

7

Hot Topics in Family Day Care

PD in
your
pocket

FREE PD FOR FDC



FURTHER READINGS

How are you enjoying this seventh topic for PD in your pocket?

Have you:

- ▶ Read the booklet?
- ▶ Enjoyed the content as either:
 - Videos?
 - Podcasts?
 - Live webinars?
- ▶ Talked to other educators on the PD in your pocket Facebook Group?

If you haven't watched/listened/read it all you can download what you have missed from:

www.nswfdc.org.au/pdinyourpocket

Now is the time to delve deeper with this list of further readings.

Sleep



Regulations

The first place you should always read when learning about topics such as children's safety is the National Education and Care Regulations.

- ▶ **Regulation 81** – requires an educator to take reasonable steps to meet the sleep and rest needs of children they care for.
- ▶ **Regulation 168** – requires FDC services to have a policy in relation to sleep and rest for children.

Your services' Sleep and Rest Policy

If you don't have a copy of your service's sleep and rest policy ask your service for it.



Safe Sleeping

A very simple pamphlet by Red Nose on Safe Sleeping – also good to share with families. Also available in [community languages](#).



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[Unpacking the key elements of r81 and r168](#)

A straightforward guide to the sleep requirements of the Regulations written by the NSW Department of Education.



[Sleep and rest for children - Policy guidelines for early childhood education and care services](#)

A more in depth guide from the NSW Department of Education. This document should be read together with the procedure guidelines, [Policy and procedure guidance for ECE services and providers](#).



[Safe sleep and rest practices](#)

The who, what and why of safe sleeping and rest from ACECQA.



[Safe Sleeping](#)

The latest evidence based advice on keeping sleeping babies safe from Red Nose, the experts on safe sleeping.



[Cot Safety](#)

Product safety material from the Australian Competition and Consumer Commission.

Want to do more training?



[Safe sleep and rest practices](#)

A free two-hour training session from ECTARC – great for those wanting to know more about sleeping and rest in education and care. Available until the end of 2021.

Is reading English hard for you? Do you prefer looking at videos and pictures?



[Safe Sleep Interactive Workshop](#)

This video is a recording of a session delivered by a Red Nose educator that clearly explains things such as why we put babies under 6 months to sleep on their backs.



[Keeping Children Safe in Family Day Care](#)

This is an easy to read booklet that covers keeping children safe in FDC, including while sleeping.

Educator assistants



Regulations and Law

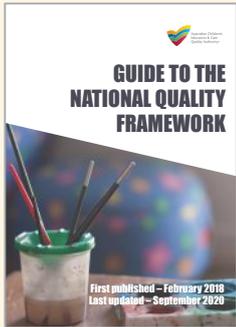
The first place you should always read when learning about topics such as educator assistants is the National Education and Care Regulations and Law.

► **Regulation 144** – defines when an educator assistant can be used.

► **Section 164A** – makes it an offence for FDC educators or services to have a child cared for by anyone other than the FDC educator except as outlined in Regulation 144.

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[Guide to the National Quality Framework](#)

If you download a copy of ACECQA's Guide to the National Quality Framework and keep it on your laptop or Ipad you can always search (press command/control and the letter F at the same time) for particular phrases or words such as "educator assistant". This helps you find everywhere that phrase is mentioned in the Guide.

Excursions and Transportation



Regulations and Law

The first place you should always read when learning about topics such as how to run an excursion lawfully is the National Education and Care Regulations and Law.

- ▶ **[Regulation 99](#)** – defines when a child can leave your service.
- ▶ **[Regulation 100](#)** – requires risk assessments for all excursions
- ▶ **[Regulation 101](#)** – requires risk assessments to be conducted in particular ways
- ▶ **[Regulation 102](#)** – requires authorisation for excursions



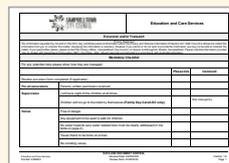
[Unpacking Excursions](#)

This link also includes a great template for Risk Assessments.



[Safe Transportation of Children](#)

An ACECQA information sheet on safe transportation. There is also a separate "**[Your Questions Answered](#)**" information sheet available.



[Excursion Checklist](#)

This is a good checklist for excursion planning.



[Kids and Traffic](#)

Kids and Traffic is the NSW Early Childhood Road Safety Education Program and forms part of the statewide road safety education program of Transport for NSW's Centre for Road Safety. Their main resources can also be found on the NSW Education website page, **[Transporting children safely](#)**.

NSW Family Day Care Association

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