



# **Family Day Care**

*Health & Wellbeing  
Handbook*



Mildura Rural City Council

## **Health and Wellbeing of all children is important to Mildura Family Day Care. We participate in the Victorian Prevention and Health Promotion Achievement Program**

### **Healthy eating and caring for your teeth**

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***“The Australian Government provides financial support for this childcare service under the Community Support Programme”.***

## Breast Feeding

Mildura Family Day Care Scheme supports mothers to meet their breast feeding needs. If a child is not breast feeding, we will support appropriate formula/bottle feeding strategies. Discuss with your Educator your needs/arrangements to continue breast feeding whilst your child is in care.

**For further information or assistance with safe sleep or Breast Feeding please contact the FDC Support Team on 5018 8271 or you can contact Breastfeeding Helpline on 1800 mum 2 mum (1800 686 268) anytime/day or night or [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)**

## Caring For Teeth

Mildura Family Day Care recognises the importance of good dental care to keep children's teeth healthy. Decreasing sugar intake and maintaining a well-balanced nutritional intake assists with prevention of tooth decay.

It is important to brush gently and thoroughly from when the teeth erupt (baby's teeth can be cleaned with a soft cloth). Use an appropriate toothpaste for the child's age. Brush with a soft compact head toothbrush at least twice a day after meals.

Children who visit the dentist from an early age are much less likely to experience dental problems during their childhood and are unlikely to experience a future fear of dentists.

Seek a dentist's advice if your children's teeth become damaged, loosened or chipped



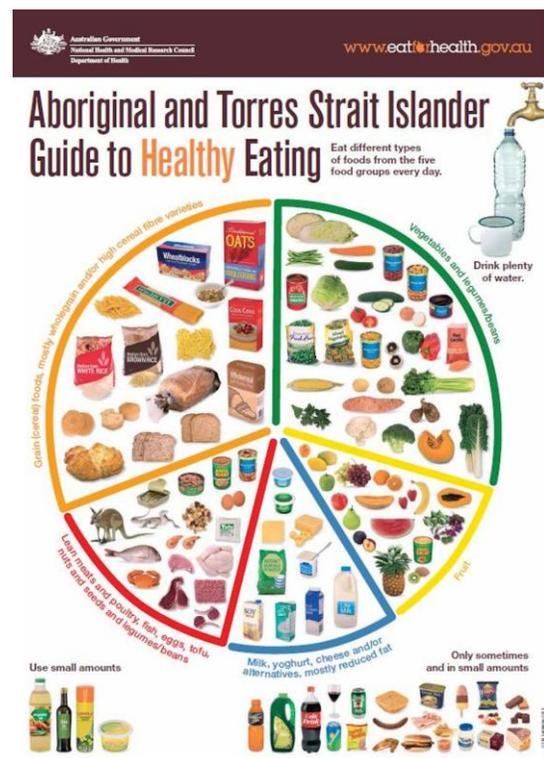
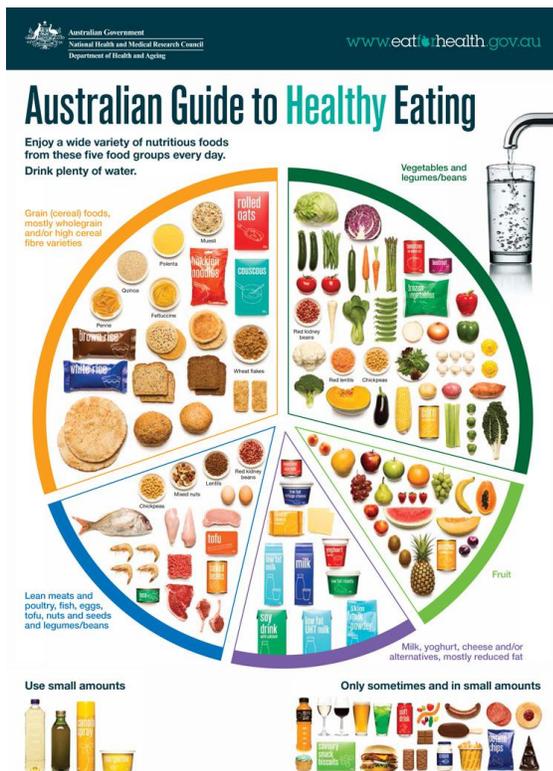
## Food allergies and healthy eating

All food provided needs to be food which the child has had before.

