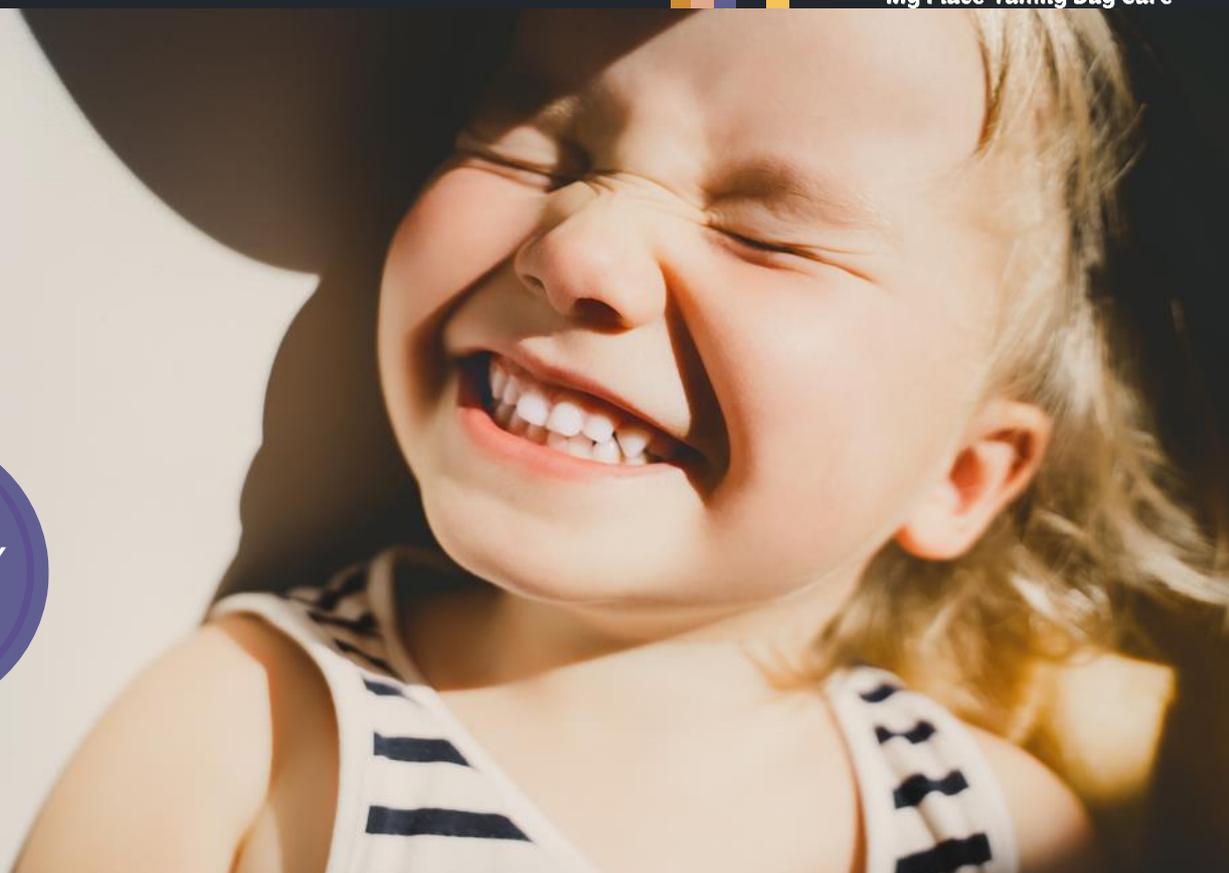


A new year is a fresh page, let's fill it with kindness, curiosity and joy – **Unknown**



JANUARY
2026



Welcome to 2026 at My Place Family Day Care!

As we begin a new year at *My Place Family Day Care*, we look forward to another year of learning, growth, and partnership with our children, families, and educators. The start of the year is an important time to reaffirm our shared expectations and commitment to providing high-quality education and care.

Child safety remains at the heart of everything we do. We are committed to maintaining a strong child safe culture where children feel safe, secure, listened to, and respected. Throughout the year, educators will continue to embed protective behaviours, supervision practices, and safe environments into everyday practice, supporting children to develop confidence, resilience, and an understanding of their own safety.

