



Message from the Chief Executive Officer

Dear Friends and Families,

Yet again the festive season has crept up on us and now only weeks away. Children are becoming excited and tuned into what might be. The decorations in the community, the endless toy catalogues in the letterbox and advertising generally all heightens anticipation.

It is a time when families are busy with planning for the festive season, attending end of year functions and looking forward to a break from the normal routine. For children, they will be excited adding to the normal end of year fatigue.

It is this time of the year when some families will feel the pressure. This also applies to children. Some tips to alleviate the pressure include:

- Budget and stick to your budget for gifts and avoid extravagance
- Avoid shopping stress by planning what you need to buy before you go shopping
- Maintain good health – relax, get plenty of exercise
- Eat a healthy nutritious diet
- Spend meaningful time with your children and loved ones

For some families 2017 will mark the end of their connection with Gowrie. For children moving onto their first year of school, we know the education and care experience will have contributed to the preparation for this milestone event. We wish these families all the very best and thank them for trusting Gowrie to be a part of their child's lives.

To those families returning, we look forward to continuing the partnership and supporting the ongoing development of your child.

This year has had many challenges – none more than changes and proposed changes to government policy. Lady Gowrie Tasmania has been active in ensuring the best interests of children are considered in the debate and this will continue going forward. One key change for 2018 is the implementation of the Jobs for Families Child Care Package in July 2018. Families are encouraged to gain more information on these changes. There is a link to the website included in this newsletter.

Re-enrolments for 2018 should have now been completed by families. Any family that has not advised of their needs for 2018 should do so immediately as new enrolments are now being progressed.

Similarly, should you require care for your school aged child over the school holiday period, you are encouraged to contact your respective service for a program of activities and events.

On behalf of everyone at Lady Gowrie Tasmania, I wish you a happy and safe festive season. Take good care on the roads if travelling and enjoy this special time with your loved ones.

Until next time

Ros Cornish
Chief Executive Officer



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Summer Safety – Water and Sun

With the warmer weather and the holiday period, it is imperative to be more aware of the potential risks of children being outdoors in the sun and near water.

Young children love water. Swimming or playing in water can be fun for everyone, as well a great exercise. But water safety for children depends on you or another grown-up always watching your child when in or around any water. Drowning can happen quickly and quietly without any warning noises.

- Supervision means constant visual contact and keeping your child within arm's reach at all times.
- Teach your child about water safety and how to swim from an early age.
- First aid is an essential skill for the entire family to learn. Knowing CPR and what to do in an emergency could save a child's life.
- Stay with your child even if splashing in a couple of centimetres of water in an inflatable pool or in the bath.

Similarly good weather promotes outdoor activities and active outdoor play is important for health and development. Whenever outside during sun protection times, make sure the whole family is well protected by using the five SunSmart steps:

- Slip on clothing
- Slop on sunscreen
- Slap on a hat
- Seek shade
- Slide on sunglasses



Toy Safety

Toys play an important role in helping children learn and develop. Toys should be safely designed and in good working order to avoid injury.

Injuries from toys are often caused by:

- Choking, inhaling or swallowing small objects
- Crushing fingers and other parts of the body
- Cuts from metal blades or sharp plastics
- Damage to eyes from sharp objects
- Strangulation from loose cords or wire loops

Safety Features for Toys

- Select toys that meet the Australian Standard AS/NZ ISO 8124.
- Check the recommended age on the label to make sure the toy is suitable for the child.
- Select toys that are well put together.
- Think big. Be particularly careful with toys for children under three. Toy parts should be larger than a 20 cent piece to avoid any chance of choking. Remember that a younger child might play with an older child's toys.
- Make sure the toy is suitable for the child's current ability and stage of development. For example, if a four year old child still puts things in their mouth avoid toys with small parts.
- Make sure there are complete instructions on how to use the toy.
- Check the information to make sure that the toy is non-toxic and non-flammable, especially with paints, crayons and glues.
- Be wary of toys that make loud noises that might hurt a child's hearing, especially toys that are held against the ear such as walkie-talkies and toy mobile phones.
- Check for ventilation before buying tents, masks, helmets, etc.
- Ensure ride-on toys are appropriate to the age of the child and are stable. Toy bikes should have effective brakes which can be applied by the rider.

For more information visit:

Product Safety Australia - productsafety.gov.au

Product Recalls Australia - recalls.gov.au

Choice - choice.com.au

Australian Toy Association - austoy.com.au





Reminders

Christmas/New Year Closure Period

All Lady Gowrie Tasmania sites will close at the normal time on Friday 22nd December 2017 and reopen on Tuesday 2nd January 2018. LGT Oatlands Education Care Service will open on the 8/1/2018.

End of Year Celebration Events

Launceston: City Park 14/12/2017 5.30pm-7.30pm
RSVP to your respective service by the 8/12/2017.

Hobart: Soundy's Park, 13/12/2017 6pm-8pm
RSVP to your respective service by the 8/12/2017

Fee Schedule 2018

This is available from each individual service. The slight increase in fees was approved by the Board during the budget development process. The new fees will apply from January 2018.

Also from January 2018, the billing period will alter from the current from two weeks in arrears to the current week of care plus one week in advance.