This is especially important as we would like to avoid the possibility of an allergic reaction whilst children are in care.

At times we may request that certain foods not be brought into the Family Day Care home if there is a child with an allergy attending.

It is important that parents offer a balance of foods from each of the food groups every day. Water is the best drink to stay hydrated and it supports many other essential functions in the body, avoid sugary options such as soft drinks and energy drinks.



Educators have a duty of care to ensure children are adequately fed while in their care.

Educators will substitute or supplement food where unsuitable or inappropriate amounts are supplied by a parent. When this occurs, parents may be charged for any food provided by the Educator.

## **Meals and Nutrition**

Most parents choose to be responsible for their child's meals whilst they are in care by packing lunch and snacks.

A child needs good nutrition to be physically fit, mentally alert and play creatively. For this reason, if parents are providing the food for the day or week it is required to be suitable and healthy for the child's development.

Family Day Care encourages nutritious and balanced meals by supporting families and Educators with current information and advice from relevant health authorities.

**Children will always have fresh drinking water available to them.**

### **Some lunch box ideas**

#### **Tips for healthy lunch boxes-**

- Always include fresh fruit and vegetables and vary the selection to keep it interesting
- Offer a variety of whole grain breads, rolls, pita bread and flat breads.
- Use avocado as a spread instead of butter or margarine
- Use reduced fat and low in sugar dairy foods e.g. cheese and yoghurt are ideal
- Children need a serve of protein at lunchtime. Ensure you include lean meat, egg, chickpeas or tuna.
- Add a chilled bottle of water

[www.freshforkids.com.au](http://www.freshforkids.com.au)

[www.taste.com.au](http://www.taste.com.au)

\*Many more websites have great recipes for snacks and lunch box ideas

Mildura Rural City Council Family Day Care Nutrition, Food Handling and Oral Health Policy is available on request

**Healthy Together Mildura**

[www.healthytogethertomildura.com.au](http://www.healthytogethertomildura.com.au)

## **Recommended Foods**

Good nutrition involves eating a variety of foods. Encouraging healthy choices from an early age ensures good habits in the future. Healthy food choices include:

### **Bread and Cereals (preferably wholegrain)**

Bread/bread rolls  
Scones  
Muffins  
Buns/fruit loaf  
Crumpets  
Rice  
Wholegrain breakfast cereals  
Crisp breads  
Rice cakes  
Pasta  
Noodles

### **Fruit and Vegetables**

Fruit (fresh, frozen, dried or tinned)  
Fruit ice blocks  
Vegetables (raw or cooked)  
Salad

### **Milk and Dairy Products**

Reduced fat dairy from 2 years of age  
Full cream milk (under 2 years)  
Calcium fortified soy drinks  
Dairy desserts  
Fruche / fromage  
Creamed rice  
Custards  
Instant puddings made with milk  
Yoghurt  
Cheese/cheese dip

### **Meat and Meat Substitutes**

Cold and cooked lean meats  
Eggs  
Legumes and legume products (baked beans)  
Tinned fish (tuna/salmon)  
Tofu  
Plain nut pastes  
Nuts and seeds  
Beans/legumes

Foods such as chips and chocolate bars contain fat, salt and /or sugar and are not considered suitable for children.

Foods that are high in sugar (chocolate, lollies, sticky fruit snacks) increase the likelihood of tooth decay.

These types of foods will be returned in your child's lunch box. If your child is hungry a healthy alternative will be offered. There may be a charge for this extra food.

