

Family Day Care Providers C & R Cowling-Scaife

NEWSLETTER

OCT/NOVEMBER 2009



The Scheme is turning Three, we would love to have you come and celebrate with us!

When: March 6th 2010

Where: Landborough Park

Time: 10am-12pm

Free sausage sizzle and Cake

Location:

Glass House Mountains Road, Landborough (entrance off Caloundra Street)

General Facilities:

Large weatherproof shelter with equal access (caters for large groups of 25+)

2 smaller picnic shelter facilities plus other tables and seats.

1 unisex equal access toilet block

1 barbecue

1 drinking bubbler

Carparking (with 2 disabled bays)

Grassed open space/kickabout area

Full safety fence around entire recreation area

Playground facilities:

Pioneer Cottage complete with ramp access, play kitchen, adjustable speakerphone, musical thongophone, I spy and I hear panels, cogs panel, climbing net, musical chimes.

Artificial garden with spinning flowers and mailbox.

Flying Fox

Touch tiles - teach children brail and sign language

Swings (one is arm powered)

Sand and Water Play tables

Shaking/Vibrating rock

Hammock

Carousel (unique design with 3 seats)

Living Sensory Garden - boasts a range of herbs such as mint and lavender with a variety of different scents and textures (there are also unusual plants such as those that smell like carrot and lemonade)

Large shade sail

Existing timber playground



Other information:

Please bring hat, sunscreen, water, etc

No dogs allowed

Public Transport available

New children's hats and children's shirts are now in stock.

Get in quick stock to sell out quickly.

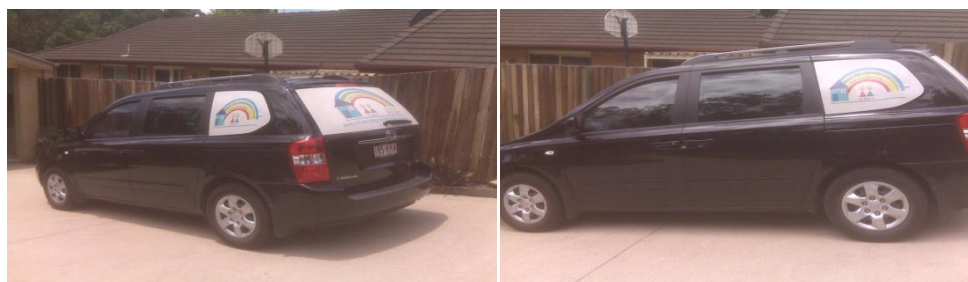
Check the colors out at our web site under merchandise:



www.crfamilydaycareproviders.com.au



For Sale



Kia Carnival 2007

Km: 19800

Excellent condition, tinted windows, Air con, CD player and manual vehicle.

Price: \$ 26,500

Looking for work, if you would like a mural or any types of art painting call:

Dallas Sutherland

Muralist

0409773554

Interior and exterior illusions

www.dallas-sutherland.bounce.com.au

Dangerous products banned

BANNED

Toys and baby products that contain more than one percent of the potentially dangerous chemical [Diethylhexyl phthalate \(DEHP\)](#) have been banned by the federal government.

At present there are no products on Australian shelves that the federal government knows of that contain more than the one percent of DEHP.

The [Australian Competition and Consumer Commission](#) will continue to monitor and test products, especially from overseas, to help ensure safety.

Dummies, bowls, plates, cups, soft books, infant activity centres and rattles containing DEHP are some of the banned products.

Minister for Innovation, Industry, Science and Research – The Hon Dr Craig Emerson MP said, 'This is largely a precautionary measure because when it comes to the safety of our children, I will err on the side of caution.

'DEHP is a chemical used in plastic manufacturing to make products soft or pliable.

'It has been found in footwear, garden products, vinyl flooring and a range of toys and baby products like teething toys.

'Research has shown there is a risk factor when products containing this chemical are chewed or sucked for long periods – that's why I am not taking a risk when it comes to babies and children.

'The Australian Competition and Consumer Commission have recommended to me that these products be banned because of the risk – albeit remote – of future reproductive problems.'

Similar bans are in place in the United States and the European Union.

If you are concerned about any toys and baby products or wish find out further information about product recalls please call the ACCC - 1300 302 502 or visit their [website](#).

Updates 2010

Settle Petal changes

Jan Murray

SUNSHINE COAST AREA ONLY

1. CLINIC OPTIONS

There are new

*locations

*time slots

*pricing



See 'Consultation Options' on the website link below for more details.

2. 'NEWBORN WELCOME VISIT'

Gain confidence and feel reassured

in the first few weeks after getting home from hospital.

Book a 'Newborn Welcome Visit' this month, mention you read about it in 'Parenting eNews' and receive 20% OFF your visit. See 'CONSULTATION Options' on the website link below.

3. 'GROUP SESSIONS':

New pricing

Less \$\$\$ for more people.

Book this month, mention you read about it in 'Parenting eNews' to receive an EXTRA \$5 OFF.

See 'SESSION or GROUP' menu on the website link below.

4. LAKE KAWANA COMMUNITY CENTRE, BABY AND KIDS MARKET, this Saturday 6TH February I'll be selling 'taste it' at a special market price.

ANYWHERE

5. JOIN A GROUP

There are parents who are looking to connect with other parents raising babies. Therefore, if you belong to a group that meets regularly and you would welcome new mum's or dad's please let me know.

I am compiling a list on the Settle Petal website of groups that meet and would be happy to share there group with others.

Email your town or suburb location, a contact name and detail and I will add it to my website. I can take it off whenever your group stops meeting.

I look forward to hearing from you.

You could

also advertise it yourself via Settle Petal Facebook.

