Message from the Director:

Dear Parents,

A warm welcome to Caroline Foster who has joined us as our official Early Childhood Trained Teacher on a part time basis. She has been helping Maddy, Kate and Jayde with the pre-kindergarten children in the 3-5 room on a rotational basis and with Debbie and Aileen in the 0-3 room on Wednesdays as the assistant to re-learn about important items such as nappies and bathroom cleaning. We aim to allow everyone on the staff a multi-task role so there is no problem filling in for anyone else!

The Parents Night for our Transition to Kindergarten Program was well attended by 10 sets of parents including a couple of Dads, so thank you to those parents who were able to come. Thank you to Sara Williams and Wendy Cain from the Donnybrook Kindy, and Anne Dixon-Hotchkin and Nina Fimmano from St Marys Kindergarten who also attended and answered questions. This is the third year we have offered this program in our calendar to ensure our pre-kindergarten children have the best transition to “big school” that we can give them. Parents took home information packs about how they can help with the encouragement of self-help and preparing for school at home. If anyone else would like any additional information please do not hesitate to ask.

Our Assessment & Ratings visit took place on Monday 14th, Tuesday 15th and Wednesday 16th October. There is still no news on the outcome as reports are officially backlogged. The Assessors were however very impressed with the excellent front garden as they walked into the Centre, so thank you to all the families who helped out at the Busy Bee. They say that first impressions count for a happy Centre!

Booking forms are out for next year – we have an extensive waitlist still and numbers are already looking good for the start of the year with limited forms returned.

Merry Christmas to all staff, children and families, and a safe and healthy holiday over the New Year.

See you at the Christmas Party on Sunday 8th December!

Rosie
Hi All,

It’s with great pleasure that we welcome Miranda to the Management Committee. New perspectives and help are always very welcome.

As a not-for-profit, balancing the budget is always a top priority for the Committee. Minimising fees and maximising the quality of care for our families and the welfare of our staff is quite a juggling act. Shortly we will be doing a review of the 2013/2014 budget to see if we are on track. To do this we need an idea of enrolment numbers for next year, so we would very much appreciate everyone letting Rosie know their intentions for next year as soon as possible. Rosie has already advised that enrolments for next year are looking good, and it seems likely we will end up with waitlisting.

At our last meeting for 2013, some challenges have been flagged for the Committee to tackle in 2014. These include:

- The potential for increasing demand for childcare over the next few years;
- What Treehouse needs to do to prepare to meet these needs; and
- What steps we can take to safeguard our Community ownership.

It’s going to be another busy year!!!

To all our Staff and Families...

We wish you a Safe and Merry Christmas.
Hope to see you at the Christmas Party on 8 December.

Carly and the Committee

Committee Members for 13/14

Please feel free to discuss any Treehouse matters with any member of the Management Committee.

Please contact Carly or Rosie should you wish to join the committee.

All committee contact details are displayed in the foyer at Treehouse.

We are very lucky to have a community based, not-for-profit childcare centre in Donnybrook. The Management Committee is essential to maintaining this community ownership. If you value the quality of care your child receives, have some input by joining the Committee. As a Committee member you have the opportunity to understand how our Centre works and to contribute to its ongoing improvement. All contributions are valued. It only takes a few hours each month. No experience is necessary!!

Mums, Dads, Carers, Grandparents, anyone with an direct interest in the quality of care our children receive is encouraged to consider joining the Committee.

Note that if you are a non-working parent that uses the Centre, you may be eligible for a volunteer role and may be able to claim additional Centrelink payments.

If you’re unsure or would like to ‘try before you buy’, please give myself or Rosie a call for a chat.

Carly Anderson
Ph: 0429 207 780

Interested in joining the Committee???
New Members Welcome.
Safety in the Home

Young children need to have a safe environment. They are too young to take care of their own safety. They cannot understand danger. Telling them and teaching them about danger is important, but it does not keep them safe. Keeping young children safe is an adults responsibility. Most injuries to young children happen at home, so it is very important to make your home as safe as possible.