(Source: [www.health.gov.au](http://www.health.gov.au) )

Further reading: The Australian Guide to Healthy Eating

## **Safe Food Handling**

Educators are required to understand safe and hygienic food preparation and storage. All Educators are registered with Mildura Rural City Council under the Notification of FIXED Class 4 Food Premises Food Act 1984. Please tell your Educator if food you are providing needs special storage e.g. yoghurt to be refrigerated.

Educators must ensure all food preparation areas and utensils are kept clean. Hand washing before eating, handling or preparing food must occur.

Educators recognise children have different likes and dislikes and are sensitive to cultural differences concerning food and its preparation and they will endeavour to meet the needs of individuals and families.

Mildura Rural City Council Family Day Care Nutrition, Food Handling and Oral Health Policy is available on request.

## **Active Play and Physical Activity**

Educators are supported to deliver a program and environment to children which is stimulating, physically active and challenging. Educators are encouraged to participate in active travel to explore the community.

Children are encouraged to engage in a range of child-initiated and adult-guided physical activities within the Educational Program.

### **Australian Physical Activity recommendations for 0-5 years (Children not at school)**

Infants, toddlers and pre-schoolers should not be inactive or in car seats/prams for more than one hour at a time with the exception of sleeping which will only occur per Mildura Rural City Council Family Day Care Rest and Sleep Policy.

Infants should have floor time and tummy time for at least 30 minutes

Toddlers and pre-schoolers should be physically active at least 3 hours every day (spread throughout the day)

### **Australian Physical Activity recommendations for 5-12 years**

Children should be active for at least 3 hours a day, this should include 1 hour of energetic play.

### **Australian guidelines for screen time say that:**

Children younger than 2 years of age should not spend any time watching television or using other electronic media (DVDs, computer and other electronic games).

For children 2 to 5 years of age, sitting and watching television and the use of other electronic media (DVDs, computer and other electronic games) should be limited to 1 hour a day. The time children spend being seated or inactive, other than during meal or naptime, is limited. Educators engage with children about the content of what they are viewing and respond to their reactions.

Educators, staff, children and families are key partners in developing healthy and active physical environment.

More information is available at Department of Health - [Australian Government Department of Health and Aged Care](#)

Mildura Rural City Council Family Day Care Active Play, Physical Activity and Trampoline Policy and Mildura Rural City Council Family Day Care Educational Program and Practices Policy is available on request.

## Environmental Sustainability

Natural environments enhance children's cognitive and social growth. Nature provides a base that encourages curiosity and the drive to learn new things. Children can develop an understanding and respect for the natural environment and build a sense of responsibility in caring for the environment by:

- Including the natural environment in play by using plants, trees, edible gardens, rocks, mud, water and other elements from nature.
- Being involved in sustainable practices such as recycling, worm farms, vegie gardens, saving water and energy efficiency.
- Developing children's awareness of the natural world and fosters wonder and knowledge.

Mildura Rural City Council Family Day Care Educational Program and Practice Policy is available on request.

## Accident/Incident Procedure

If your child has an accident, incident or becomes ill whilst in Family Day Care, it is recorded by the Educator on an Incident/Accident/Injury/Trauma/Illness Report.

If it is a minor graze, bump or abrasion, it will be treated by the Educator. For a more serious incident/accident parents will be contacted immediately, and you may be asked to collect your child.

In case of an emergency, the ambulance and hospital will be contacted and emergency procedures put into place. Every effort will be made to contact the parents, if this is not possible, an Authorised Nominee will be notified.

**For the above reasons, it is vital that any changes of address, telephone number, or doctor, be kept current on your enrolment.**

If your child has an incident in care and has to see a doctor, please contact your Educator as soon as you are able to tell them the outcome.

