

COASTWIDE CHILD AND FAMILY SERVICES INC

PARENT NEWSLETTER

January 2009



Coastwide Child & Family Services
Sponsoring;
Gosford Family Day Care
Supported Playgroups Gosford
Brighter Futures
MyTime
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Dear Parents,

Another year is upon us, we hope that you and your family enjoyed Christmas and New Year. On behalf of the staff I extend a warm welcome to new families and thank our existing families for their continued support of our service. I look forward to what 2009 will bring us and hope that you and your children thoroughly enjoy the year ahead with us.

QUALITY ASSURANCE

As advised in previous newsletters Gosford Family Day Care is currently undergoing our Quality Assurance Accreditation process with the National Childcare Accreditation Council (NCAC). Many thanks to our parents for taking the time to complete the recent surveys which is an integral part of the Accreditation process. These surveys have now been forwarded to the NCAC and we are now awaiting visitation from a NCAC Validator who will assess our scheme. We will keep you up to date with our progress.

CAR CHECK

A flyer for a free car child restraint safety check is enclosed run in conjunction with Gosford & Wyong Councils. Please consider this offer keeping in mind your precious 'cargo'.

FINE MOTOR SKILLS

Included in this newsletter is an informative article from the National Childcare Accreditation Council on fine motor skills. Please take the time to read this article, if you wish to discuss your child's development, again, please feel free to contact the office.

MUSIC & MOVEMENT WORKSHOP

The Central Coast Multicultural Children's Resource Centre is presenting a workshop on music & movement. Jingle Jam's Music & Movement Workshop, Wednesday 28th January 2009, Edogowa Gallery East Gosford, 6:30pm to 8:30pm. The workshop will incorporate songs, musical games, dance activities and movement for young children. The cost is \$40 for non-members and bookings are essential. For further information please contact Margaret on 0405 615393 or email mbutler3@optusnet.com.au.

REMINDER

Please keep your carers and the co-ordination unit up to date with any changes to your family details (phone numbers, emergency contacts, change of address, and the like).

AGM

Coastwide Child and Family Services is managed by a Management Committee. Our Annual General Meeting was held in November, where our Management Committee for 2009 was elected. Our Management Committee for 2009 is as follows:

| | | |
|--------------------------|---|------------------|
| Parent Representative | - | Julia Teale |
| Parent Representative | - | Katherine Bolton |
| Community Representative | - | Loretta Rodger |
| Community Representative | - | Pola Nadas |
| Community Representative | - | Lisa Kelly |
| Carer Representative | - | Kerry Hennessy |
| Carer Representative | - | Gail Lombe |

If you would like to speak to any of the Committee members please contact the office.

ROLE OF THE CO-ORDINATION UNIT

- Provide placement for children in registered Family Day Care homes.
- Assess and meet family needs and offer continued support.
- Oversee each child's placement and monitor their care and development.
- Recruit, train and support carers through home visits, interviews, telephone/email contact, newsletter and mail outs.
- Ensure the maintenance of quality care.
- Monitor hygiene and safety of the care environment.
- Provide playsessions for the carers and children in care.
- Arrange outings and excursions for carers, children and families.
- Maintain effective, accurate and confidential administration systems.
- Administer childcare benefit and payments to carers on behalf of parents.

CONTACTING THE CO-ORDINATION UNIT

Both myself and our Child Development Officers frequently visit carers homes, building relationships with the children. 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 or email us.

Regards,
Kellie McNamara

Enclosed with this Newsletter:-

Quarterly Usage Statement September - December 2008 (since introduction of CCMS)
Car Child Restraint Safety Check Flyer

Extract from December 2008 issue of Putting Children First, National Childcare Accreditation Council Inc.

Factsheet for Families

Supporting children's fine motor skills

The development of children's fine motor skills are important because they are the foundation for the development of many other important skills in the future, including reading, writing and drawing, as well as the ability to undertake everyday tasks such as tying shoelaces or holding a knife and fork. As for all areas of children's development, families play an important role in providing children with experiences, resources and guidance that will support their development through everyday play experiences and routines.

What are fine motor skills?

- The term 'fine motor' means 'small muscles'
- Fine motor skills involve the use of the small muscles in the fingers, hand and arm to manipulate, control and use tools and materials.
- Hand-eye coordination, where a person uses their vision to control the movements and actions of their small muscles, is also an important component of fine motor development.

The development of fine motor skills*

- Early fine motor development involves babies becoming aware of the relationship between their body and hands, fingers, feet and toes.
- As they develop, babies increasingly reach for and grasp objects, gradually moving from using a 'fist grip' to using their thumb and forefinger. They often place objects in their mouth so it is essential to eliminate choking hazards.
- By 16 months children can do simple tasks such as turning the pages of a board book and completing peg puzzles.
- From 16 months onwards children continue to extend their fine motor skills, and they use these to explore their world and to gain independence.
- From three years children's drawing and writing skills become more proficient as they begin to copy letters, numbers and shapes.
- Between three and five children begin to master tasks such as doing up buttons, tying shoelaces, using a knife and fork and cutting with scissors.

What activities can support children's fine motor skill development?

- Doing finger plays, rhymes and songs, such as *Incy Wincy Spider*, *Twinkle Twinkle Little Star* and *This Little Piggy*.
- Playing musical instruments.
- Doing art and craft activities, such as tearing paper, painting, collage, scissor cutting and threading.
- Adding props such as cooking utensils, cutlery and scissors to playdough, or adding textures such as rice or fine gravel to the dough.
- Drawing with writing materials such as pens, pencils and chalk.
- Engaging in sand and water play, and 'messy' play experiences such as 'slime', wet sand, mud and clay.
- Manipulating toy animal or people figures, magnets, and doing sorting games using small objects – tongs can also be introduced with these experiences.
- Dress up play using clothes and shoes with different types of fasteners such as press studs, large and small buttons, zippers and Velcro.
- Construction activities such as blocks, commercial construction sets, as well as household materials such as boxes, paper fabric and sticky tape.

* This is a general guide only, individual children's development varies significantly.