What are common childhood injuries?
The most common causes of injuries among young children are falls - for example, from a table, a bunk bed or a ladder, or falling over when running (e.g. not seeing a step or going too fast to stop safely). Other common injuries among children are from swallowing poisons, burns from hot water or fire, drowning, or getting badly sun burnt. Children might also get hurt when learning a new skill, such as riding a bike, or when they try using something that belongs to an older child (e.g. a skate board).

Understanding danger
Young children cannot understand danger. They cannot understand that they might get hurt or even killed even when you have told them about the danger. Young children can understand ‘Stop’ or ‘no’, but they cannot understand ‘Do not run onto the street because you will get hit by a car’. They are too busy concentrating on running without falling over, and anyway, they did not get hit by a car last time they ran on the road. Toddlers may understand ‘no’ but they may not have learned to obey it yet. Young children only look at where they are going to (chasing a ball, running to a friend) - they have ‘tunnel vision’. They cannot judge whether something, such as a car, is moving, or how fast it is moving.

Keeping children safe
It is the responsibility of adults to work out what might hurt a child, and to work out how to keep young children safe. There is a set of steps that you can follow in order to best protect a child.

- **Get rid of the danger**
  For example: If you have been using chemicals in the garden, throw away any chemical that is left over.
  Don’t have a gun in the house.

- **Change the hazard so that it is not so dangerous**
  For example: Many children are hurt when they fall off bunk beds. Put the top-level bed down onto the floor so you have two low beds.
  Lie your ladder down on the ground (it can be a fun car, or bus).
  Make the child’s outside play area a long way from where the car goes.

- **Block access to the danger**
  For example: Put medicines and cleaning chemicals into a locked cupboard, and take the key out (or use a ‘child-proof’ cupboard).
  Always take the keys out of the car.

- **Change the child so that the risk is lowered**
  This may sound strange but it means things like: Making sure that the child always wears a helmet when riding a bike, or wrist and knee protectors when skating.
  Use sun-protecting clothes and sunscreen.

- **Always do things the safe way yourself**
  Children learn from what you do! For example: This is particularly important with driving the car.
  Teenagers’ way of driving is strongly influenced by the way their parents drive.

- **Help them learn skills so that they do things the right way**
  For example: If you have a tree that ‘needs’ to be climbed, help them learn how to climb down again. Help them learn how to use a knife safely.

- **Teach them by telling them what to do, and what not to do**
  Even though small children cannot understand all you say, eventually they will learn to control their own behaviour e.g. talk to them about stopping at the traffic lights, pushing the button, going when the walk sign turns green.
However, even if small children can tell you all the steps, you still have to be in control.

- **Finally, if they are doing something you think is dangerous, stop it!**
  Pick them up and put them somewhere safe (you are the adult, and you are bigger). If they are too far away, shout something very simple, very loudly, like ‘STOP!’ Don’t say any more words - you need them to concentrate on stopping.

**Reminders**

- Have emergency phone numbers near the phone:
  
  Police, ambulance, fire (in Australia dial **000**)
  
  Your doctor
  
  Poisons Information **13 11 26** (in all parts of Australia)

- Have a first aid kit in the house and car.

- Install an Earth Leakage Circuit Breaker in your fuse box.

- Install smoke-d Detectors.

- Check that homes you visit with your child are safe.

- Do a first aid course which includes emergency resuscitation, so that you will know what to do.

Source: Child Safety

**Poisoning**

Every year hundreds of children need medical care for poisoning from products commonly found around the home. Most accidental poisonings occur to children less than five years of age, with children aged one to three most at risk.

The most common product involved in poisoning cases is paracetamol (a common painkiller found in almost every household).

Injury Surveillance data from the Princess Margaret Hospital Emergency Department shows:

- In 2004 161 children aged 0-4 years presented at Princess Margaret Hospital Emergency Department as a result of Poisoning.