Important Safety Risk –

Plastic is a choking hazard –

Please don't send your child's lunch in cling wrap, zip lock bags or any plastic, please use alterative, containers, brown paper bags, alfoil or baking paper.

A healthy lunch box

Well actually it's what's in it that should be healthy not the box, unless your lunchbox has a secret life!



Your lunch should be a part of your balanced daily diet. Look up our topic "**Balanced diet**" if you haven't seen it.

Lunch is an important meal. As you are going to be in school for about 12 years of your life, you will certainly need to get some fresh ideas about what to make from time to time.

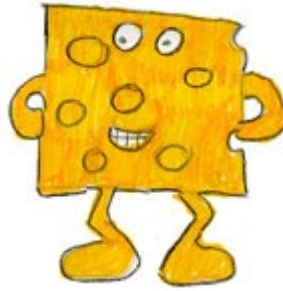
After all, the same boring food every day is, well... **boring!**

Important things to do

If you are going to make your own lunch then here are some ideas to keep you safe, healthy and out of trouble.

Do

- ✔ *Ask mum which food you can use [she may be planning to use just what you want].*



- ✔ *Wash your hands before you start.*
- ✔ *Use different chopping boards and knives for meat and vegetables.*
- ✔ *Get everything together that you are going to use.*
- ✔ *Wash and dry salad vegetables. Use a paper towel to dry them properly.
[Soggy sandwiches are not too good, especially if you've been looking forward to a nice crisp lunch.]*
- ✔ *Use small knives - they are easier for you to manage.*
- ✔ *Clean as you go. You don't want to be eating a 'germ' sandwich do you?*
- ✔ *Wash your hands if you do something different while you are making your lunch - for the same reason.*
- ✔ *Ask mum to help if you need to grate anything or use anything electrical, like a can opener or a blender.*
- ✔ *When you've finished, wrap the foods you have used or put lids on*

before you put them away.

Lunch box ideas

We are lucky to have such a wide range of foods nowadays.

People have come from all over the world to make their home in other countries and they have brought some wonderful foods with them.

Bread






You think that's boring? So look around the stores and bakeries and you'll find some very exciting things out there. Here are some of them:









white sliced, fortified white, high fibre, brown, wholemeal, wheatmeal, rye, fruit, cheese and chives, pumpkin, pitta, Lebanese, brioche, mountain bread and heaps of others - so there is a big choice for you, and a chance to liven up your sandwich straight away.

Fillings

Remember how to avoid soggy sandwiches? Good because you wouldn't want to spoil these. (Spreading a little butter or margarine on the bread will help keep the sandwich from getting soggy if you have a runny filling to put into it, but most sandwiches do not need a lot of butter or margarine.)

-  *Cream cheese, chopped celery and sultanas.*
-  *Grated carrot and cheese with 'lite' mayonnaise [mayo]*
-  *Chopped cooked chicken and mayonnaise, with lettuce.*



-  *Grated cheese and chopped celery, or carrot.*
-  *Leftover roast meat with grated carrot, chopped lettuce and chutney or tomato sauce.*
-  *Lean ham, sliced cheese and a pineapple ring [make sure you dry it well].*
-  *Peanut butter and grated carrot. (Peanut butter is a very good food, but some kids are allergic to peanuts. Check with your teacher about whether there is a policy that asks children not to bring peanuts or peanut butter to school.)*
-  *Vegemite**, cheese and tomato.*
-  *Take a roll and a banana to eat together.*
-  *Take a roll, a sliced boiled egg wrapped in food-wrap, and lettuce to build your sandwich when you are ready to eat it.*
-  *Put your fillings inside Pitta bread or roll them inside Lebanese bread [Vegemite** tastes great in either of these]*

**This is a good idea. Wrap any strong smelling foods separately then build your sandwich just when you're ready to eat it, or they tend to be a bit smelly by lunchtime.*

Please find below the new restraint laws and the website:

www.transport.qld.gov.au/Home/Safety/Road/Motor_vehicle/Child_restraints/Rs_mv_restraint_seatbelt_laws#More

Babies and children

Babies aged 0 to six months must be secured in an approved rearward facing baby capsule or infant restraint that is properly fastened and adjusted.

Babies and children aged between six months and four years of age must be secured in either an approved rearward facing child restraint or an approved forward facing child restraint with built-in harness that is properly fastened and adjusted. It is recommended that a baby remain in an approved infant restraint for as long as possible.

Children who have reached four years of age must be secured in an approved booster seat with a H-harness or a booster seat with a secured adult seatbelt that is properly fastened and adjusted. The child must be secured in this manner up until they turn seven years of age.

The rules recognise that some children may be too large or too small for a specific type of child restraint.

- *If your child is too small to move into the next level of restraint, you should keep your child in the lower level restraint for as long as possible (for example, a child who has turned four but is too small for a booster seat should remain in a forward facing child restraint with a built-in harness).*
- *If your child is too large to fit into a child restraint specified for your child's age, your child may move into the next level of restraint. A child is too tall for a booster seat when the level of the child's eyes is above the level of the back of the booster seat.*

[top](#)

Seating children in the front passenger seat

Whether your child can sit in the front passenger seat will depend on the age of the child and whether there is more than one row of seats in the car.

If the car has one row of seats only (for example, a ute):

- *a child of any age can sit in the front seat if the vehicle has only one row of seats provided they are properly restrained. If the vehicle has a passenger airbag fitted, a rearward facing child restraint should not be used.*

Where there are two or more rows of seats:

- *a child under four years of age **cannot** sit in the front seat of a vehicle that has more than one row of seats, even if the child is three years of age and large enough to sit in a booster seat*
- *a child aged between four and seven years of age **cannot** sit in the front seat of a vehicle that has more than one row of seats, **unless** all the other seats are occupied by children under seven years of age.*