## Child Safe Standards

Council, its leaders, staff and volunteers to are committed to child safety and to creating a child safe organisation that is consistent with the Child Safe Standards. Council will implement and maintain the Child Safe Standards as listed below:

- **Standard 1:** Organisations establish a culturally safe environment in which the diverse and unique identities and experiences of Aboriginal children and young people are respected and valued.
- **Standard 2:** Child safety and wellbeing is embedded in organisation leadership, governance and culture
- **Standard 3:** Children and young people are empowered about their rights, participate in decisions affecting them and are taken seriously
- **Standard 4:** Families and communities are informed and involved in promoting child safety and wellbeing
- **Standard 5:** Equity is upheld and diverse needs respected in policy and practice
- **Standard 6:** People working with children and young people are suitable and supported to reflect child safety and wellbeing values in practice
- **Standard 7:** Processes for complaints and concerns are child-focused
- **Standard 8:** Staff and volunteers are equipped with the knowledge, skills and awareness to keep children and young people safe through ongoing education and training
- **Standard 9:** Physical and online environments promote safety and wellbeing while minimising the opportunity for children and young people to be harmed
- **Standard 10:** Implementation of the Child Safe Standards is regularly reviewed and improved
- **Standard 11:** Policies and procedures document how the organisation is safe for children and young people

Mildura Rural City Council Family Day Care makes the following **Statement of Commitment** in relation to child safety:

We want children to be safe, happy and empowered.

We support and respect all children, as well as our families, Educators, employees and volunteers.

We are committed to the safety, participation and empowerment of all children.

We have zero tolerance of child abuse, and all allegations and safety concerns will be treated very seriously and consistently with our robust policies and procedures.

We have legal and moral obligations to contact authorities when we are worried about a child's safety, which we follow rigorously.

Mildura Rural City Council Family Day Care is committed to preventing child abuse and identifying risks early and removing and reducing these risks.

Mildura Rural City Council Family Day Care has robust recruitment practices for all employees and volunteers.

We are committed to the cultural safety of Aboriginal children, the cultural safety of children from culturally and/or linguistically diverse backgrounds, and in providing a safe environment for children with disability.

We have specific policies, procedures and training in place that support our staff and volunteers to achieve these commitments.

If you believe a child is at immediate risk of abuse phone 000.

## Reporting suspected abuse

If you suspect a child has been abused, is at risk of being abused or that a person is engaging in inappropriate behaviours with a child, you have a responsibility to make a report. If this behaviour relates directly to a Council staff member, please contact Council's Early Years Coordinator who acts as our Child Safety Officer on 5018 8100. You can also make a report directly to the Commission for Children and Young People about Council Staff or any other person of concern online.

at <https://ccyp.vic.gov.au/contact-us/> or the following numbers:

- Phone: 1300 78 29 78 (Answered 9.30am-11.30am and 2.00pm-4.00pm, local call from landline)
- Fax: (03) 8601 5877
- Email: [contact@ccyp.vic.gov.au](mailto:contact@ccyp.vic.gov.au)
- Child Protection Crisis Line on 13 12 78

## Controlling the spread of infections

A child cannot come into care when contagious or ill. It is important they have time to rest and recover. This not only helps protect the other children in care but the Educator as well. Persistent fever 38 degrees or over, vomiting, diarrhoea or unexplained rashes are an indication that a child is unwell.

Head Lice—effective treatment begins before the next day at care, then there is no reason for child to be excluded.

An Educator may refuse to receive a child into care with an unexplained illness or when contagious. An Educator may phone you or an authorised Nominee to collect the child if they become ill while in care. Please respect your Educator's decision when they are unable to provide care.

The same regulations for exclusion of ill children that apply to schools, kindergartens and childcare centres, also apply to Family Day Care.

**For details of when your child must be excluded from care, please contact the FDC Support Team, a copy of the Human Services exclusion table is listed on the next pages.**

*\*For outbreaks of infectious diseases each child's parent will be notified as soon as*

*practicable.*

Mildura Rural City Council Family Day Care Prevention of Infectious Diseases Policy is available on request.

