



## Parent Information Guide

My Philosophy at Caboolture All Hours Child Care is to provide your child with an environment where they feel safe, secure & supported, giving them the confidence to grow and learn through play-based experiences and encouragement.

I aim and encourage the children to be independent, creative and committed learners. To become socially responsible & aware of fairness & respect. I encourage and support children's communication skills by allowing them to speak openly, honestly and with Respect from the other children in care.

### Expectations

At Caboolture All Hours Child Care, we support a safe, respectful and nurturing environment, therefore in doing so we are guided by boundaries and limitations. To assist your child to maintain safety while in care please discuss with your child the following expectations:

#### Inside

1. We use walking feet inside
2. We use quite voices inside
3. We use the dining table outside for meals unless it is raining
4. We pack away the toys we have been playing with when finished
5. We keep toys to the ground, so we don't get hurt – no throwing

#### Outside

1. We sit at the table while eating
2. We pack away the toys we have been playing with when finished
3. Only 1 person is to bounce on the trampoline at a time

4. No contact to the head with swords etc
5. We wear hats & sunscreen when playing outside

### **General expectations**

1. We show respect to the other children in care
2. We encourage all children to play together
3. We respect that everyone may have a different opinion
4. We sit while eating
5. We keep toys to ourselves
6. To keep safe, please use your listening ears
7. We wash our hands before eating, after toileting, playing outside, blowing our nose

To become confident, independent learners while at Caboolture All Hours Child Care I use the resource – The Early Years learning Framework (EYLF).

The EYLF is based around extending your child's development based around their strengths/ interest and developmental milestones. Feel free to view this resource from the following link

[http://files.acecqa.gov.au/files/National-Quality-Framework-Resources-Kit/belonging\\_being\\_and\\_becoming\\_the\\_early\\_years\\_learning\\_framework\\_for\\_australia.pdf](http://files.acecqa.gov.au/files/National-Quality-Framework-Resources-Kit/belonging_being_and_becoming_the_early_years_learning_framework_for_australia.pdf)

[Developmental Milestone Guidelines \(EYLF/NQS\)](#) .

### **Health & Nutrition**

Active, growing children require good nutrition to build healthy bodies and to help them be the best they can be.

Good nutrition is important for your child to grow appropriately and live a healthful life. Childhood sets us up for adulthood. As a child grows, they form the ideas and habits that will serve them as an adult. To encourage children to form these great habits I have introduced

#### **‘SUGAR FREE FRIDAY’**

The aim of **“SUGAR FREE FRIDAY”** is to encourage children to have a day free of added sugar. Naturally occurring sugars are still acceptable such as fresh fruit.

I ask parents to support and encourage **“SUGAR FREE FRIDAY”** in a bid to encourage our children to lead a healthy lifestyle and reduce the risk of diabetes, and other health problems as they mature.

# **What to pack everyday**

## **All Children**

1. Change of clothes (hoodies & clothing with cords not recommended)
2. Wide brim hat or legionnaire style hat
3. Water Bottle
4. Healthy food (sugar free on Fridays) for Morning tea, Lunch and Afternoon tea.  
Please note that as your child is very active in care, they may require more food than normal as they are burning lots of energy.
5. Pharmacy Labelled bottle of Panadol/Nurofen

## **Children/Babies still in Nappies & Bottle fed**

1. Nappies & Wipes
2. Enough bottles with boiled water & formula

## **Additional Information.**

1. Parents will be provided with notification for any planned day's off. This will be done by a notice on the wall above the sign in station.
2. Invoices for care will be provided weekly, at the bottom of each invoice are my bank details for payment; payment is to be made promptly please.
3. Documentation on your child's learning and experiences are available on an app called Appsessement. Upon Enrolment, you will be sent a link to access the app and view your child's experiences.
4. Parent input is very valuable in the growth of your child and the experiences that are offered, I encourage your input regularly.
5. To ensure that you are up to date with any information relating to your child, a file will be available at the entrance. Please check your file regularly for any important information and updates.
6. Please notify me as soon as possible, if your child will not be attending or if you are running late.
7. Please be aware, I do accept children without immunisation. Due to privacy, you will not be notified if a child is/or comes into care that is not immunised.