



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 Coordination Unit on 5018 8271 or you can contact Breastfeeding Helpline on 1800 mum 2mum (1800 686 268) anytime/day or night or 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



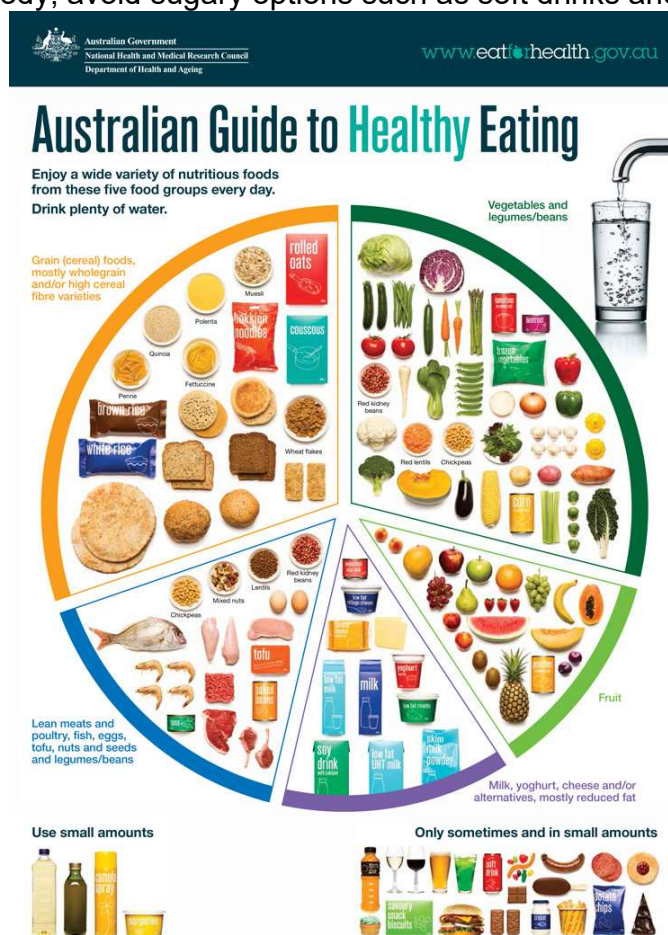
Food allergies and healthy eating

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 have fresh drinking water available to them at all times.

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, peanut butter, chickpeas or tuna.
- Add a chilled bottle of water

www.freshforkids.com.au

www.healthy-kids.com.au

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.healthytogethermildura.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)

Further reading: The Australian Guide to Healthy Eating

Safe Food Handling

Educators are required to have an understanding of 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 -www.health.gov.au and for more tips, visit www.healthyactive.gov.au

Mildura Rural City Council Family Day Care Active Play & Physical Activity 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, veggie 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 9.00am–5.00pm, local call from landline)
- Fax: (03) 8601 5877
- Email: 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 Coordination Unit, 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 Dealing with 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
Campylobacter Infection	Exclude until there has not been a loose bowel motion for 24 hours.	Not excluded.
Candidiasis (thrush)	Not Excluded	Not excluded
Cytomegalovirus (CMV) infection	Not Excluded	Not excluded
Conjunctivitis	Exclude until discharge from eyes has ceased. Unless a doctor has diagnosed non infectious conjunctivitis	Not excluded.
Diarrhoea (no organism identified)	Exclude until there has not been a loose bowel motion for 24 hours.	Not excluded.
Fungal infections of the skin or nails (eg. Ringworm, tinea)	Exclude until the day after starting appropriate antifungal treatment	Not excluded
Giardiasis	Exclude until there has not been a loose bowel motion for 24 hours	Not excluded
Glandular Fever (mononucleosis, Epstein Barr virus (EBC infection))	Not excluded	Not excluded
Hand, Foot and Mouth disease	Exclude until all blisters have dried.	Not excluded.
Haemophilus influenzae type b (Hib)	Exclude until the person has received appropriate antibiotic treatment for at least 4 days.	Not excluded. Contact a public health unit for specialist advice
Head lice (pediculosis)	Not excluded if effective treatment begins before the next day at the education and care service. The child does not need to be sent home immediately if head lice are detected	Not excluded
Hepatitis A	Exclude until a medical certificate of recovery is received, and until at least 7 days after the onset of jaundice	Not excluded. Contact a public health unit for specialist advice about vaccinating or treating children in the same room or group
Hepatitis B	Not excluded	Not excluded.

Hepatitis C	Not excluded	Not excluded.
Herpes simplex (cold sores, fever blisters)	Young children unable to comply with good hygiene practices should be excluded until sores are dry. Sores to be covered by dressing, where possible.	Not excluded.
Human immuno-deficiency virus infection (HIV/AIDS)	Not excluded	Not excluded.
Human Parvovirus B19 (fifth disease, erythema infectiosum, slapped cheek syndrome)	Not excluded	Not excluded
Hydatid Disease	Not excluded	Not excluded
Impetigo	Exclude until appropriate antibiotics treatment has started. Any Sores on exposed surfaces must be covered with a watertight dressing.	Not excluded.
Influenza and influenza like illnesses	Exclude until well.	Not excluded
Listeriosis	Not excluded	Not excluded
Measles*	Exclude for at least 4 days after onset of rash.	Immunised and immune contacts are not excluded. For non-immunised contact a public health unit for specialist advice. All immunocompromised children should be excluded until 14 days after the first day of appearance of rash in the last case.
Meningitis (viral)	Exclude until person is well	Not excluded
Meningococcal infection*	Exclude until appropriate antibiotic treatment has been completed	Not excluded. Contact a public health unit for specialist advice about antibiotic and or vaccination for people who were in the same room as the case.
Molluscum Contagiosum	Not excluded	Not excluded
Mumps*	Exclude for 9 days or until swelling goes down (whichever is sooner).	Not excluded.
Norovirus	Exclude until there has not been a loose bowel motion or vomiting for 48 hours	Not excluded
Pertussis* (whooping cough)	Exclude until 5 days after starting appropriate antibiotic treatment, or for 21 days from the onset of coughing	Contact a public health unit for specialist advice about excluding non vaccinated and incompletely vaccinated contact, or antibiotics.