We also remain focused on continuous improvement. Through ongoing reflection, professional learning, and quality improvement processes, educators and the coordination team will continue to review and strengthen practices to ensure they align with best practice, the National Quality Framework, and the needs of our children and families.

We value open communication and partnerships with families and educators, and encourage you to stay engaged, ask questions, and share feedback throughout the year. Together, we look forward to a positive year that supports children's wellbeing, learning, and development in safe, nurturing, and high-quality environments. ♥

ON *this* MONTH

My Place Family Day Care

AROUND THE COUNTRY

Kid Inventors Day ----- 17th
Australia Day -----26th
International Lego Day ----- 28th

Admin Update

As we begin the new year we would like to remind you all of a few important matters-

Educators- Please ensure you are checking your timesheets to ensure accuracy prior to sending to admin to avoid any delays in processing.

Families- Please ensure you check your child's timesheets thoroughly (days, dates and times) before signing.

-Pins are confidential and registered against your name only. If you think someone else might have your PIN please contact the service and we will issue you with a new one.

Please email FDCAAdmin@ich.org.au if we can help you with any queries.



AUSTRALIA DAY – JANUARY 26

Australia Day is a day to reflect, respect and celebrate the Australian spirit and the best of this country – our mateship, our sense of community and our resilience. We find optimism and hope as we look to the future.

Reflect. Respect. Celebrate. We reflect on our nation’s past, which began more than 65,000 years ago, and the impact of European settlement on the First Nations Australians. Our national day is a time, above all, for inclusion and respect. **Find out more about Australia Day here.**

KID INVENTORS’ DAY – JANUARY 17

The television, water skis, earmuffs and the popsicle all have something in common. Do you know what it is? All were invented by kids! 500,000 children and teens invent gadgets and games each year. Celebrate the ingenuity and value of young brainstormers on KID INVENTORS’ DAY! **Find out more here.**



EASY ONE BOWL SAVOURY MUFFINS

PREP 12 mins | COOK 18 mins | SERVES 12

INGREDIENTS

- 2 cups plain wholemeal flour
- 2 teaspoons baking powder
- sea salt and pepper, to season
- 60 grams butter
- 1/2 cup (125 ml) milk
- 3 eggs
- 1 medium zucchini, grated
- 1 medium carrot, grated
- 1 cup (160 grams) canned corn kernels, drained
- 1 1/3 cups (150 grams) tasty cheese, grated

METHOD

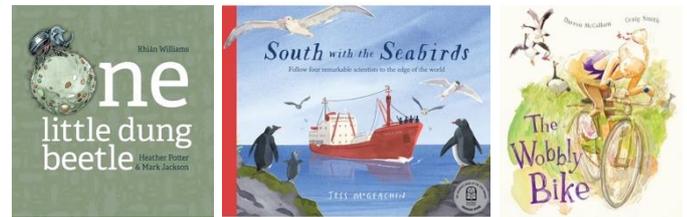
1. **Preheat** oven to 180 C and line a 12-hole muffin tin with papers. **Set aside.**
2. **Place the flour**, baking powder, salt and pepper into a large bowl. **Whisk** to combine creating a well in the centre.
3. **Place the butter**, milk and eggs into the well of the flour and whisk until just combined.
4. **Gently fold** through the zucchini, carrot, corn and cheese. If your batter looks a little dry (depending on the brand – wholemeal flours can vary slightly and require a tad more liquid) simply add a splash of milk.
5. **Evenly divide** the mixture in the prepared muffin tray.
6. **Bake for 15-18 minutes** or until golden and when a skewer inserted removes cleanly.

Allow the muffins to cool for 5-10 minutes before placing on a wire rack to cool completely. **Enjoy x**

Source: Image & recipe 'My lovely lunchbox'

Book reviews

Fresh stories for the food lovers!



