

MONTHLY FAMILY FACTSHEET MAY 2020

Website of the Month –[Emerging Minds](#)

**Emerging
Minds.**

With recent news and media coverage about the Coronavirus, following on from a difficult bushfire season, it is normal for children and adults to feel overwhelmed and stressed during this time. This curated selection of resources will assist parents and carers to best support their children and reduce worry and distress. It contains a video, factsheets and tips about what you can expect and how you can help children cope. <https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak>

Open-Ended Resources

Open ended materials enable children to play freely and use their imagination. The objects have no rules to follow, they can be anything the child wishes. When children play with open ended materials, they engage in decision making and problem solving. They become artists, explorers, designers and engineers. Open ended items can be natural or manufactured and best of all they are all around your home so they are FREE. Let children free with, stones, leaves, seeds, shells, feathers, bark, buckets, containers, boxes, milk cartons, playdough, blocks, hoops, fabric, chalk, cardboard rolls, pieces of wood, ribbon, pinecones and even larger items like tyres! There are no right or wrong answers, children are free to create as they will, a peg could be a person, a box a house. Be aware of pieces which may post a choking hazard with younger children. The Raising Children Network provides some ideas around open ended play for * [Babies](#) * [Preschoolers](#) * [Homemade toys & free activities](#)

**Focus on
Policies to
Support
Quality**

Handwashing

Handwashing is one of the most effective ways to stay healthy and reduce the spread of infection. Most people don't wash hands long enough or effectively, one way is to sing or hum "Happy Birthday" twice, both the front and back of the hands, between fingers and around and under nails are important. We provide the following to help you and your children wash hands effectively including songs, posters and information for adults.

- [Wiggles "the Handwashing Song"](#)
- [The singing walrus "Wash your Hands Song"](#)
- [Health Direct - good hand hygiene information](#)
- [Queensland Health Handwashing Poster](#)
- Centres for Disease Control and Prevention –[When & How to Wash Your Hands](#)

For more
information visit



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

Quality Area 3 – Physical Environments

"Quality Area 3 has two standards that focus on the design of service facilities and the use of the service's physical environment to support children's experiences. These standards are crucial to delivering quality learning outcomes for children under the National Quality Framework because:

- *inclusive built and natural environments in indoor and outdoor spaces, when appropriately resourced, promote play-based learning*
- *well maintained, fit-for-purpose facilities keep children safe and support each child's access to facilities and participation in activities/experiences*
- *the physical environment significantly impacts on the quality of children's experiences and encourages children to become environmentally responsible."* (Guide to the National Quality Framework ACECQA Jan 2020)

The two standards in Quality Area 3 include: **Standard 3.1 – Design** and **Standard 3.2 Use**

Coronavirus

There is lots of information about COVID-19, we provide these trusted sites to support you and your family at this time. We encourage you to rely only on recognised health authorities and government sites.

- [Raising Children Network](#) key points including symptoms and protection
- [Health Direct – Australian Department of Health](#) symptom checker and free advice ph: 1800 022 222
- [COVIDSafe app](#) information about the app and links to download

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