

# MONTHLY FAMILY FACTSHEET SEPTEMBER 2020

## Website of the Month – [Parenthub](#)

“Parenthub is a free online resource for Australian parents. It provides relevant and up to date health information including preconception, pregnancy, newborns and educational and play activities. This resource is part of the Australian Health Direct website.



## Numeracy Learning

Numeracy is all around us every day! It is about more than just numbers and counting, it includes the broader concepts of money, time, shapes, measurement and spatial knowledge and position. When we engage in conversations and pose questions around these concepts, we are building each child’s numeracy development.

- Time – how long, days, months, how old, clock time, before/after
- Measurement – high/low, heavy/light, big/little, full/empty, long/short
- Area, shape, position, direction– top/bottom, edge, straight, curve, upside down, over/under, up/down/next
- Fractions and division – sharing (one for you, one for me), half/quarter (think Pizza slices), more/less

Even sorting things like the shopping or blocks or kitchen items and noticing what is the same or different is the mathematical skill of classifying. It is easy to expose your child to these mathematical concepts in the home without going to any expense, most importantly, it can be FUN!

**The following articles provide lots of easy ways to develop your child’s numeracy skills while having fun!**

- **The Raising Children’s Network** - [“Developing Early Numeracy Skills 0-4yrs”](#)
- **The Victorian State Government** - [“How to build your child’s numeracy skills from birth to year 2”](#)



## Clothing and Comfort

The clothes children wear in care can influence the quality of their experiences and can affect their health, safety, comfort, play and learning. Firstly, clothes should reflect the climate and temperature ranges expected for the day and ensure adequate sun protection. The Cancer Council recommend that children in early learning services wear longer style shorts or skirts and tops that cover the shoulders, arms and chest. Polo shirts with a collar also help to protect the neck. We also encourage you and your child to select clothes which allow for a full range of movement and independence in dressing and toileting. We recommend that clothes worn are not special or new so that children can feel free to explore and interact with paint, dirt and other creative products which may mark or damage clothing. We ask families to familiarise themselves with our policy and support children in making clothing choices which meet the above needs and support their independence and identity.

For more information visit



## Quality Area 7 -

*“Quality Area 7 focuses on effective leadership and governance of the service to establish and maintain quality environments for children’s learning and development. To achieve the best outcomes for children and families, a service requires a skilled and engaged workforce, sound administrative and risk management systems, well-documented policies and procedures, and a safe and healthy learning environment for children.”* (Guide to the National Quality Framework” ACECQA 2020)

**There are two standards in quality area 7**

- 7.1 – Governance – *“Governance supports the operation of a quality service”*
- 7.2 – Leadership – *“Effective leadership builds and promotes a positive organisational culture and professional learning community”*

## CPR for children - FREE Training

**If your child stopped breathing today, would you know what to do?**

The Children’s Hospital at Westmead has developed a free online program, ‘CPR Training for Parents,’ to teach the steps involved in Cardio-Pulmonary Resuscitation (CPR) for a baby (aged less than 12 months) or a child (aged over one year). These steps can also be used on an adult. The program does not require you to login and takes approximately 1.5 hours to complete.

**The knowledge and skills you learn in this program may SAVE a LIFE. Remember, ANY attempt at CPR is better than no attempt. Click [HERE](#) to access the on-line program and associated posters and resources!**

*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*