## Minimum period of exclusion from primary schools and children's services for infectious diseases cases and contacts

**Exclusion table: Schedule 7**

Condition	Exclusion of Cases	Exclusion of Contacts
<b>Chickenpox</b>	Exclude until all blisters have dried. This is usually at least 5 days after the rash appears in unimmunised children, but may be less in previously immunised children	Any child with an immune deficiency (for example, leukaemia) or receiving chemotherapy should be excluded for their own protection. Otherwise not excluded
<b>Conjunctivitis</b>	Exclude until discharge from eyes has ceased	Not excluded
<b>Cytomegalovirus (CMV) infection</b>	Exclusion is not necessary	Not excluded
<b>Diarrhoea illness</b>	In an outbreak of gastroenteritis, exclude until there has not been vomiting or a loose bowel motion for 48 hours, and for all other diarrhoeal illnesses exclude until there has not been vomiting or a loose bowel motion for 24 hours	Not excluded
<b>Diphtheria</b>	Exclude until medical certificate of recovery is received following at least two negative throat swabs, the first not less than 24 hours after finishing a course of antibiotics and the other 48 hours later	Exclude family/household contacts until cleared to return by the Chief Health Officer
<b>Glandular Fever (mononucleosis, Epstein Barr virus)</b>	Exclusion is not necessary	Not excluded
<b>Hand, Foot and Mouth disease</b>	Exclude until all blisters have dried.	Not excluded.
<b>Haemophilus influenzae type b (Hib)</b>	Exclude until 48 hours after initiation of effective therapy	Not excluded

<b>Hepatitis A</b>	Exclude until a medical certificate of recovery is received, but not before 7 days after the onset of jaundice or illness	Not excluded
<b>Hepatitis B</b>	Exclusion is not necessary	Not excluded
<b>Hepatitis C</b>	Exclusion is not necessary	Not excluded
<b>Herpes (cold sores)</b>	Young children unable to comply with good hygiene practices should be excluded while the lesion is weeping. Lesions to be covered by dressing, where possible	Not excluded.
<b>Human immuno-deficiency virus infection (HIV)</b>	Exclusion is not necessary	Not excluded.
<b>Impetigo</b>	Exclude until appropriate treatment has commenced. Sores on exposed surfaces must be covered with a watertight dressing	Not excluded.
<b>Influenza and influenza like illnesses</b>	Exclude until well.	Not excluded unless considered necessary by the Chief Health Officer
<b>Leprosy</b>	Exclude until approval to return has been given by the Chief Health Officer	Not excluded
<b>Measles*</b>	Exclude for at least 4 days after onset of rash.	Immunised contacts not excluded. Unimmunised contacts should be excluded until 14 days after the first day of appearance of rash in the last case. If unimmunised contacts are vaccinated within 72 hours of exposure with any infectious case, or received Normal Human Immunoglobulin (NHIG) within 144 hours of exposure of any infectious case, they may return to the facility
<b>Meningitis (bacterial other than meningococcal meningitis)</b>	Exclude until well	Not excluded
<b>Meningococcal infection</b>	Exclude until adequate carrier eradication therapy has been completed	Not excluded if receiving carrier eradication therapy
<b>Mumps</b>	Exclude for 5 days or until swelling goes down (whichever is sooner)	Not excluded

<b>Molluscum Contagiosum</b>	Exclusion is not necessary	Not excluded
<b>Pertussis* (whooping cough)</b>	Exclude the child for 21 days after the onset of cough or until they have completed 5 days of a course of antibiotic treatment	Contacts aged less than 7 years in the same room as the case who have not received three effective doses of pertussis vaccine should be excluded for 14 days after the last exposure to the infectious case, or until they have taken 5 days of a course of effective antibiotic treatment
<b>Poliovirus infection</b>	Exclude for at least 14 days from onset. Re admit after receiving medical certificate of recovery	Not excluded
<b>Ringworm, scabies, pediculosis (head lice)</b>	Exclude until the day after appropriate treatment has commenced	Not excluded
<b>Rubella (German measles)</b>	Exclude until fully recovered or for at least four days after the onset of rash.	Not excluded.
<b>Severe Acute Respiratory Syndrome (SARS)</b>	Exclude until medical certificate of recovery is produced	Not excluded unless considered necessary by the Chief Health Officer
<b>Shiga toxin or Verotoxin producing Escherichia coli (STEC or VTEC)</b>	Exclude if required by the Chief Health Officer and only for the period specified by the Chief Health Officer	Not excluded
<b>Streptococcal infection (including scarlet fever)</b>	Exclude until the child has received antibiotic treatment for at least 24 hours and the child feels well	Not excluded
<b>Tuberculosis (excluding latent tuberculosis)</b>	Exclude until receipt of a medical certificate from the treating physician stating that the child is not considered to be infectious	Not excluded
<b>Typhoid fever (including paratyphoid fever)</b>	Exclude until approval to return has been given by the Chief Health Officer	Not excluded unless considered necessary by the Chief Health Officer

