



## Bathurst Family Day Care educators Jenny and Kay celebrate 20 and 25 years of service



Bathurst Family Day Care recently held an afternoon tea to celebrate 20 and 25 years respectively of service by educators Jenny Bird and Kay Beale. Families, along with past and present educators, joined staff to celebrate this outstanding achievement. Kay commenced her Family Day Care service in January 1992, whilst Jenny commenced service in July 1996.

Highlights for both Kay and Jenny include the relationships they have built with children and families during the past years. Many of these relationships continue to this day. Both Kay and Jenny started Family Day Care to allow them to remain at home whilst they raised their own children. Today they care and educate a new generation of children including grandchildren. Neither Kay nor Jenny show any signs of slowing down anytime soon. As long serving educators they remain an inspiration to families, staff and other educators within Bathurst Family Day Care service.

*'I love watching young children grow and develop as their own personality blossoms. Family Day Care has allowed me to make many lifelong friends with the families I have met.'*

*What I find most rewarding is the positive impact I have on the children, and in return, the impact they have on me. They become part of my family.'*  
Jenny

*'I have found it to be very rewarding watching the children that I have cared for grow and become confident young individuals. Many of these children have formed friendships with other children in my care, these friendships have continued through their schooling years into adulthood.'*

*There have been many changes within Family Day Care since I started, all being very positive. These changes have provided me with the opportunity to learn and acquire new skills in early childhood education.'*  
Kay

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## Educator Spotlight

### Shamsad Rahman - Sutherland Family Day Care

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25 years ago Shamsad Rahman opened her front door in Sydney's Sutherland Shire and welcomed the first of many local children into her Family Day Care service. In that time the popular educator with Sutherland Shire Council's Family Day Care program has provided education and care to more than 170 children, and enjoyed very long and lasting relationships with families.

Her strong, trusting and collaborative relationships are no exaggeration. Quite incredibly, one of her families took their three children to Shamsad's native Bangladesh to attend Shamsad's son's wedding, receiving a big welcome from the extended Rahman family. Flying nearly 10,000 kilometres internationally to be part of their educator's life is the biggest tribute to the impact Shamsad's service has had on their young children. The same family, who were with her for a total of seven years, also attended Shamsad's daughter's Sydney wedding. "It shows what is truly great about Family Day Care," said Shamsad. "The family were genuinely appreciative of the level of care provided to their children, they enjoyed the opportunity to get to know my own children and they encouraged a multicultural awareness in their children through learning about my native home," she said.

So highly regarded is Shamsad that some years ago, a mum called her from hospital just before the birth of her second child to wish her a happy birthday. Shamsad and her husband even visited the mum and new baby in hospital that day to celebrate their joy. Shamsad fondly recalls the

Christmas she invited all families into her home for a big home-cooked feast, celebrating those children who were heading off to big school. "There was food, speeches, special journals for each child – it was a celebration full of great warmth," she said.

Family Day Care holds a special place in Shamsad's heart. After migrating to Australia with young children and not knowing a soul, she responded to a newspaper advertisement from her council and her Family Day Care journey began. Being able to work from home, use her skills from her days as a preschool teacher in Bangladesh, remain with her own children and meet many new local families was a great combination. She's also convinced family friends to become Family Day Care educators.

Shamsad relishes the opportunity to impart a love of learning in the children, and is particularly focussed on teaching them the all-important social skills needed for the school playground. "I have raised two impeccably mannered and kind adult children. I hope all of the children in my service are able to learn from me like my own children did," she said.

It's not unusual for Shamsad to run into former families at her local Westfield. Mums will often stop her, proudly showing off how much their children have grown. "I cared for them as babies and now they're heading off to university. It's so rewarding to know, that in some small way, I played a part in that," she said.

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## Dates for your diary

### FDC Educator Forum Sydney

In the first half of the year NSW Family Day Care Association will organise several FDC Educator Forums throughout NSW under the header 'Changing Minds, Thinking Bigger'. Next up is Sydney!

#### Sydney CBD

**Saturday 27 May**

Cost: \$100 for members, \$125 for non-members

To register and check out the program go to [nswfdc.org.au/product/fdcforum](http://nswfdc.org.au/product/fdcforum)

The Forum, titled 'Changing Minds, Thinking Bigger' will focus on out-of-the-box ideas and bigger picture thinking for Family Day Care Educators. The day will consist of three workshops and a lunch. For more information and to register, click [here](#).

### PEAK Training Calendar

The new training calendar for the April – June quarter is now available on our website.

