

# MONTHLY FAMILY FACTSHEET JUNE 2020

## Website of the Month – [startingblocks.gov.au](http://startingblocks.gov.au)

This site is created by the Australian Children's Education & Care Quality Authority (ACECQA). It contains information for families including, the National Quality Framework, children's development, information about attending care and useful tips for parents on a range of topics.



## Sustainability

You may have heard your child talk about recycling or experienced them telling you not to put your food scraps into the bin, this is because sustainability is an important topic in the world of early childhood. Services have had sustainability as a focus under the National Quality Framework since its introduction in 2012. Being environmentally responsible is a team approach and we encourage you to support us in teaching children about the important role they play in ensuring a sustainable future. At its most basic form it includes reducing, reusing and recycling (add upcycling and refusing plastic bags too!). We encourage families to get onboard in this valuable learning experience, together we can make a difference and save money at the same time.

Simple tips and ideas can be found at:

[World Wildlife Fund - change the way you live - Reduce, Reuse, Recycle](#)

[ABC for Kids - 10 ideas for teaching kids about sustainable living](#)

**Focus on Policies to Support Quality**

## Healthy Eating and Mealtimes

*"Childhood is a time of learning. Children who grow up in families that enjoy a variety of nutritious foods from the Five Food Groups are more likely to make their own healthy choices as they get older."* [National Health and Medical Research Council, "Healthy Eating for Children"](#)

At our service we focus on relaxed mealtimes and take every opportunity to engage in meaningful conversations with children including discussions about healthy eating. Our learning programs include intentional teaching moments which aim to support children to choose healthy habits which lead to lifelong success. Visit our service policy for Healthy Eating and Mealtimes for further details on strategies we implement to support healthy habits.

As children grow and develop, they may resist some foods, the following provide tips for supporting 'fussy eaters' and reducing stress at mealtimes for you and your family:

[Cancer Council "Fussy Eating Resources"](#)

[Raising Children Network "Fussy Eating"](#)

[The Sydney Children's Hospitals Network "Food - Fussy eating in toddlers"](#)

For more information visit



## Quality Area 4 – Staffing Arrangements

*"Quality Area 4 of the National Quality Standard focuses on the provision of qualified and experienced educators who develop warm, respectful relationships with children, create unpredictable environments and encourage children's active engagement in the learning program. A collaborative and ethical culture where professional standards guide all aspects of practice is critical to a quality service."* (Guide to the National Quality Framework" ACECQA 2020)

There are two standards in quality area 4:

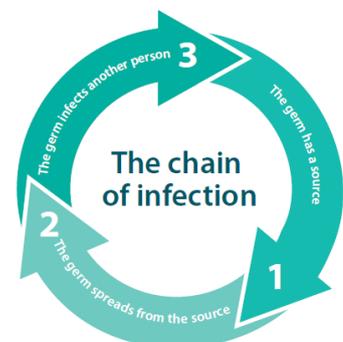
- 4.1 – Staffing arrangements enhance children's learning and development
- 4.2 – Management, educators and staff are collaborative, respectful and ethical.

## Stopping the Cycle of Infection

Educators at our service have always and continue to take all reasonable steps to limit the spread of disease to keep children and staff healthy. Especially in the wake of COVID-19, it is important that these steps are also in place at home and when out and about in the community:

- **Washing your hands regularly with soap and water or by using an alcohol-based hand rub**
- **Coughing and sneezing into your elbow rather than your hands**
- **Stay at home if you or your child is feeling unwell**
- **Regular cleaning of surfaces with detergent and water**

***Re-visit our May Family Factsheet for handwashing songs and ideas!***



*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*