership builds and promotes a positive organisational culture and professional learning community.



Nutrition and Exercise

“Active, growing children require good nutrition to build healthy bodies and to help them be the best they can be. Many attitudes towards food are shaped during early school years, forming the basis for future eating habits. As parents we can help our children build healthy foundations by encouraging a love of good food and good nutrition throughout these years. Being physically active is important for growing bodies too. In Australia, 23% of children are overweight or obese. Encouraging an active lifestyle along with a balanced diet is the best way to ensure a healthy weight.” (Nutrition Australia 2018)

As parents and educators, we are well placed to work together to establish healthy habits towards eating and exercise. The following links offer tips and ideas for families:

Nutrition Australia:

[Family Recipe Ideas](#)

[Activity Tips for Children](#)

[Disguising Vegetables](#)

Raising Children Network:

[Healthy Eating Habits](#)

[Toddler Nutrition & Fitness](#)

[Preschool Nutrition & Fitness](#)

[Physical Activity for Children](#)

[Healthy Eating & Exercise - Parents](#)

Department of Health:

[Being Active as a Family](#)

[Activity Tips for Different Ages](#)

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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