Australian Government Jobs for Families Child Care Package

It is important for families to familiarise themselves with this package and the changes that come into effect on 2 July 2018. Information is available at www.education.gov.au/ChildCarePackage. For many families the changes will make child care more affordable with the new Child Care Subsidy replacing the current two different forms of subsidy – Child Care Benefit and Child Care Rebate. The website includes an online estimator so families can find out what it means for them.

Need advice or support in your parenting role?

Lady Gowrie Tasmania Board Directors have endorsed the establishment of a dedicated Lady Gowrie Tasmania Family Support position to provide this support to our families. This will include phone advice, provision of resources, individual consultations, referral to specialist agencies and a series of parenting workshops. This free service is available by contacting Cindy or Tennille at fss@gowrie-tas.com.au or 62 306 860





Portable Pool Information Guide

A **portable pool** refers to any water container that is generally movable, convenient, compact, light-weight and used for bathing or playing.

Baby baths, buckets and portable pools are water containers commonly used for cooling infants and young children on hot summers days.

Do YOU know how to keep your child safe from drowning in and around this portable pool?



DROWNING PREVENTION IS SIMPLE

Follow this guide each time you use a water container (ie a bucket, a clam-shell, a baby-bath); **NOT** just a portable pool.

- › Place your portable pool/water container on even ground.
- › Erect your portable pool security fence if you have one.
- › Ensure there is no chance of the container tipping over or in the case of a pool, having a deeper end.
- › Place your supervisor chair or towel beside the pool/container before filling.
- › Gather your mobile phone, towels, sunscreen, hats, sun smart clothing, snacks, and drinks. Place them next to your supervising chair or towel.
- › Hold your child or have them supervised while filling pool/bucket.
- › Restrict access to the area the pool/container until you are ready for your child/children to swim or play in the water.

SUPERVISE - **DON'T** TAKE YOUR EYES OFF THE CHILDREN

- › If for any reason you need to go inside the house or simply unable to supervise, remove the child/children from the water and take them with you.
- › It may take only a few seconds to go to the toilet or grab a tissue but guess what?.....a few seconds is all it takes for a young child to slip under the water.
- › Finished playing? Hold your child or have them supervised while you empty the container/pool.
- › Never rely on older children to supervise younger children, no matter how confident you are in their ability.
- › When not in use, store the pool securely out of reach of young children.
- › Ensure the pool cannot fill with rain water or water from sprinklers.
- › Don't exceed the number of adults or children the pool can safely hold.

LESS THAN 1CM OF WATER IS ENOUGH FOR AN INFANT OR CHILD TO DROWN

KEEP WATCH...on your PORTABLE POOL!

**KEEP
WATCH**

PREVENT YOUR CHILD FROM DROWNING

Have fun, be safe and SUPERVISE

Royal Life Saving Tasmania: 03 6243 7558
Clark Rubber Derwent Park: 03 6110 9991



Tasmanian
Government



Northern Services Contact Numbers / Email

Long Day Care Services

Alanvale

6348 1390
alanvale@gowrie-tas.com.au

Norwood

6336 6971
norwood@gowrie-tas.com.au

University

6324 3731
uninorth@gowrie-tas.com.au

Outside School Hours Care Programs

Frederick Street VAC

6348 1390
alanvale@gowrie-tas.com.au

Launceston Preparatory School ASC

6336 6971
norwood@gowrie-tas.com.au

Norwood ASC

6336 6971
norwood@gowrie-tas.com.au

University ASC Mowbray

University VAC Campus

6324 3731
uninorth@gowrie-tas.com.au

Occasional Care Program

Frederick Street Pre-School Program

6348 1390
alanvale@gowrie-tas.com.au

Head Office

346 Macquarie Street, Hobart
6230 6800
info@gowrie-tas.com.au
www.gowrie-tas.com.au

Southern Services Contact Numbers / Email

Long Day Care Services

Acton

6248 5644
acton@gowrie-tas.com.au

Battery Point

6214 0380
batterypoint@gowrie-tas.com.au

Bowen Road

6211 0340
bowenroad@gowrie-tas.com.au

Campbell Street

6230 6881
campbellstreet@gowrie-tas.com.au

Kingston

6229 1901
kgcc@gowrie-tas.com.au

Integrated Centre for Children and Families

6230 6805
integratedcentremanager@gowrie-tas.com.au

Midway Point

6230 6872
midwaypointmanager@gowrie-tas.com.au

University

6226 2088
unisouth@gowrie-tas.com.au

Fahan

Richmond

South Hobart

Swansea

Oatlands

6230 6805
ldc@gowrie-tas.com.au

Outside School Hours Care Programs

Albuera Street ASC & VAC

Bowen Road ASC

Brighton BSC, ASC, Vac

Glenorchy ASC

Goulburn Street ASC

Lansdowne Crescent BSC, ASC & VAC

Mt Nelson BSC, ASC

Richmond ASC

Rosetta BSC, ASC

Sorell ASC and Vac

South Hobart ASC

Taroona BSC, ASC & VAC

Warrane ASC

6230 6806
oshc@gowrie-tas.com.au

Family Day Care

Family Day Care Scheme Pre-school Program

6230 6809
fdcadmin@gowrie-tas.com.au

Head Office

346 Macquarie Street, Hobart
6230 6800
info@gowrie-tas.com.au
www.gowrie-tas.com.au



Christmas Closures

Services will close at normal time
on Friday 22nd December
reopen Tuesday 2nd January 2018

Please note the following exceptions:

Oatlands - close on Friday 22nd December
reopen on Monday 8th January 2018