ONE LITTLE DUNG BEETLE | RHIÂN WILLIAMS

One Little Dung is a playful, rhyming counting book that invites children into the tiny, fascinating world of beetles. As we follow one hardworking dung beetle and meet a whole host of other beetles. Children explore numbers, rhythm and rich new vocabulary. Detailed, jewel-like illustrations reward close looking, with little visual surprises to spot on each page. Shortlisted for the 2025 CBCA Book of the Year (Early Childhood), this is a joyful way to spark curiosity about mini beasts, caring for our environment and noticing the wonders right outside our doors.

SOUTH WITH THE SEABIRDS | JESS MCGEACHIN

South with the Seabirds tells the remarkable true story of four female scientists who in 1959 undertook a daring expedition to the remote Macquarie Island in the sub-Antarctic. Their journey, aboard an ice-breaking ship, led them to giant seabirds, penguins, seals and a wild, windswept island teeming with life. Through vivid watercolour illustrations and carefully researched storytelling, the book brings alive their discoveries and the wonders of a fragile ecosystem. It’s a stirring tribute to scientific curiosity, gender equality in STEM and environmental conservation, perfect to inspire young readers and families.

THE WOBBLY BIKE | DARREN MCCALLUM

The Wobbly Bike is a warm, gently humorous picture book about learning to ride a bike, even when it feels wobbly and out of control. Set in Darwin and rich with snapshots of life in Australia’s “top end,” the story celebrates the love and encouragement of grandparents, the importance of patience and practise, and the joy of mastering something for the first time. The lilting rhyme and lively illustrations make the mishaps and perseverance feel real and familiar. A wonderful read-aloud for preschoolers and families that gently encourages resilience and kindness.

FOCUS: Understanding Quality and Safety in Early Childhood Services: What Families Should Know



When families choose an early childhood service, one of the first questions—spoken or unspoken—is always the same: “Will my child be safe, supported and cared for here?” It’s a big decision to entrust your baby, toddler or preschooler to someone else’s care, and it’s natural to want confidence that the environment your child enters each day is warm, predictable and protective.

Across Australia, all early childhood education and care services operate under the National Quality Framework (NQF). The NQF is the national system for regulating and improving the quality of early education and care. It is made up of several key, stable components including- the National Law and National Regulations which are the legal requirements all services must meet including staffing, health and safety, educational programs, physical environment and operational procedures. The NQF also includes the National Quality Standard (NQS) which defines what high-quality education and care looks like and feels like. This means that every service, regardless of type or location, follows a nationally consistent approach to quality. Recent legislative changes, have strengthened the National Law by making the safety, rights and best interests of children the paramount consideration for daily practices, policies and procedures in education and care services.

A Safe, Calm and Predictable Environment

Creating a child-safe environment involves more than child-proof locks or soft flooring. Guided by the NQF, services design spaces where children feel physically secure and emotionally supported. This includes thoughtful room layouts, active supervision, predictable routines and warm, trusting relationships. Educators conduct regular safety checks, maintain equipment and ensure children can move freely and comfortably. You may notice furniture changes or outdoor updates such as improved shade, fencing or soft-fall surfaces—visible signs of the ongoing safety checks and continuous improvement processes required under the NQF.

Safe Sleep and Rest Practices

For babies and toddlers, safe sleep is essential. Services follow recognised safe-sleep guidelines and monitor children closely throughout rest times. The NQF requires educators to stay up to date with training and current recommendations so families can feel confident that sleep routines are carried out safely, consistently and with children’s safety, health and wellbeing at the centre of all decisions and practices.

Hygiene and Everyday Health Practices

Good hygiene is a cornerstone of quality care. Under the NQF, services must maintain high standards of cleanliness and infection control. This may include daily cleaning schedules, sanitising frequently used equipment, wearing gloves for nappy changes, practising correct handwashing and following safe food-handling procedures. You may also see improvements that reflect current health guidance, such as enhanced ventilation or updated illness policies. While the specifics vary between services, the aim remains the same: to maintain a healthy environment for all children.

