

June 2016

## Payment of Child Care Rebate (CCR)

There are four ways to receive your CCR:

1. Direct to your CCB approved child care service (Wynnum FDC) paid weekly
2. Direct to your bank account paid fortnightly / quarterly / annual payment

If you would like to change the payment option held for you by the DHS you will need to call before 30<sup>th</sup> June. A new payment option cannot be applied until the start of the next financial year, and remains in place for the entire 2016-2017 financial year, unless exceptional circumstances apply. Phone DHS on 13-61-50 hours Mon to Fri 8am-8pm to update your preference.

## Parent Training Opportunity, Wednesday 15<sup>th</sup> June

[Psychological Solutions](#) are presenting training for families on ['Prep Readiness'](#)

Call 3161 1635 to book your place. This training is held at 108 Florence St, Wynnum (opposite our new building) 6pm – 8pm, \$2 gold coin donation requested. Seats are limited to 50 so be quick. Please confirm your attendance.

## SimplyGreen – Backyard Fun for Families

[Free ebook](#). 60 pages of green low cost fun and ideas for families to enjoy and learn about their own backyard and development of life time environmental skills. Includes time saving projects, just view or print out a page and let the children loose with their creativity to do drawings or stories for the fridge door.

## Why Resilience Matters

Think back to your childhood and you may recall a mix of memories – you might remember idyllic family holidays by the beach, sadness when a beloved pet died, endless games of backyard cricket with your siblings, worries about school, and homemade birthday cakes. Sound familiar? As adults, we might look back on our childhood as a time when we were carefree and always happy, or we might recall times of upset and worry. We know from our own experiences that life's ups and downs impact on kids too. For children, life's downs may include emotionally painful experiences like rejection or humiliation at school or childcare, frustration at not being able to get their own way or sadness when a friend moves away. Good times and bad times are a normal part of life in childhood and adulthood; what's important is our ability to bounce back from life's challenges. Helping children develop resilience and build their coping skills means they're more likely to experience positive emotions, which supports their mental health and wellbeing now and into the future. [Read more here](#)

## Out of the Box, Australia's largest early childhood arts festival

This year the program explores the expertise of children, especially in the area of creative play.

The program celebrates children's connection and engagement with Indigenous and Asian cultures, with a particular focus on Indian cultures, customs and art forms. Highlights of the 2016 program include Creature: An Adaptation of Dot and the Kangaroo featuring large-scale 3D interactive projections, and Gazillion Bubble Show, a bubble and laser spectacular that comes to QPAC direct from Broadway. Children can participate activities including Bollywood dancing; the Wellness Workshop series including Tai Chi and meditation; and Holi Throw, an explosion of colour influenced by the traditional Indian celebratory custom of Holi. For more information and bookings visit the [Out of the Box](#) website or call 13 62 46

## Your child's health in winter

Why does your child get more colds in winter? Not because it's cold, but because children are inside more and in closer contact – more chances for sharing germs! You and your child can take some **simple steps to reduce your child's chances of getting a cold** – cough into your elbow, and wash hands after sneezing, coughing and blowing noses. A reminder that any medication to be administered whilst your child is in care, must be recorded on the Medication Administration Form.

Click on this [Raising Children](#) newsletter for more information.