- Almost 90% of poisoning presentations occurred in the child’s own home. The most common locations were the living/dining area, kitchen and bathroom respectively.

- Approximately 80% of these were for children aged 1 to 3 years of age.

**Why Children Are at Risk?**

Between 1 to 3 years of age children begin to get skills that make them more mobile. This means potentially toxic products are more easily reached.

Young children are exploring their world and will put anything they can get into their hands into their mouths.

At this age they are curious, but lack judgement and are unable to read.

They also like to imitate what others do, including taking medications.

**When does poisoning occur?**

Child poisoning can occur at anytime! But especially when your normal routine changes. For example medicine may be more accessible when someone is sick or when visiting grandparents who take medicines regularly.

Extra care is also required when on holidays, moving house, having visitors and during family problems.

**What can I do to Prevent Poisoning?**

- Check every room in your home for poisonous products – “it only takes a few minutes to check if you are inviting trouble”:
  - Store poisons in a locked cupboard preferably 1.5 metres above the ground (out of sight, out of reach – locked up and away).
  - Store medicines separately from chemicals and cleaners but ensure both are locked away.
- Use child resistant locks on cupboards or cabinets that store medicines and poisons. You can buy these at many hardware stores, or call Kidsafe WA on 1800 802 244 for more information.
- Don’t store poisons near foods. Some children’s medicines need to be kept in the refrigerator – use a small portable lockable container to enable these medicines to be stored safely.
- Return all poisons to their safe storage area immediately after you use or buy them. If you are using household products when the doorbell or phone rings take the product with you.

**What can be poisonous to children?**

- All Medications; Over-the-counter and Prescription (eg. Paracetamol, Sedatives, Heart Pills, Iron Tablets and Contraceptive Pills)
- Drain Cleaners and Oven Cleaners
- Pesticides and Herbicides
- Dishwasher Powders
- Bleaches
- Alcohol (*i.e.* Perfumes and Methylated Spirits)
- Shampoos, Soap and
- Detergents
- Cigarettes
- Many more common household substances

**Real life poisonings**

- Drank insecticide stored in Coca-Cola bottle
- Crawled into bathroom and opened cupboard, found eating Napisan
- At home in kitchen, swallowed dishwasher detergent while parent packing dishwasher.
- At Grandma's, child found playing with empty container of sleeping tablets
- In pool room at home, found playing with mum's bag, swallowed heart tablets
- Playing in friend's kitchen, ate rat poison

**In an emergency**

If your child swallows a poison do not try to make them vomit. Pick up the poison’s container, the child and take it with you to the phone. Ring the **Poisons Information Centre on 13 11 26** (Australia-wide, 24 hours a day). Keep this number by your phone.

Source KidSafe WA

For further details please see factsheets from KidSafe, St John Ambulance and The Royal Lifesaving Society on:

Home Safety Checklist  
Backyard Safety  
Poisonous Plants  
Poisons  
10 Key Facts about Child Injury  
Beach Safety  
Wading Pool Safety  
Snake bites  
Spider Bites
Free Child Health Checks 18m and 3years.

Children aged 18mths and 3yrs are entitled to an assessment by your Child Health Nurse. These checks are very important and can identify areas of development that may need attention.

Please make the time to contact your Child Health Nurse for these important developmental screenings to be carried out.

If finding time because of work commitments is difficult we can come to some alternative arrangements.

The Donnybrook Child Health Centre is open on Mondays and Thursdays.

Call 97310431.

This can be very informative and provide information and help for parents in other areas other than development. So any concerns you have can be discussed and assistance given if need be. All aspects of development are important especially when thinking about entry to school.

Therese Dignam
Child Health Nurse

PROGRAMS

Our programs run through December into January as we farewell the children leaving for Kindy, and welcome any new faces.

