

MONTHLY FAMILY FACTSHEET APRIL 2020

Website of the Month – Health Direct <https://www.healthdirect.gov.au/>

The website provides free Australian health advice on a range of health topics. It includes a symptoms checker for a range of illnesses and a 24hr health advice line Ph:1800 022 222.

The site also includes information and a symptom checker for Coronavirus. For information on the Coronavirus disease (COVID-19), call the dedicated Australian Government's National Coronavirus Helpline on 1800 020 080.



Supporting Learning at Home

Families play a vital role in children's learning and development. You are children's first and most important teachers and learning happens at home all the time. Take the time to engage in conversations with your child; What is this? Why do you think? "How can we? Can you hear/see/find/taste? If you are at home you can continue to spark children's learning with everyday items including, measuring cups, jugs and spoons, sorting and classifying shapes, conversations about heights, weights, sizes, colours, numbers and letters, paint on concrete with water, freeze items in ice cubes, trace shadows on paper or with chalk on concrete, play hide and seek, sing songs, read books and most importantly have fun and dance like no-one is watching! Other ideas for toddlers and preschoolers can be found at the Raising Children's Network: [Play with Toddlers](#) [Play with Preschoolers](#)

Focus on Policies to Support Quality

Infectious Diseases

Coronavirus has brought to the forefront the importance of minimising the spread of infectious diseases. Early education and care services have always been vigilant with hygiene practices and exclusion of unwell children and adults. We have further tightened these practices and seek your assistance to help us to protect our children, educators and families. We follow the health advice of the National Health and Medical Research Council through the document "Staying Healthy in Early Education and Care Services". Our Policy states:

The most important ways to break the chain of infection and stop the spread of diseases are:

- effective hand hygiene
- exclusion of ill children, educators and other staff
- immunisation.

Other strategies to prevent infection include:

- cough and sneeze etiquette
- appropriate use of gloves
- effective environmental cleaning.

For more information visit



You can find out more about Quality Areas at [Starting Blocks](#)

Quality Area 2 – Children's Health and Safety

"Quality Area 2 has two standards that focus on children's health and safety. These standards are crucial to delivering quality outcomes for children under the National Quality Framework because:

- children's health, comfort and wellbeing strongly impact on their learning, confidence and self-growth
- all children have a right to safety and protection from harm
- adequate supervision and effective management of incidents and emergencies are paramount at all times to support children's safety and engagement in the educational program." (Guide to the National Quality Framework ACECQA Jan 2020)

There are two Standards in Quality Area 2: 2.1 Health 2.2 Safety

Smoke Detectors/Alarms

Early notification of a fire in your home is vital to protect you and your family. Working smoke detectors/alarms are still the most effective way to achieve this. **Only working smoke alarms save lives!** Some detectors have a 9V battery, this should be replaced every 12mths, authorities recommend making 1 April the date to remember for this. A lot of detectors now have batteries which are lithium and are designed to last 10yrs. It is recommended that you test your smoke alarm battery every month. Choice Australia provides information on various types of detectors and the requirements state-by-state [HERE](#)

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. ©Absolute Support Training and Resources 2020