## Covid 19

If staff or children tested positive to Covid, they are required to stay at home for at least 5 days, unless those symptoms are known to be caused by an underlying health condition or medication.

The COVID-19 symptoms to watch out for are:

- fever
- chills or sweats
- cough
- sore throat
- shortness of breath
- runny nose
- loss or change in sense of smell or taste.

Some people may also experience headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea.

## Ear Care

Hearing is very important and to give your child a great start in life, we need to take care of our ears.

Hearing helps us to:

- learn language, sounds and talking
- listen to stories
- listen to music
- talk to friends and family
- listen and learn from teachers
- achieve self confidence

**Please look out for symptoms of ear disease**

### Symptoms of ear disease

Signs of a cold

Pulling ears

Pain

Fever

Runny fluid or pus

Can't hear properly

Not eating

Diarrhoea or vomiting

\*Children can have ear

disease with no symptoms

**Parents and Educators can help prevent ear disease by:**

Checking ears regularly

Washing regularly

Eating healthy  
Breast milk helps fight infection  
Don't put anything in children's ears

Vaccinations  
Don't smoke near children

Source: [www.careforkidsears.health.gov.au](http://www.careforkidsears.health.gov.au)

## Electronic Media

Television, DVD viewing and use of computer games and iPods in Family Day Care is limited to small amounts and usually reserved for "quiet time". All television, music and computer games used in the Family Day Care home should be of C or G ratings. All electronic Media is required to be planned for on the Educators educational program.

## Hot Weather

### Child safety - hot weather

Babies and young children should be watched carefully during hot weather. They need to drink regularly, wear light clothing and be kept cool.

### Warning signs of dehydration

Dehydration may be a risk if your child:

Is not eating or drinking

Is irritable or crying

Has hot and dry skin or looks pale

Has a body temperature near 40°C

Has a rise in temperature

Is sleepy, tired or lethargic

Has fewer wet nappies

Has a dry mouth

Is vomiting or has diarrhoea

Has sunken or dark eyes

If you notice one or more of these signs, take your child to a doctor or hospital.

**-Offer frequent drinks to avoid dehydration**

**-Sick children need special care and attention in hot weather**

**-Keep children cool, during hot weather**

**-Keep children cool when they sleep**

**-Take care in hot cars, never leave a child unattended in a car**

If you need to go out in the car in hot weather:

- Try to make trips in the coolest part of the day
- Keep the windows open while the car is moving or use the air conditioner

**Never leave babies or young children alone in a car, no matter what the weather.**

**Even in mild weather, cars quickly become too hot.**

Source: [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

## Hygiene in care

Good hygiene can reduce the risk of cross infection between children and adults. Adults can help children to develop good hygiene habits to use throughout their lives.

Encourage children to follow simple rules of hygiene.

