

MONTHLY FAMILY FACTSHEET NOVEMBER 2021

Website of the Month – <https://parentline.com.au/>

The parentline website offers a range of topics from pregnancy through your parenting journey broken into age ranges. Topics include sleep and bedtime habits, coping with emotions and challenging behaviours, fussy eating and building resilience to name a few.

It also offers a confidential telephone service providing professional counselling and support for families in Queensland and the Northern Territory.

parentline

Early Learning and Childhood Development

Gross Motor Skills

Gross motor skill development involves the large muscles of the body including those in the arms, legs and torso. The development of these muscles are essential for everyday activities such as standing, walking, balancing, running, jumping and sitting upright. They are also required for hand-eye coordination skills such as throwing, catching, kicking, swimming and riding a bike or scooter. These skills are essential for every day functions including simply getting out of bed or balancing on one leg to get dressed.

Children gain confidence, motivation and physical competence when they have opportunities to explore many different types of movements. While active outdoor play helps to develop gross motor skills, there are plenty of indoor options too. For infants and toddlers, set up soft obstacle courses to encourage crawling, balancing or walking over various surfaces, yoga and dance are also great indoor options.

You can read more on the ages and stages of gross motor development and some activities to support your child.

- [Gross Motor Development Chart](#)
- [Gross Motor Activities](#)

Policies and Practices

Incident, Injury, Trauma and Illness

While we take all reasonable steps to protect the health, safety and wellbeing of children in our care, there are times that unfortunately a child may fall ill or be injured in the course of them exploring and interacting with our environments and each other.

When this occurs, we will complete a form and provide it to you for your signature. This is not just a method of communicating with you but a requirement under the Early Education and Care Services National Regulations (Reg 87).

There are times when an incident, injury, trauma or illness may need to be notified to the regulatory authority including where urgent medication attention is, or ought to have been provided or when emergency services are required to attend the service.

You can find out more in our Incident, Injury, Trauma and Illness Policy and Procedure.

National Quality Framework Topics

Quality Improvement Plan

Education and care Services are required to have a Quality Improvement Plan (QIP) in place for the service. The aim of a QIP is to help self-assess performance in delivering quality education and care, and to plan future improvements. A QIP must include an assessment of current programs and practices and identify areas for improvement as well as include the service philosophy. It must be updated at least once a year and be available upon request. The QIP is submitted to the Regulatory Authority prior to the service undergoing Assessment and Rating. We value your input into our QIP and encourage you to ask us more.

For more information visit



Safety – Safe Sleeping

Where and how children are placed to sleep is crucial for ensuring their safety, particularly with infants. Sudden Infant Death Syndrome (SIDS) is the sudden, unexpected and unexplained death of an apparently well baby. The rate of SIDS deaths has declined in Australia due to safe sleeping campaigns. Red Nose (formally SIDS & Kids) are the recognised authority on safe sleeping practices in Australia. While the below safe sleeping recommendations are aimed at younger babies, it is important that all children are provided with a safe sleeping environment.

Red Nose recommends six key steps to reduce the risk of sudden infant death:

1. **Always place baby on their back to sleep** – back sleeping reduces the risk of suffocation, overheating and choking
2. **Keep baby's face and head uncovered** – this reduces the risk of overheating and suffocation
3. **Keep baby smoke free, before and after birth** – smoking while pregnant and once baby is born increases the risk of SIDS
4. **Safe sleeping environment, day and night** – the safety place for baby to sleep is in their own safe space:
 - a. **Safe cot** – meets Australian Standard AS/NZS 2172:2003.
 - b. **Safe mattress** – firm, flat, right size for your safe cot.
 - c. **Safe bedding** – lightweight bedding, firmly tucked in and only pulled up to the chest.
 - d. **Safe sleeping bag** – well fitted across the neck and chest, with baby's arms out, and no hood.
5. **Sleep baby in a safe cot in parent's or caregiver's room** for the first 6-12 months.
6. **Breastfeed baby** – breastfeeding has been shown to reduce the risk of sudden infant death.



Red Nose Safe Sleep Advise Line 1300 998 698 or visit <https://rednose.org.au/> for articles and advise.