



The New Family Package

From 2nd July 2018 the new child care package will commence with a new Child Care Subsidy. This will be paid directly to AFDC and will make FDC more affordable for most families.

What determines your level of CCS-

- * Your combined family income
- * your activity level
- * the type of childcare you are using

To find out more and to estimate what your new subsidy might be, visit:

education.gov.au/childcare

Centrelink

If your child is going to school in 2018, from 1st January they are classified as a School Aged Child so your Educator will then be charging their school child fee.

You will receive notification to make those changes also to Centrelink.

Board Membership

Our Board of Directors represents community, parent and educator members. They meet every 6 weeks for an evening meeting.

If you are interested in becoming part of the Board, please contact our Business Manager, Patricia Marson on 67725300.

Abiding by conditions of contract

Do the start and finish times in your current contract reflect your care needs?

Do you find you are needing to arrive or pick up earlier or later than arranged?

Please discuss this with your Educator and adjust your contracted hours if necessary.

This gives your Educator certainty and allows them to plan their day e.g. in relation to children's outings and any appointments they need to book for themselves or members of their family.

Are you a new parent??

In the early years of parenting it can feel like no one's needs are being met fully. It is really important that all parents have some time-out to recharge. Simple examples of self-care are:

- * Going for a walk or doing some exercise
- * Going to the movies with a friend
- * Sleeping-in every so often
- * Catching up with a friend for coffee
- * Date night (even if the 'date' takes place at home)

Postnatal depression and anxiety affects 1 in 7 mums and 1 in 10 dads. If you or your partner are experiencing strong feelings of worry, panic attacks, changes in appetite, difficulty sleeping (unrelated to baby), lethargy, memory issues or intrusive thoughts to harm your baby or yourself, we strongly encourage you to seek support by contacting the Parent Line NSW. You can also call Perinatal Anxiety & Depression Australia (PANDA) on 1300 726 306 or visit your local GP.



Alternative care

Please contact us if you need to arrange alternative care when your Educator is taking leave. We can provide you with the contact details of those Educators who have vacancies at the time and hopefully arrange a relief contract for your child/ren. We do recommend that your child is familiar with at least one other Educator so when leave arises we can suggest that Educator.

Please let your Educator know ASAP what your care needs will be over Christmas/New Year and in 2018.

Playgroup

Families are welcome to attend our Tuesday play sessions at Community Pre School- Allingham Street. Playsession generally runs between 10 am and 12 noon on Tuesdays during school terms. Days and times may change during school holidays.

ACECQA Starting Blocks

The Australian Children's Education and Care Quality Authority has some wonderful information and resources for families.

Please visit :

<http://www.startingblocks.gov.au/>

Babes and Picnics Australia- Location Armidale

The official 'Pay It Forward' Mama Tribe initiative

It can be very isolating and daunting being a Mum, for various reasons. These picnics provide our Mums with a safe , positive, judgment free and purposeful environment to meet other mama's with the possibility of making new friends.

24th November 1.30pm to 4pm at Curtis Park

Invitations are open to all Mums, new Mums and Mums to be

*Please contact Anne Lane 0404655679
/anne.lane@gmx.com*



Sun safety

Summer is headed our way and it is time to think about sun safety.

Please help us protect your child's skin and ensure they can continue to enjoy all the benefits of outdoor play by:

- supplying a broad brimmed or bucket style hat
- ensuring they are wearing shirts with a sleeve
- supplying sunscreen if your child has sensitive skin and requires a particular brand or type to avoid a reaction.

Office closure

(Christmas/ New Year break)

AFDC's office will close for the Christmas/ New Year break at 4.30pm on Thursday 21st December and it will re-open at 8.30am on Monday 8th January.

We would like to take the opportunity to thank families for supporting Family Day Care this year and (early as it is) to wish everyone a safe and Happy Christmas.

We look forward to meeting your family's care needs again in 2018.

From Sue, Pat and Liz