Pneumococcal disease	Exclude until person is well	Not excluded
Roseola	Not excluded	Not excluded
Ross River virus	Not excluded	Not excluded
Rotavirus Infection	Exclude until there has not been a loose bowel motion or vomiting for 24 hours	No excluded
Rubella (German measles)	Exclude until fully recovered or for at least four days after the onset of rash.	Not excluded.
Salmonellosis	Exclude until there has not been a loose bowel motion for 24 hours	Not excluded
Scabies	Exclude until the day after starting appropriate treatment	Not excluded
Shigellosis	Exclude until there has not been a loose bowel motion for 24 hours	Not excluded
Streptococcal sore throat (including scarlet fever)	Exclude until the person has received antibiotic treatment for at least 24 hours and feels well	Not excluded
Toxoplasmosis	Not excluded	Not excluded
Tuberculosis	Exclude until medical Certificate is produced from the appropriate health authority	Not excluded. Contact a public health unit for specialist advice about screening, antibiotics or specialist TB clinics
Varicella (Chickenpox)	Exclude until all blisters have dried. This is usually at least 5 days after the rash first appeared in non-immunised children, and less immunised children	Any child with an immune deficiency (for example, leukaemia) or receiving chemotherapy should be excluded for their own protection. Otherwise not excluded.
Viral gastroenteritis (viral diarrhoea)	Exclude until there has not been a loose bowel motion for 24 hours	Not excluded
Worms (Intestinal)	Exclude if loose bowel motion are occurring. Exclusion is not necessary if treatment has occurred.	Not excluded

Covid 19

Children and staff who are experiencing COVID-19 symptoms, however mild, will need to stay at home and undertake a RAT or a PCR test and until they receive a negative result. If staff or children are unwell, they are required to stay at home, 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.

Required actions for the staff and child/family	
1. A child or staff member or family day care educator or person living in FDC Educators residence tests positive to COVID-19, either through RA test or PCR test	<p>Isolate at home or in private accommodation for 5 days (inclusive of weekends) and do not attend ECEC during this period. Should not attend ECEC services after the 5 days if still symptomatic.</p> <p>Inform the service they have tested positive to COVID-19.</p> <p><u>Family Day Care</u></p> <p>The FDC service must notify the families of the children who attended a FDC residence during a person's infectious period.</p> <p>The FDC provider must notify if an educator, or any other person living in the educator's residence tests positive to COVID-19 and has been in the residence during their infectious period.</p> <p>If an educator or a person living in the residence has tested positive to COVID-19, FDC <u>cannot operate</u> until the person has completed their 5-day isolation period.</p> <p>*A negative test is not required to return to ECEC following completion of 5 days of isolation.</p>

[Department of Education and Training Victoria](#)

Covid Safe ECEC Setting Guide

Covid safe advice for Early Childhood Education and Care Services

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

Eating healthy

Breast milk helps fight infection

Don't put anything in children's ears

Washing regularly

Vaccinations

Don't smoke near children

Source: 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

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 Dealing with 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 used at all times 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 particular day.

Mildura Rural City Council Family Day Care 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 birth and after
- Provide a safe sleeping environment (safe cot, mattress and bedding)
- Sleep baby in their own safe sleeping environment next to the parents bed for the first 6 to 12 months of life
- 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

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

Smoking, vaping, alcohol and other drugs

In regard to 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 free of tobacco smoke, e-cigarettes, alcohol and other drugs Environment Policy is available on request

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 Health and Wellbeing Policy is available on request

More information is available at Kids Matter: 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 or feel that causes the damage.

Children will need to bring a **wide brimmed hat** and **SPF 30+ 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** SPF30 (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 or Sun Smart site 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:

- ✓ Tobacco Control
- ✓ Physical Activity
- ✓ 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 Coordination Unit 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
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	1800 755 988 (free call)
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 789 978
Mildura Base Hospital	5022 3333
Mildura Police Station	03 5018 5300 / 000
Nurse on Call (Health. Vic) (24hours)	1300 606 024

Orange door	1800 290 943
Parent Line (8am to Midnight, 7 days a week)	13 22 89
Post Natal Depression (9am to 7pm)	1300 726 306
Sexual Assault Crisis Line (24 hours)	1800 806 292 (free call)
Suicide Call Back Service	1300 659 467
The Aboriginal Family Violence Prevention and Legal Service Victoria (9am to 5pm)	1800 105 303 (free call)

Websites

www.beyondblue.org.au
www.breastfeeding.asn.au
www.youthbeyondblue.com
www.kidshelp.com.au
<https://ccyp.vic.gov.au/>