

# NEWSLETTER

JUL-SEP 2019 EDITION

## CHILD CARE SUBSIDY BALANCING BASICS

Dear Families,

From 29 July 2019, the Department of Human Services (DHS) will start balancing each family's Child Care Subsidy (CCS) entitlements for the 2018-19 financial year. All families who received CCS during that year will go through this process. This is to make sure we pay you the correct amount of family assistance. Balancing, also referred to as 'income review' or 'reconciliation', is the process that occurs after the end of each financial year where the Department of Human Services (DHS) compares families' income estimates with their actual adjusted taxable income to ensure families receive their correct Child Care Subsidy (CCS) entitlement.

They then will work out if you were paid too little subsidy, the right amount or too much. They'll send you a letter to let you know the outcome. Your letter will tell you which of the following applies to you:

- You'll get a top up of subsidy because you were paid too little.
- You'll need to pay Centrelink back because you were overpaid.
- Nothing further because you were paid the right amount.

### What do you need to do?

To balance your payments, Centrelink needs to confirm your family income for the 2018-19 financial year. They'll do this after you and your partner lodge your tax returns. If one or both of you don't need to do this, you'll need to tell Centrelink you're not required to lodge a tax return. Your subsidy can't be balanced until you do this.

### Telling Centrelink you're not required to lodge

You can tell Centrelink you don't need to lodge a tax return in either your:

- Centrelink online account through myGov
- Express Plus Centrelink mobile app.

Select **Advise non-lodgement** and follow the prompts.

### IMPORTANT DATES

#### JULY

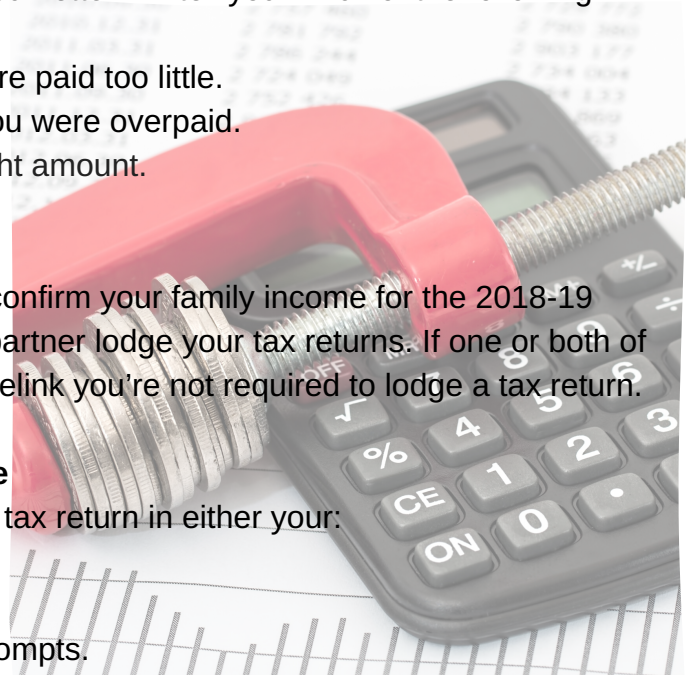
- 7th First Day of NAIDOC Week

#### AUGUST

- 5th New South Wales Bank Holiday

#### SEPTEMBER

- 1st Father's Day



# NEW ENROLMENT FORM

Dear Educators,

The enrolment form has been updated with inclusion of assistant/volunteer/tutor's permission to reduce inconvenience of educators updating permission form every time a new child enrolls.

If you have already received enrolment forms for children starting in October, please send updated assistant/volunteer/tutor's permission form. From October, please send new enrolment forms.

# CHILD PROTECTION TRAINING COURSE

All educators must have participated in an induction or child protection awareness training and an annual update (during the past 12 months).

Approved courses

The following are the approved Child Protection Training courses:

- ★ CHCPRT001 - Identify and respond to children and young people at risk
- ★ CHCPRT002 - Support the rights and safety of children and young people
- ★ NSW Department of Education's Child Protection Awareness Training

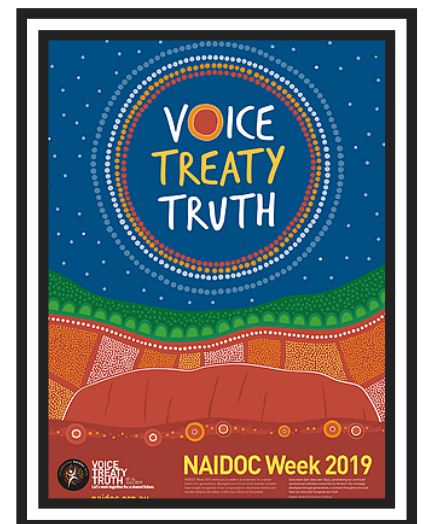
Note: Only one of the courses listed above is required to be completed.