Responding to Emerging Issues

As the world changes, so do the risks children may encounter. The NQF requires services to regularly review and update their policies to stay informed, prepared and responsive. Our policies support safe and consistent practice in areas such as:

- Digital safety and the responsible use of technology
- Smoke-free and vape-free environments
- Sun safety and monitoring UV levels
- Safe collection procedures and clear communication with families
- Allergy and asthma management with the need for current medical management plans for children with medical conditions
- Emergency preparedness, including evacuation and lockdown procedures

These policies provide clear guidance for educators and ensure we respond to safety matters calmly and confidently. All policies are available for families to view at any time—they are displayed within the service, and copies can be requested whenever needed.

Child Protection and Wellbeing

Child protection is a major focus of the NQF. All persons working in education and care must have a valid Working With Children Check or Vulnerable Persons Check. Educators and staff understand child protection law and comprehend their mandatory reporting obligations and responsibilities in recognising concerns, responding appropriately and reporting to relevant authorities. From February 2026, all staff and educators will need to complete mandatory national child safety and protection training.

Equally important are the everyday interactions that help children feel emotionally secure—warm greetings, comfort when they’re upset, listening to their ideas and supporting them to manage emotions. Safety is not only physical; it also includes feeling valued, respected and understood.

Partnerships With Families

The NQF emphasises the importance of strong partnerships with families. Quality and safety are strengthened when educators and families work together, share information and communicate openly. This may happen through daily conversations, family events, online platforms or policy updates.

If you have questions about any aspect of child safety or practice, our team welcomes the opportunity to talk with you. Transparent communication helps us support children in the best possible way.

Continued on following page...

Early childhood is a precious time, and families deserve to feel confident in the care their children receive. With the NQF guiding best practice and with policies kept open and accessible to families, services can provide warm, secure and nurturing experiences that help children thrive now and well into the future.



For more information on the National Quality Framework (NQF) follow this QR code.

Source: startingblocks.gov.au



For more information on the National Quality Standard follow this QR code.

Source: startingblocks.gov.au

For **resources for families and educators**, to help you have conversations with your children or children in your care, visit these links for resources and many language translations

[Resource library | National Office for Child Safety](#)

[Responding to Tricky Questions](#)

[Having conversations | National Office for Child Safety](#)



LET'S PLAY HOPSCOTCH

Hopscotch is a simple, classic outdoor game that builds both physical skills and early maths understanding. Draw a hopscotch grid with chalk and number each square. As children hop along, encourage them to call out the numbers they land on. For extra excitement, children can toss a small stone or beanbag onto a square and collect it as they move through the course.

This playful activity helps children practise counting in sequence, recognise numerals and notice which numbers come before or after others. Seeing the numbers arranged on the ground also strengthens their sense of number relationships—such as understanding that seven is closer to nine than to one. It's an easy way to combine movement, learning and fun.



LUNCHBOX LOW WASTE – SIMPLE SWAPS FOR EVERYDAY MEALS



Creating a low-waste lunchbox doesn't have to be complicated. Small, consistent changes can significantly reduce single-use plastics while also saving families money over time. One of the easiest places to start is by replacing disposable items, cling wrap, sandwich bags and single-serve packets—with long-lasting alternatives.

Reusable containers in a mix of sizes make packing lunches simple and keep food fresher for longer. Beeswax wraps or silicone covers are great for sandwiches, muffins and cut fruit, offering a washable, eco-friendly option.

Buying snacks in bulk is another simple swap that reduces waste. Instead of single-serve yoghurt pouches, chips or crackers, consider filling small containers from larger tubs or packets. This approach cuts down on unnecessary packaging and gives you greater control over portion sizes and ingredients. Families can also plan ahead by prepping lunches the night before, which reduces the temptation to rely on grab-and-go packaged foods.

Adding low-waste items such as whole fruit, homemade muffins, veggie sticks or leftovers helps create a nutritious lunch while keeping waste to a minimum. Over time, children learn the value of caring for the environment through everyday habits. A low-waste lunchbox isn't about perfection, it's about simple, sustainable choices that make a big difference.

Find some delicious lunch batch recipes here:

- boobtofood.com/category/recipe/
- healthymadetasty.com.au
- healthymummy.com
- Woolworths.com.au

Child Protection and Child Safety at My Place Family Day Care



Potential educators and their homes are assessed prior to onboarding. All educators must undergo police checks, prohibition checks, and all educators and adult household members (and regular visitors) must hold a valid working with children check (blue card) and undertake a thorough induction process prior to providing care.

