

MONTHLY FAMILY FACTSHEET MARCH 2020

Website of the Month – <https://www.healthdirect.gov.au/kids-health>

Kids Health is a part of the Australian Department of Health “Health Direct” website providing free Australian Health Advice. The site has many features including interactive factsheets, a symptoms checker function and assistance in finding a health service in your local area. Topics don’t just include illness, there are a range of useful topics including bedwetting, allergies, caring for children’s feet from birth and anxiety in children. You can also access 24hr health advice by phoning 1800 022 222.



Children’s Agency

When we talk about children’s agency, we are talking about how children are involved in decision-making and have opportunities to make choices. Sometimes this is done by observing and responding to children’s non-verbal cues, for example providing opportunities for sleep or meals when children display signs of tiredness or hunger. At our service children have opportunities to make choices in the selection of resources provided and through questioning used by our educators; What do you think/What would you like to do next/How will we? Supporting children’s agency includes providing opportunities for children to develop self-help skills, choosing the clothes they want to wear, dressing themselves, choosing which foods to eat first. Educators are mindful to ensure that choices made by children are appropriate for their age and development as well as the elements, for instance if a child does not want to wear a hat when outdoors, the choice they will have is to play in the shade without a hat or play outdoors with the hat. Families can help children develop a sense of agency by offering appropriate choices at home, these may be as simple as the order of doing something or which book they would like to read before going to bed.

Focus on Policies to Support Quality

Positive Guidance Policy

Just like learning to walk, talk and read, children need opportunities to learn how to manage feelings, behaviours and responsibilities. Like most things, this comes with experience and exposure. Our educators support children to develop these skills by guiding children’s behaviour as a mediator and helping them to negotiate their rights in relation to the rights of others. A key to understanding emotional responses and reactions is to understand the reason behind the behaviour. Imagine an iceberg, you can only see the tip above the surface of the water, this is the behaviour, hidden below the surface is the background to why. The key is to stay calm, respond in a caring way to the emotion then respond to the situation once your child has calmed. We encourage you to talk with our educators with any concerns so we can work together to support each child on their learning journey. Visit these sites for tips to supporting your child’s behaviour [Positive Parenting Solutions](#) & [Raising Children](#)

For more information visit



Quality Area 1 – Educational Program and Practice

“Quality Area 1 of the National Quality Standard focuses on ensuring that the educational program and practice of educators are child-centred, stimulating and maximise opportunities for enhancing and extending each child’s learning and development. It recognises that a quality program that builds on children’s individual knowledge, strengths, ideas, culture, abilities and interests is likely to have long term benefits for children and for the broader society.”

There are three Standards in Quality Area 1:

- 1.1 Program 1.2 Practice 1.3 Assessment and Planning

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

Button Batteries – KEEP OUT OF REACH OF CHILDREN PLEASE!

According to the ACCC, every week, a number of Australian children present to a hospital emergency department following exposure to button batteries, including ingestions and insertions. Button batteries are powerful, coin-sized batteries that are used in many toys and household products (e.g. keys, remote controls, calculators, musical greeting cards, watches and kitchen scales). They are especially hazardous if swallowed and can cause lasting damage to the oesophagus and airway. Serious injury or death can result from ingesting a button battery. For more information visit [ACCC](#) or [The Royal Children's Hospital Melbourne](#)

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