



# PARENT UPDATE

November 2018

## Wrapping up 2018

Thanks for attending our annual WFDC Children's Christmas Party. We run this event with our sister service, Children @ Bay Terrace and it was great to see children and families connecting with their friends and educators. We, the WFDC Coordination Unit appreciate the opportunity to connect face to face with wonderful families, children and educators and to see the happy (and sticky) faces of delighted children.

If you are finishing care with WFDC this year, just a reminder that your child must physically attend care on the final day of the care arrangement to meet CCS obligations.

Please discuss with your educator about your childcare needs for 2019 – whether they will change or stay the same. If you need assistance with extra care that your educator cannot accommodate, please call Marie in the office on 3393 4311

## Self-regulation

Self-regulation is not simply self-control. It is the ability to manage our energy states, emotions, behaviour and attention: the ability to return to a balanced, calm and constant state of being. Lack of sleep, noise, flashing lights, an argument, certain foods, stress and trauma can all throw us off balance. Our energy depletes and managing our feelings, behaviour and attention becomes more difficult. Self-regulation is vital for children to manage life's normal ups-and-downs: for concentration, social relationships and learning. It is a major task for a young child to regulate their feelings and behaviour consistently. Read more about promoting self-regulation here <https://beyou.edu.au/fact-sheets/wellbeing/self-management>

## Sun Safety

Educators within WFDC implement the Sun Protection policy to protect themselves and the children in care from the harmful rays of the sun. WFDC educators model and promote sun protection measures, and children learn about sun safety and are encouraged to wear broad-brimmed hats and suitable protective clothing in outdoor environments. Please discuss with your educator expectations for appropriate clothing and sun protection products within the FDC setting.

## Support your child's transition to prep

Over the next few months, early childhood education and care (ECEC) services, families and schools are supporting young learners for the transition to school next year. By working together, they can help all children enjoy a positive start to school and develop a lifelong love of learning. More tips here:

<http://www.earlyyearscount.earlychildhood.qld.gov.au/age-spaces/helping-your-child-have-a-positive-start-to-school/>

## Be You

A major new Beyond Blue initiative designed to address mental health in schools and early learning services has been launched this month. <https://beyou.edu.au/resources/news/be-you-has-launched>

**Manager:** Cathy Bavage **Educational Leader:** Lisa Meyer **Coordinators:** Marie Sayers, Samantha Jackson Van-Hummel, Karen-Lea Simmers, Natasha Staal **Business Support:** Rochelle Chisholme