The Transition to Kindy Program in the 3-5 Room has been a success despite the increased numbers of children attending the Centre in the latter part of 2013. We wish the following children every happiness in 2014 as they start school: Jessica, Harrison, Jaida, Lachlan, Daniella, Rebecca, Helaina, Daniel, Millie, Sebastian, Lucas, Mia, Aussie, Chloe, Eloise, Tyler, Annabel, Braythen, Eduardo, Jordyn, Lily and Martin. A few will be back in 2014 for occasional days.

POLICIES AND PROCEDURES

We have reviewed the following Health and Safety Policies in November: Maintenance of a Safe Environment, Nutrition and Food Safety and Sun Protection

In December and January we will be reviewing Management Policies: Enrolment and Orientation and Governance and Management; and Staffing Policies: Staff Code of Conduct and Staff Disciplinary

All policies are emailed to parents or available at any time on paper for you to read and comment on. Please take the time to look at them – your children are why we have them.
**OTHER IMPORTANT STUFF**

**Christmas Closure 2013**

This year the Centre will be closed from Friday 20th December 2013, and will re-open on Monday 6th January 2014.

![Christmas Bells](image)

**FUNDRAISING**

To the Jarvis family for their craft supplies
To all the families who purchased toys through Parent Direct and Chalk
And an enormous thank you to the families who came to the Busy Bee before our Assessment

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**NEWS FROM 0-3 ROOM**

Well the warm weather has definitely arrived and the biggest change to our morning routine for some time. Due to the UV index which has become very high very quickly we are now required to be inside by 10am. This has taken some getting used to for both children and carers, as playing outside is such a wonderful experience. We now manage to have morning tea outside which makes for a very pleasant change. The new sand has been wonderful; we have dug holes to China and made mountains of sand for our digger drivers. We have cooked so many cakes and made buckets of cups of tea. I can’t drink another cup!

We have recently been focussing on speech in our room and with consultations with some families we have been part of their speech therapy process. Interestingly enough and a great piece of advice: when we ask our child a question we should try to get a word answer, rather than a yes or a no. For example instead of asking a child “Are you hungry” we might ask “What would you like to eat?” It is very easy to fall into the trap of asking questions like-are you hungry?. It really makes you think about the way we word our questions....repeating words is also a good strategy to help develop the vocabulary of your child. We have all, carers and students in the room currently, been working diligently to get your children to use their words.
We have also had a spate of quite rough behaviour in the room and not being so kind to one another, something that is addressed very quickly and every attempt is made to limit the opportunity for this to reoccur. It mainly appears to be occurring between children who have difficulty expressing themselves or do not have the skills to verbalise what they want- so giving the children strategies to cope with challenges has also been our challenge these past few months. We are making headway slowly but in child care this will always be a regular occurrence because of the ages we constantly deal with.

The end of the year is getting closer and that means “Santa Christmas” will soon be here. It also means that for some of the children they will begin their transition to the 3-5 room.

We have had many birthdays these past few months- it’s been cupcakes all-round. Yum Yum.

Happy Birthday in November and December to Kade and Thomas who both turn 2
And also to Sheila and Debbie who are 21 again

We look forward to the next few weeks at Treehouse - getting ready for Santa...

Aileen, Jude, Debbie & Liz.

NEWS FROM 3-5 ROOM

This month we have been focusing (still) on developing our fine motor skills, using different objects to promote hand-eye co-ordination and transferring of objects to different containers; as the weather warms up we have been going outside early (9am) as we have to come inside earlier as the UV ratings are very high already. We have also been playing with mud and water to encourage sensory exploration and language.

Our first lunch box week has been a great success; the children enjoyed opening and sharing with everybody what they had for lunch. This is part of the Transition to Kindy Program to help children going to kindy next year to become responsible for their own lunches. We all got into the routine of eating our lunch and putting rubbish and scraps in the right containers. Don’t forget there is a second lunch box week in December, the 2nd – 6th.

Happy Birthday in November and December to Eloise, Chloe and Aussie who are turning 4 and Eliza who will be 5!

Have a very Merry Christmas and safe and Happy New Year

from Maddy, Kate, Caroline and Jayde in the 3-5 room