- wash your hands often with soap and water. This includes before and after eating and after going to the toilet
- use alcohol-based hand sanitisers when you can't use soap and water
- avoid touching your eyes, nose and mouth
- clean and disinfect surfaces you use often such as benchtops, desks and doorknobs
- clean and disinfect objects you use often such as mobile phones, keys and toys
- increase the amount of fresh air by opening windows or changing air conditioning

Mildura Rural City Council Family Day Care Nutrition, Food handling & Oral Health Policy and Mildura Rural City Council Family Day Care Prevention of Infectious Diseases Policy are available on request

## Outings/Excursions

Most Educators take the children on outings and excursions. This not only includes trips to kindergartens and schools but also outings that provide experiences such as play session, shopping, going to the library, parks, and other special trips. Car restraints and seat belts must be always used, and children must be secured correctly according to their size and weight.

No child should leave the Family Day Care home without an excursion permission form being completed by the parent. This includes walking excursions. The permission form must include an Excursion Risk Management plan.

You can choose not to allow your child to go on an excursion, however, you cannot restrict an Educator from going out – and so you may need to withdraw your child from care on that day.

Mildura Rural City Council Family Day Care Safe arrival of Children and Travel and Excursion Policy is available on request.

## Safe Sleeping

Safe Sleeping babies safely is important as it helps to reduce the risk of sudden infant death syndrome (SIDS)

How to sleep your baby safely:

- Sleep baby on their back from birth, not on the tummy or side
- Sleep baby with face uncovered (no doonas, pillows, lamb's wool, bumpers or soft toys)
- Avoid exposing babies to tobacco smoke before and after birth
- Provide a safe sleeping environment night and day (safe cot, mattress and bedding)
- Sleep baby in their own safe sleep space in the same room as their parent or caregiver for at least the first 6 months
- All necklaces this includes teething necklaces will be removed from children before they go to sleep. Then can be replaced once the child is awake.

More information is available on [www.rednose.org.au](http://www.rednose.org.au)

Mildura Rural City Council Family Day Care Rest and Sleep Policy available on request.

## Smoking, vaping, alcohol and other drugs

Regarding the health of Educators and children, Family Day Care is a **smoke, vaping, alcohol and other drugs free** environment. This applies to all Educators, their relatives, visitors and parents using Family Day Care. We ask for your co-operation that children will not be exposed to tobacco smoke or any other smoking related products, alcohol and other drugs whilst in Family Day Care.

Mildura Rural City Council Family Day Care of tobacco smoke, vaping devices, vaping substances, e-cigarettes, alcohol and other drugs free Environment Policy is available on request.

[www.quitnow.gov.au](http://www.quitnow.gov.au)

## Mental Health and Wellbeing

Mildura Family Day Care acknowledges the importance of positive mental health and wellbeing that contributes to good health and overall development.

Our commitment is to:

- Ensure our environment is safe, inclusive and empowering for children, families, Educators, staff, volunteers and visitors.
- Embed social and emotional learning in the educational program

- Ensure families, children, Educators and staff are key partners in mental health initiatives
- Engage in partnerships within community networks

As a health promoting scheme, we will promote positive social and emotional wellbeing for children, Educators, staff and families. We will do this through education, policies, creating a safe and healthy physical and social environment, and developing community links and partnerships.

Educators provide a safe, inclusive, and empowering social environment through:

- A culture of respect, fairness and equality
- Creating a sense of belonging and connectedness through inclusive practices where everyone is encouraged to participate
- Respectful and supportive relationships being fostered between children, Educators, staff and families
- Using strategies for promoting positive and responsive behaviour, preventing positive and responsible behaviour, preventing and responding to bullying, discrimination and harassment

Mildura Rural City Council Family Day Care Mental Health and Wellbeing Policy is available on request.

More information is available at Kids Matter: [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)

## Sun Protection

Australia has one of the highest rates of skin cancer in the world and some of the highest UV levels in the world. In fact, UV radiation is strong enough to cause sunburn in just 11 minutes on a fine January day. The sun's ultraviolet (UV) radiation is the major cause of skin cancer.

### WHY SUN PROTECTION?

**Children's skin is more sensitive; it can take less than 10 minutes for a child's skin to burn; children's eyes are also more sensitive than adults are.**

Being Sun smart is a year round job as it is the ultraviolet (UV) radiation which we can neither see nor feel that causes the damage.

