



Coastwide Child & Family Services Inc.
QUARTERLY NEWSLETTER for PARENTS

MESSAGE FROM THE MANAGER

Dear Parents,

In this edition we have included information of a worthwhile sleep guidance course run by Night Nannies in conjunction with Central Coast Community College, at some stage I think we have all experienced unsettled nights! Research is paramount in developing best practice & policy. As early childhood care professionals we continually seek resources to ensure our staff & carers are well informed, we highlight some interesting points arisen from recent research. CCFS is supporting Jeans for Genes Day raising much needed funds for Children's Medical Research Institute. Also included is another cause of much interest, the Burger Corp campaign. Thank you for reading this edition.

Kellie McNamara, Manager CC&FS

SLEEP GUIDANCE COURSE

Sleep and Settling Guidance for Babies and Children – ENROLMENT FORMS CAN BE OBTAINED HERE:
info@ccccc.nsw.edu.au

"It's time for bed" can mean hours of stress and disruption for families with babies or children who won't settle at night. Are you looking for new skills and techniques to make bedtime pleasant for you, your children, grandchildren or those you care for? Say goodnight to sleeplessness with this new course. Learn gentle techniques to help babies and children (up to five years of age) fall asleep with ease. Following a 3 week plan, you'll be given the tools to establish sleeping patterns and manage difficult bed-time behaviours. Nannies and Child Care Workers wanting to specialise in sleep guidance with families can enrol in Day 2 of the course. This is a specialised day of training in how to make positive and effective changes with children's sleeping patterns in Child Care Centres and home environments. Please bring your lunch.

Day 1 – Open to Child Care Workers as well as parents and grandparents.

(1 Session)

Day 2 - Continues from Day 1, for Nannies and Child Care Workers only. (2 Sessions) (MATERNITY NANNY)

Nannies and Child care workers attending both days will receive a Certificate from Night Nannies and be eligible for registration as a specialist in Sleep Guidance. Possibility of other work as a Maternity Nanny through other Agencies and privately.

CENTRAL COAST COMMUNITY COLLEGE Saturday & Sunday 22 & 23 August, 10am - 3pm 2 session(s):
\$154.00 Course Code: 93E607B

LOCATION: Phone: (02) 4348 4300

Our main training and administration centre is located on the Ourimbah Campus, close to public transport, located only 5 minutes from Ourimbah railway station.

CLOTHING

Now that the colder months are upon us please ensure that you send your child to their carers with weather appropriate clothing & shoes.

JEANS FOR GENES DAY

Coastwide Child & Family Services is supporting Jeans for Jeans Day Friday 7th August 2009. All co-ordination unit staff will be wearing their jeans to work on that day & have asked that Carers do the same. We encourage families using Gosford FDC to also support this worthy cause. So please wear your jeans & give a gold coin donation which can be handed in to your Carer who will forward it the office.

July 2009

Coastwide Child & Family Services
Sponsoring:
* Gosford Family Day Care
* Supported Playgroups Gosford
* Brighter Futures
* MyTime
P.O. Box 4235
East Gosford 2250
Ph 4340 1111
Fax 4340 0888
admin@ccfdc.com.au
www.ccfdc.com.au



Enclosed with this Newsletter

- *Monthly Usage Statement Jun 2009*

RESEARCH GUIDING PRACTICE

The Centre for Community Child Health at the Royal Children's Hospital Melbourne acts as a link between various research evidence & the implications for early childhood policy & practice. We highlight the following excerpts from their current Policy Brief publication – 'Caring for Young Children: What Children Need' – with a view of general well-being & how Family Day Care plays a positive role in a child's development & what research tells us:-

'We now know that the relationships young children have with the important people in their lives shape the development of their brains. Thus sensitive and responsive caregiving is a requirement for the healthy neurophysiological, physical and psychological development of a child.'

'Children who form multiple attachments are said to be at lower risk for negative outcomes, as the withdrawal of any one attachment figure (such as the mother returning to work) can be buffered by the presence of another.'

'Young children need secure attachments in order to develop to their potential.'

'Secure attachments require attentive, sensitive and responsive care.'

'Attachments can be formed with other family and community care givers in addition to the mother and father.'

'All children need to be in loving and nurturing environments, particularly in their early years. Parents require support in order to provide this for their children.'

'Strategies need to be explored to encourage families to build a network of caregivers around them to support them in their child rearing responsibilities.'

'Stressed carers are not effective carers. The creation of supportive services and communities to minimize stress on those caring for young children is important. Appropriate interventions are required where the caregiver-child relationship is at risk.'

The full document can be sourced from http://www.rch.org.au/ccch/resources.cfm?doc_id=10885.

EXCURSIONS

From time to time carers will organise outings that are not a regular part of the normal weekly program. On these occasions your carer will ask you to sign an excursion authority form. We encourage you to discuss the purpose of the excursion & be aware of what you are signing.

BAN JUNK FOOD ADVERTISING TO KIDS

Are you tired of having to say no when your children pester you for junk food? Are you concerned about the number of food ads on TV when your children are watching? Do you wish that food ads on TV weren't so misleading?

If your answer is YES! Add your voice to the call for tighter restrictions on unhealthy food marketing to children. Go to www.burgercorp.com.au

to view the Burger Corp video clip and with one click you can send a message to the Minister for Health, Nicola Roxon, as well as their State Senators.

It is hoped that the Burger Corp campaign will give the Government the further encouragement it needs to introduce effective regulations to reduce children's exposure to television food advertising

CONTACTING THE CO-ORDINATION UNIT

Please feel free to contact the co-ordination unit on the above number to discuss any matters concerning your child's care and development. If you would like to pass on feedback regarding any aspect of our service again, please phone us or alternatively email us.

"quote of the day"

"A baby will make love stronger, days shorter, nights longer, bankroll smaller, home happier, clothes shabbier, the past forgotten, and the future worth living for"