Child protection training is completed annually by educators and head office staff. All educators are mandatory reporters and have a legal responsibility to report any concerns of child abuse or neglect.

We uphold a high standard of compliance as a priority and maintain this through regular planned and unannounced home visits with educators to ensure children's safety is a priority.

Educators introduce children to their own protective rights and body safety through child focused learning materials such as NAPCAN Protective Behaviours stories or the SAFE series by the office of the Childrens Guardian.

Educators support childrens autonomy and right to their own physical space and early understanding of consent through practices such as asking for permission to take a photo, or to change nappy, and respecting the childs right to refuse or say no.

Strong child-safe practices are in place for the use of digital technologies, photography, and CCTV, supported by clear policies, consent processes, and monitoring procedures.

Supervision is active, intentional, and responsive, with educators continually scanning environments, positioning themselves effectively, and managing risks during both indoor and outdoor play and during routine practices such as toileting, during transitions and sleep.

Daily environmental safety checks are conducted and documented. All educators maintain current first aid, CPR, asthma, and anaphylaxis qualifications to ensure they are prepared to respond effectively to incidents or emergencies.

Educators undertake regular safe sleep training and consistently implement safe sleep practices, including documented sleep checks and the use of safe, age-appropriate sleep equipment. Individual sleep risk management plans are completed for all children and include details of sleep locations and supervision arrangements.

Excursions and transportation are carefully planned and documented. Risk assessments and documentation are submitted to the coordination team for approval before being shared with families and before written consent is obtained.

Through consistent supervision, proactive risk management, strong governance, child-safe practices, and ongoing professional learning, My Place Family Day Care ensures that every child is protected and supported to feel safe, secure, and confident in their learning environment.

Feature Article



Building Safer communities for Children

Safer Communities for Children – A Community Approach to Child Safety and Wellbeing, is designed for educators and teachers working in Queensland's regulated early childhood services.

It focused on practical strategies to strengthen child safety, empower children with personal safety skills, and build a shared, community-wide approach to child protection and wellbeing as well as some valuable tools/resources and insights to support our educators and families in creating environments where children feel empowered, respected, and protected.

Queensland Protective Behaviours Workshop - NAPCAN- free training educators can access. [Protective Behaviours Training - NAPCAN](#)



WATER COLOUR PAINTING

Watercolour painting is a gentle, expressive art activity that invites children to slow down, observe and explore. Watercolours behave differently from other paints, encouraging children to experiment and discover what happens when colours blend, dilute or layer. The soft edges and flowing textures make every attempt feel successful, even for beginners.

You will need:

Water colour palette
(Find Micador pallets at Big W)
Water colour paper (Kmart is really affordable)

Set up a simple painting space and offer prompts to spark curiosity. You might place leaves, flowers, pinecones or favourite household objects nearby for children to observe and paint. Alternatively, let their imagination lead, many children enjoy making rainbows, landscapes, or abstract patterns as they notice how the colours move across the page. Older children may enjoy trying wet-on-wet techniques, salt textures or adding details once the paint has dried.

Watercolour painting supports fine-motor development, hand-eye coordination and early artistic confidence. It also creates a moment of mindfulness, helping children unwind while focusing on gentle brush movements and colour changes.

This activity is easy to set up and pack up, soothing to engage in, and offers a beautiful opportunity for families to slow the pace and create something together.



KEEPY UPPY

Short simple activities to get some active minutes in the day.

This quick, high-energy game works for one child or the whole family. All you need is a single balloon. **The goal is simple:** keep the balloon in the air for as long as possible without letting it touch the ground.

Add fun variations to suit different ages: use only elbows, only knees, or one hand behind your back. Older children can try gentle taps or set a family record for longest time in the air. Try putting the sprinkler on for a really 'cool' challenge.

This game builds coordination, balance and teamwork, and always ends in laughter. Perfect for indoors, outdoors or days when you need a fast movement break.