Courses include:

- Sustainability in Early Childhood Settings
- Child Protection (Refresher)
- Work Health and Safety (Refresher)
- QIP: The 'Who, How & When' – webinar series
- Exploring Adventurous Play
- Observing Children: Beginning the Journey
- Guiding Children's Behaviour to Attain Self-regulation
- Promote and Provide Healthy Food and Drinks (Refresher)
- Walking the Talk on Inclusion – two part webinar
- Identify & Respond to Children & Young People at Risk (Accredited Training CHCPRT001)
- Social Media in Children's Services

Go to [nswfdc.org.au/peak](http://nswfdc.org.au/peak) for more information and to enrol.



### Australian Family EEC Awards

Do you know an amazing Family Day Care educator who goes above and beyond? Nominate them for the Australian Family EEC Awards. Nominee submissions open 16 March 2017 and close midnight 9 April 2017. Info: [australianfamily.com.au](http://australianfamily.com.au)

## A Click Away

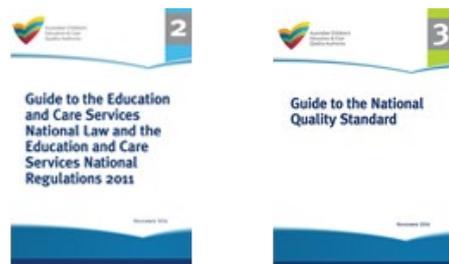
### Guide to NQS and Guide to Regs & Law available now

Would you like to have a hard copy of the Guides at your home for easy reference? We have them available in our online shop. Both Guides are the latest version of November 2016. Get them now!

- Guide to the National Quality Standard
- Guide to the Education and Care Services National Law and Regulations 2011

Only \$20 (+ postage) for NSWFDCA members.

Available via [nswfdc.org.au/educators/shop](http://nswfdc.org.au/educators/shop).



## FDC Educator News

### Early Childhood Teachers in FDC – Voluntary Accreditation

Early childhood teachers working in Family Day Care are not required to be accredited to undertake their role, but they can be.

If you are a Family Day Care educator with an ACECQA approved or recognised early childhood teaching qualification, you can apply for voluntary accreditation with the Board of Studies, Teaching and Educational Standards (BOSTES), under the Accreditation of Early Childhood Teachers Policy. Information for Family Day Care educators about how to get accredited can be found on the BOSTES Teacher Accreditation website

[www.nswteachers.nsw.edu.au](http://www.nswteachers.nsw.edu.au).

Once accredited a Proficient Teacher, as an early childhood teacher working in a Family Day Care service you must apply for a Leave of Absence – this pauses your ongoing maintenance requirements and accreditation fees. Applications for Leave of Absence are made by logging in to your online Teacher Accreditation account and selecting Leave of Absence from the left-hand menu.

It is important that Family Day Care educators who gain Proficient Teacher apply for a Leave of Absence. This ensures you are not charged fees and your accreditation does not lapse while you

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# Family Day Care for Sanfilippo Syndrome

## Raising funds for charity – Helen Parr

Former Family Day Care educator Helen Parr has written a picture book to raise money for two children she provided education and care for through Family Day Care.

“I worked in IT in banking for over 12 years and really wanted a complete change of career and I found Family Day Care. It seemed like the perfect opportunity to work in a job I enjoyed whilst still being at home for my child. I started with North Sydney Family Day Care and later worked for Pittwater Family Day Care. It was through them that I looked after Isla and Jude.

I did not know anything about Sanfilippo Syndrome, until I received an email from Isla and Jude’s parents in 2013. Both children had been diagnosed with Sanfilippo Syndrome. I looked it up, I searched the symptoms, I checked to see if there was anything I should have spotted when Isla and Jude were with me.

Sanfilippo Syndrome is a rare, degenerative, genetic disease with a life expectancy of 12 to 20 years. It will gradually rob Isla and Jude of all those milestones we look for in children: their ability to talk, to walk, to toilet themselves, to feed themselves.

I looked after Isla from when she was 8 months until she was nearly 3, and Jude from 9 months until a year. Children with Sanfilippo Syndrome appear to develop normally in their first two to three years. Isla was a happy, sociable, active child who always arrived at my house with a smile on her face. When Jude joined us, we had twice the smiles, and Isla loved looking after her brother. ‘Isla the Smiler’ and ‘Jude Dude’ were my kids’ ‘favourite babies’. Sometimes children just capture a little spot in your heart. Isla did that. I think she made me feel I was doing a good job.

In hindsight, I looked for signs of the disease. I did notice Isla’s speech was not up to that of her peers. She still had single words when other children the same age were forming sentences. But she could always express exactly what she wanted. ‘Cheese. Please.’

When I told my husband about Isla and Jude, he needed to confirm which child she was. He said, ‘Is Isla the snotty one?’ She was. She had a constantly runny nose and in hindsight, upper respiratory issues are a symptom of the disease.

Isla found it very hard to settle at nap time. I battled with naps for her for a long time. In the



end, we gave up and she had some quiet time while the other children slept. She used to pull books of the shelf and sit and look through them. Looking back, I wished I’d given up the battle earlier; sleep issues are a symptom of the disease.