For child protection refresher training, please send certificates with child protection number.

# NATIONAL NAIDOC WEEK, 07 JUL - 14 JUL 2019

The 2019 National NAIDOC Poster was designed by Charmaine Mumbulla, a Kaurna/Narungga woman.

Charmaine's artwork shows the early dawn light rising over Uluru, symbolising a continued spiritual and unbroken connection to the land. The circles at the base of Uluru represent the historic gathering in May 2017 of Aboriginal and Torres Strait Islander leaders, who adopted the Uluru Statement from the Heart. The message, developed through generations, is echoed throughout the land: hear our voice and recognise our truth. We call for a new beginning, marked by a formal process of agreement and truth-telling, that will allow us to move forward together.



# WHAT TO DO IF YOUR CHILD DOESN'T WANT TO GO TO CHILD CARE

## What are 6 common causes of child care refusal?

Whether your toddler is new to child care or your preschooler has suddenly taken a strong dislike to it, here are six possible reasons for their reluctance:

### 1. Separation anxiety

This is very common when a young child first starts care and has to say goodbye to their parent. However, it can also happen as a child gets older and feels their world expanding. To ease separation anxiety and make child care less daunting, the best strategy is to focus on making your child feel secure and connected. To do this:

- Make sure they're attached to a special care-giver before you leave, preferably the same one each day, greeting them with a smile
- Build an interactive and trusting relationship with their care-givers, so your child trusts them too
- Send your child to care with something comforting, like a loved toy, a photo of Mummy or Daddy's tie
- Stay positive about all the fun things they'll do at child care

### 2. Changes at child care

Children respond well to routine, grow accustomed to their environment and form bonds with educators, so a sudden child care refusal might be driven by changes in the care dynamic. Has their good friend moved away? Are drop-off and pick-up times inconsistent? Has something happened to another child which makes them wary about going to care? Are they picking up on your own uncertainty about the service? Is there an environmental factor that's worrying them, like smelly paint or a barking dog next door?

To find the problem, speak with your educators and see if there have been changes in the dynamic. From there, you can work together to find a solution and make your child feel happy and secure again, e.g. it might help to set your child up with a new friendship group or arrive at exactly the same time each day.

### 3. Changes at home

Your child can also be affected by inconsistencies and changes in the home dynamic. Moving to a new house, pregnancy, bringing a new baby home, a late night or returning from a super exciting holiday are all things that can affect your child's readiness to skip off to care with enthusiasm. If your child has been away sick, it can be hard to get back into the child care habit. In this case, give your child time to adjust to changes in their life and focus on re-establishing a good routine at home.

#### 4. Big feelings

Child care refusal can arise when your child is frustrated and not getting what they want, that is, to stay home. Group care also involves things like sharing and turn-taking which can be hard for young children, so if they're feeling overwhelmed, then you might be able to organise a quiet day at home with Mummy or Daddy to reset. This is also a chance to build your child's coping skills and resilience. To help them deal with big feelings, and disappointments, it can help to:

- Give them the space to feel and express any feelings of frustration
- Show that you understand how they're feeling
- Remind your child of the good things they'll miss if they stay home
- Give them some control over their lives, like letting them choose their clothing, morning snack or weekend activity

#### 5. Boredom

Gifted and talented children often become bored doing the same activities as their peers, and in the last few months of preschool, children can grow extremely tired of the same old routines and activities. The solution to boredom is mental stimulation. Quality child care services know how to pique children's interest with higher level learning, so if you feel that the child care refusal stems from boredom, then speak with your child's educator.

#### 6. Developmental changes

Children gain independence and mental competency as they grow, and child care refusal might be their way of testing the boundaries. Developmental changes may also lead to anxiety about going to care, such as nap times at care but your child isn't napping anymore. In this case, speak to their care-giver and find a happy alternative, like quietly looking through books while the other children are napping. It's important to focus on being calm and positive. Your child will pick up on your anxiety, frustration or anger, so take a deep breath, look for the cause of their refusal and work through the problem together.