Children will need to bring a **wide brimmed hat** and **SPF 50+ Sunscreen** or higher into care, some Family Day Care Educators have Sunscreen for the children to use, please ask.

**Hats and sunscreen are for use outdoors in both summer and winter when the UV**

**Index is 3 and above.**

**Please consider the way you dress your child and try to avoid singlet tops or dresses with thin straps. In all seasons whether sunny or cloudy we need to protect children's sensitive skin.**

1. **Slip on** sun protection clothing
2. **Slop on** SPF50 (or higher) broad –spectrum, water resistant sunscreen at least 20 minutes before going outdoors and re-apply every two hours
3. **Slap on** broad brimmed hat that protects your face, head, neck and ears
4. **Seek** shade
5. **Slide on sunglasses:** make sure they meet Australian Standards

For more information you can Contact Cancer Council Victoria on 13 11 20 or [www.cancervic.org.au](http://www.cancervic.org.au) or Sun Smart site [www.sunsmart.com.au](http://www.sunsmart.com.au)  
Free sun smart app available: App store or Google play

Mildura Rural City Council Family Day Care Sun Protection Policy is available on request.

## **Achievement Program**

Mildura Family Day Care is engaged in the Achievement Program which gives services a simple, evidence-based framework to create a healthy learning environment and support the health and wellbeing of everyone in their service. It also gives children the best possible start to their learning and development and boosts staff productivity at any age, healthy people perform better. Through the Achievement Program, health and wellbeing becomes embedded in our culture.

There are 6 benchmarks for our service to achieve and then maintain:

- ✓ Smoking, Vaping, Alcohol and other Drugs
- ✓ Physical Activity and Movement
- ✓ Healthy Eating and Oral Health
- ✓ Sun Protection
- ✓ Mental Health and Wellbeing
- ✓ Safe Environments

Each time we achieve a benchmark our service receives the logo to acknowledge the Achievement.



## Personal Health and Wellbeing

If you need any assistance, please contact the FDC Support Team on 5018 8271 (business hours) 8am to 5pm or 0427 220 116 (after hours) or any of the phone numbers below.

### Phone numbers

Beyond Blue / Youth	1300 22 46 36
Breastfeeding helpline (ABA)	1800 686 268
Elizabeth Hoffman House Aboriginal Women's Service	1800 364 297
Family and Domestic Violence Services for Women	1800 737 732
Safe Steps Family Violence Response Centre	1800 015 188
Child Protection	1300 664 977
Child Protection Crisis Line	13 12 78
Gambler's Helpline (24 hours)	1800 858 858
In Touch Multicultural Centre against Family Violence	03 9413 6500
Kids Helpline (24 hours)	1800 551 800 (free call)
Life Line (24 hours)	13 11 14
Mallee Sexual Assault Service	5025 5400
Mallee Domestic Violence Service	5021 2130
Maternal Child Health Help Line (24 hours)	13 22 29 (free call)
Men's Referral Service	1300 766 491
Men's Line (24 hours)	1300 766 491
Mildura Base Hospital	5022 3333
Mildura Police Station	03 5018 5300 / 000
Nurse on Call (Health. Vic) (24hours)	1300 606 024

<b>Orange door</b>	<b>1800 290 943</b>
<b>Parent Line (8am to Midnight, 7 days a week)</b>	<b>13 22 89</b>
<b>Post Natal Depression (9am to 7pm)</b>	<b>1300 726 306</b>
<b>Sexual Assault Crisis Line (24 hours)</b>	<b>1800 806 292 (free call)</b>
<b>Suicide Call Back Service</b>	<b>1300 659 467</b>
<b>Djirra The Aboriginal Family Violence</b>	<b>1800 105 303 (free call)</b>

## **Websites**

[www.beyondblue.org.au](http://www.beyondblue.org.au)

[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

[www.youthbeyondblue.com](http://www.youthbeyondblue.com)

[www.kidshelp.com.au](http://www.kidshelp.com.au)

<https://ccyp.vic.gov.au/>