Isla was constantly happy. I feel blessed to have had the ‘normal’ years with Isla and Jude, and slightly guilty that I had that joy. If they’d known about Sanfilippo Syndrome, those first years would have been very different, but Meg and Al could have started fighting for their children earlier.

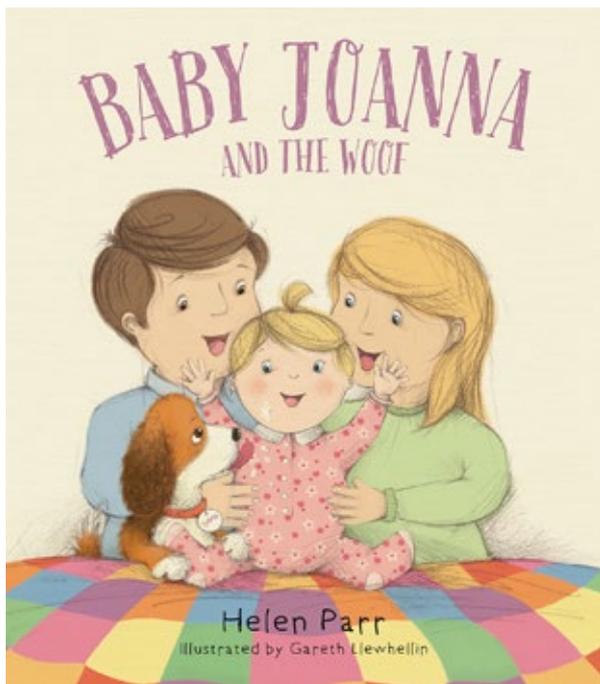
When I heard about the disease, it was the only time I wished we had not moved from Sydney to Coffs Harbour. I wanted to be there, to be able to care for them again, and to physically be able to help. I could not bear the thought of not fighting for their lives, and raising money is the only thing I can do from a distance.

I decided I wanted to produce a product that anyone could buy and enjoy, and as a secondary benefit, they happen to be helping the Foundation. We don’t have a lot of spare cash for fancy dinners, raffles or golf days, but I do buy books for my kids.

I was already writing stories, and I thought of Isla, pulling the books off the shelf and just looking through them all, and I decided I wanted to write a book for her. I had five stories ready to go, but I couldn’t find an illustrator and my drawings are not up to scratch.

Eventually I chose to go with Little Steps Publishing as they produce a professional product which is properly edited. They looked at all the stories I have written and chose ‘Baby Joanna and the Woof’. Then I found illustrator Gareth Llewellyn. His pictures are adorable and fitted the ideas I had in my head. He is in England, but was happy to work long distance with the publishers. *Cont. p 5.*

# Family Day Care for Sanfilippo Syndrome



'Baby Joanna and the Woof' is about a baby's first word. So far, Baby Joanna has not said a word. Mum secretly hopes her first word will be 'Mum' and Dad secretly hopes her first word will be 'Dad'. When they are alone with Joanna, they try very hard to influence that first word. But Milly-Woof is Joanna's best friend and babies don't always do what we expect.

At the moment, it could take me 10 years to sell all my books. Isla and Jude don't have ten years. I need to sell them quickly if I am actually going to help. I am hoping there are 1,000 educators out there, who, like me, love reading stories to the children in their care. There are lots of wonderful books out there, and I want to give them an incentive to choose mine. If I can sell 1,000 to Family Day Care educators in Australia, one lucky educator will receive \$1,000. They just need to tell me which Family Day Care service they work through.

The book can be bought online via Facebook ([facebook.com/millywoofandcharlie](https://www.facebook.com/millywoofandcharlie)). Payments are made with a credit card via Paypal. Or they can contact me directly via email ([parrhelen@hotmail.com](mailto:parrhelen@hotmail.com)) to get bank details for a direct transfer. Individually, the books cost \$20 including postage. Buyers will receive an email receipt, which can be included in Family Day Care expenses.

Sanfilippo Syndrome is a rare disease, and as such, it doesn't get funding from Government or large pharmaceuticals. 'People Power' is the only

way to fund research into a cure. Sanfilippo is also known as childhood Alzheimer's. If we can find a cure for a relatively simple genetic disease like Sanfilippo Syndrome, that same research can be used in more complex genetic diseases like Alzheimer's, so it has the potential to help many, many people."

