

MONTHLY FAMILY FACTSHEET JULY 2020

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

This Australian parenting website is supported by the Australian Government and provides ad-free parenting videos, articles and apps backed by Australian experts. It is free, reliable, up-to-date and independent information to help your family grow and thrive together, from pregnancy, through childhood into aged care and lots of life's journeys along the way.



Being Active

Research shows that physical activity in early childhood is associated with better physical health and may also be important for children's brains and social skills too! Even when it isn't great outdoors weather it is easy to stay active indoors, some ideas include yoga (see below some great children's yoga links), dancing and balancing.

- If you want to do yoga without screen time, tune into Fun-key Yoga for kids on Little Rockers Radio, daily at 2pm or download daily poses to do together <https://www.littlerockersradio.com.au/fun-key-yoga-for-kids>
- Cosmic Kids Yoga Adventures <https://www.cosmickids.com/>

Health Direct provides further information on the importance of being active and helpful tips [HERE](#)

By limiting screen time and making activity part of everyday, together we can support a healthy start to your child's life.

**Focus on
Policies to
Support
Quality**

Grievance Procedures

Our service has a documented grievance procedure, including a policy to ensure that staff, families and community grievances or concerns are taken seriously and investigated promptly, fairly and thoroughly. A poster outlining the grievance process is displayed at the entrance to our service. If you have a concern, please raise it initially with the person to whom you have the concern or speak with our Nominated Supervisor. If you are not happy with your response you should follow this process to contact the next person in the chain of command.

It is vitally important to us that you provide us with the opportunity to resolve any concerns you have promptly. If you have a compliment shout it from the rooftops, if you have a concern please let us know so we can resolve it together!

For more
information visit



Quality Area 5 -

"Quality Area 5 of the National Quality Standard focuses on educators developing responsive, warm, trusting and respectful relationships with children that promote their wellbeing, self-esteem, sense of security and belonging. Relationships of this kind encourage children to explore the environment and engage in play and learning." (Guide to the National Quality Framework" ACECQA 2020)

There are two standards in quality area 5

- 5.1 – Relationships between educators and children
- 5.2 – Relationships between children

Screen Time

Key points:

- Evidence suggests that TV watched in the first 2 years of life may be connected with delays in language ([Australian Department of Health](#))
- Children younger than 2 years of age should not spend any time watching television or using other electronic media other than video chatting
- Children 2-5 years old should have no more than 1 hour of screen time in total throughout the day including watching TV or looking at a computer or phone
- Evidence suggests that long periods of screen time are connected with slower development
- When children do use screens, they should watch or use quality content

Please see the following links for tips in managing screen time and ways to use screens effectively:

- [Guidelines for children under two years](#)
- [Tips for screen use by age range including suitable content](#)
- [Australian Health - inactivity and screen time](#)
- [Screen Time Guidelines Qld Health](#)

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