

MONTHLY FAMILY FACTSHEET OCTOBER 2021

Website of the Month – <https://coronavirus.beyondblue.org.au/>

Beyond Blue have developed a range of information, strategies and expert advice to help support you through the COVID-19 pandemic, including a phone support service, web chat support service and online forums. There is also a great article for parents on talking to your children about COVID-19:



[From toddlers to teens – how to talk to your children about Coronavirus](#)

Early Learning and Childhood Development

Fine-Motor Skills

Fine motor refers to the group of skills to manipulate smaller objects with the hands and fingers, for example, grasping, holding and pinching. These skills continually develop and refine from birth to around eight years and are an important component of each child's wellbeing.

They are essential for writing, drawing, cutting, opening containers, brushing teeth, eating, using buttons and zippers and tying shoelaces.

Playdough, threading, cutting, construction, jigsaws and general self-help skills all contribute to the development of fine motor muscles in the hand, fingers and wrists.

The following links help to understand approximate ages for fine motor development in children and should only be considered as a guide:

- [Musculoskeletal Physiotherapy Australia](#)
- [Kid Sense](#)

Policies and Practices

Sleep and Rest

National Quality Standards: Element 2.1.2 Each child's comfort is provided for and there are appropriate opportunities to meet each child's need for sleep, rest and relaxation.

Sleep, rest and relaxation are critical for children's health, learning and behaviour. Our educators recognise that children's sleep needs are diverse and dynamic. While it is our aim to meet children's individual needs and preferences, we must also ensure that practises meet the recommendations of Red Nose at all times. At minimum:

- We use safe bedding and cots that meet Australian Standards
- We set up safe sleeping environments which are smoke free
- We place babies and children on their back to sleep
- We keep baby and children's face and head uncovered
- We monitor babies in sleep rooms with regular checks

You can find out more in our Sleep and Rest Policy and Procedure or by visiting [Red Nose](#) We take sleeping seriously and encourage you to discuss routines and preferences with our team!

National Quality Framework Topics

National Quality Standard Ratings

Education and care services are assessed and rated by the state regulatory authority against the 7 quality areas of the National Quality Standard (NQS).

Ratings are given for each of the 7 quality areas and an overall rating based on these results. The ratings are:

- **Excellent** – awarded by ACECQA, must be rated Exceeding in all quality areas and apply for this rating.
- **Exceeding National Quality Standard** – service goes beyond the requirements of the NQS in at least 4 of the 7 quality areas, with at least two of these being quality areas 1, 5, 6 or 7.
- **Meeting National Quality Standard** – service meets the NQS in all 7 quality areas.
- **Working Towards National Quality Standard** – service provides a safe education and care program and there are 1 or more areas identified for improvement,
- **Significant Improvement Required** – service does not meet 1 of the 7 quality areas or a section of legislation and there is a significant risk to the safety, health and wellbeing of children.
- **Provisional – Not yet assessed** for services who are not as yet assessed.

Read more about the ratings and the National Quality Standards at [Starting Blocks](#)

You can see our rating certificate displayed in our service.

For more information visit



Safety – Sun Safety

According to the Cancer Council, Australia has one of the highest rates of skin cancer in the world. Exposure to too much of the sun's ultraviolet UV radiation can cause sunburn, skin and eye damage and skin cancer. The UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life. We all share a duty of care to protect children from any harm including UV. All adults and children should use sun protection measures whenever the UV index is 3 or higher. The Cancer Council recommends that babies under 12mths are kept away from direct sunlight when UV is 3 or above. The keys to protection include:

- **SLIP** on covering clothing
- **SLOP** on SPF 30 or higher broad-spectrum, water-resistant sunscreen
- **SLAP** on a broad-brimmed, legionnaire or bucket style hat
- **SEEK** shade
- **SLIDE** on sunglasses



Access the UV index by visiting [The Bureau of Meteorology](#) or downloading the [SunSmart App](#)

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.

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