## More info about Sanfilippo Foundation

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

## Where to buy the book

[www.facebook.com/millywoofandcharlie](https://www.facebook.com/millywoofandcharlie)

[parrhelen@hotmail.com](mailto:parrhelen@hotmail.com)

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**Vicki Jones** Family Liaison Officer - Central Coast

**Dusanka Romic** Senior Administrator

**Anne Bentley** Administrator

**Martha Franklin** Administrator

## ADDRESS

1 Sloane Street, Summer Hill NSW 2130

PO Box 386, Summer Hill NSW 2130

T: (02) 9779 9999

F: (02) 9779 9998

E: [info@nswfdc.org.au](mailto:info@nswfdc.org.au)

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

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# Cooking with Children



NSW FAMILY DAY CARE ASSOCIATION RESOURCE SHEET

AUTUMN 2017

## Campbelltown Family Day Care 'Cooking with Kids' Program

Last year Campbelltown Family Day Care implemented a specialised program called 'Cooking with Kids'. The program aims to encourage and support educators to engage children in cooking experiences.

During the foundation program, educators and children cooked together at each session, making food such as fruit skewers, 'ants on a log', iced biscuits, cornflake cookies, blueberry muffins, homemade muesli bars, potato pinwheels, damper, pizza, vegetable muffins and fried rice. The program was designed and created with a number of considerations in mind, including National Quality Standard 3.2.2, which discusses children being 'involved in completing day-to-day tasks, such as preparing and cooking food, caring for living things and being involved in the care of the environment'. Educators then reflected



on children being involved in cooking experiences as opposed to children being actively engaged, supported and

encouraged to develop a range of cooking skills, and subsequently aimed to ensure that the program would be focused on developing the cooking skills of children through fun, engaging experiences.

The program set out to build on children's experiences with cooking and the educator's confidence in implementing cooking experiences within their FDC educational programs. The 'Cooking with Kids' program began with experiences that required ingredients being put together, such as fruit skewers, and as the program progressed, the cooking experiences incorporated using equipment such as an electric frypan to make fried rice.

Since the implementation of 'Cooking with Kids', Campbelltown FDC also hosted a 'Cook It! MacArthur' session for families, educators and



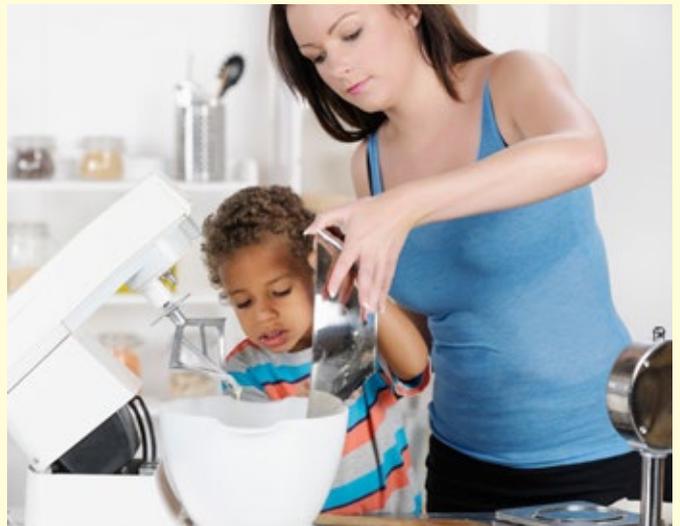
community members. These sessions aim to raise awareness of food storage and provide tips on how to practically avoid wasting food and change cooking behaviours.

## Tips for cooking with children

Campbelltown FDC Service tips for successful cooking experiences:

1. Start small and build upon child skills and educator confidence. If educators are concerned about implementing cooking experiences, start with cold foods such as fruit and vegetable skewers, building skills to move onto more complicated stages.
2. Take into consideration the ages, developmental stages and abilities of the children in your group.
3. Allow enough time for children to enjoy and immerse themselves into the experience. Cooking experiences with children will take longer than adults cooking. Ensure that you allow enough time for the children to watch, learn, practice and implement skills throughout the experience.
4. Plan appropriate times for cooking experiences. For example, if you have a number of children arriving at your service at 9am, plan your cooking experience for after the children have settled in for the day.
5. Be prepared. Ensure that you have all the required ingredients and equipment available before implementing the experience. You may also want to do a test run yourself to ensure the recipe works before implementing with the children.
6. Shop around. Some shops now stock items such as kid-safe knives, which encourage children to participate in cooking experiences while reducing the risk of any incidents or injuries occurring.

**Ready to start cooking? Book your webinar with PEAK Training today!**



Promote and Provide Healthy Food and Drinks (Refresher) is presented in a webinar. The session is designed to provide participants with an understanding of safe food preparation and the provision of nutritious food and drinks in early education and care settings. The information delivered relates to food handling legislation and ensures educators have up to date and relevant information. Participants will be provided with examples of best practice and ideas to use in their own service.

Webinar: Wednesday 28 June 2017 10am-12pm

Only \$39.95. **Book now!** [nswfdc.org.au/peak](http://nswfdc.org.au/peak)

