

SERVICE NEWSLETTER APRIL 2026

As we move into the cooler months, there's a lot happening across our Nature Alliance community. From welcoming new team members and sharing important reminders, to supporting children's learning, wellbeing and safety, this edition is filled with practical information and ideas for families. We also touch on everyday moments that matter—building resilience, supporting healthy habits, navigating transitions, and creating meaningful connections at home. As always, thank you for being part of our community and for the role you play in supporting your child's learning and development each day.

DO YOU LOVE WORKING WITH CHILDREN?

Nature Alliance Family Day Care is thrilled to share that we have been selected to participate in the Family Day Care Australia Capability Trial. This trial focuses on supporting the growth of Family Day Care while ensuring strong business and compliance practices. As part of this Recruitment Stream, **start-up funding is now available through Nature Alliance FDC** for eligible new Family Day Care Educators. If you would like to run your own Family Day Care business from the comfort of your own home, and you have a Certificate III in Children's Services (or equivalent) to run your own business, then this might be the perfect time to combine family life with a fulfilling career. With the potential for a lucrative income and the flexibility to work independently, this could be your perfect path. We currently have vacancies for Educators in Broome, Kalgoorlie, Kununurra, Busselton/Dunsborough, Margaret River, and Manjimup/Bridgetown. If you don't have a pool, spa, or water hazard on your property, contact us to learn more and start your Family Day Care journey today! Our [website](#) also has heaps of information about registering your Family Day Care with us.

STAFF UPDATE

We are so excited to welcome Brenda who has joined us as an Educational Support Officer in the Perth metropolitan area. Brenda brings a wealth of experience in the Family Day Care sector, having worked as both an Educator and a Coordinator. She is currently supporting our Educators across the region from Mandurah to Mindarie. Brenda is settling into her role and becoming familiar with our systems and processes, and we are very pleased to have her as part of the Nature Alliance team. She works Monday to Wednesday from 08:30 to 16:30 and is happy to chat with families if you have any questions or would like some guidance or support.



FRIENDLY REMINDER FOR FAMILIES

Please remember to sign your child in and out each day they attend care. This helps us keep accurate attendance records, supports child safety and allows us to submit records to have CCS applied if eligible. It is also important to note that your pin cannot be shared with anyone, including your Educator. If you need another authorised person to collect your child, please contact our Admin team to ask them to set up a pin for this person.

At the end of each week, please also complete your weekly timesheet authorisation so CCS and fees can be processed correctly and on time.

Thank you for helping us keep everything accurate and up to date!

WHERE CHILDREN CAN BE CHILDREN



WHAT LEARNING LOOKS LIKE

While this lovely clip from [lam.mrluke](#) on Instagram talks about 5-year-olds, it's very relevant to what your children are learning while they are with their Family Day Care Educator too! Every day, children are learning how early childhood settings work — the routines, the expectations, and how to move through the day with others. They're practising physical skills that might look simple from the outside, but actually take a lot of time and effort to master. They're also learning social skills, like when it's their turn to talk and when they need to wait. They're figuring out how to manage big feelings when they miss home or when something doesn't go their way. They're learning to focus — when to stop, start, listen, stay, move, and sometimes sit still even when their bodies really want to keep going! And of course, they're building independence and confidence in doing things without an adult hovering nearby.

All of this happens long before we even whisper the words literacy or numeracy. It's not extra — it's the important groundwork. Your Educators spend a lot of time supporting these everyday learning moments, because those foundations are what help everything else fall into place later on.

POLICY UPDATE

The following policies have been updated. A big thank you to the people who provided input, your suggestions really do make a difference. To access updated copies on the website, click the links below.

- [Policy 1.4](#) – Sleep & Rest
- [Policy 15](#) – Absences from Care
- [Policy 16](#) – Physical Activity
- [Policy 22](#) – Fit & Proper Persons
- [Policy 25](#) – Keeping a Register of Service, Staff, Assistants, Students & Volunteers
- [Policy 27](#) – Provision of Information

The following policies are being updated. This is your opportunity to provide feedback, obtain clarification and offer suggestions:

- [Policy 2](#) – Interactions with Children
- [Policy 5.1](#) – Delivery & Collection of Children
- [Policy 30](#) – Engagement of FDC Educators

A GENTLE REMINDER – FLU SEASON & STAYING WELL

As we move through the cooler months, we often see an increase in seasonal illnesses such as colds and flu within the community. This is a friendly reminder to support everyone's wellbeing by continuing the simple health practices that help reduce the spread of illness.

Helpful ways to stay well this season:

- Encourage regular handwashing with soap and water
- Teach children to cough and sneeze into their elbow
- Keep children at home if they are unwell or showing symptoms
- Ensure good rest, hydration, and healthy food
- Consider speaking with your GP or pharmacist about seasonal flu protection

A family option to consider:

For children aged 2–11 years, there is a flu vaccine nasal spray (mist) available through some health providers. This is a quick, needle-free option that some families choose as part of their seasonal health routine.

By continuing these simple practices, we can all help support a healthier environment for children, families, and Educators throughout the season. If you're ever unsure whether your child is well enough to attend, please contact your Educator—they are always happy to guide you. For more detailed information, please refer to the NHMRC [Staying Healthy guidelines](#).

Thank you for your ongoing support in helping keep our community well.

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“YOU KNOW MUMMY.....BOYS HAVE PENISES AND GIRLS HAVE VAGINAS!”

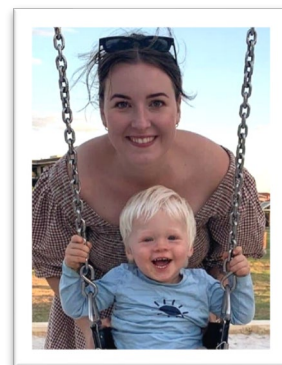
This topic can feel a little uncomfortable, but it’s an important one. Teaching children the correct anatomical names for their body parts is a key part of supporting their safety and wellbeing. Using accurate language helps children clearly communicate about their bodies, understand boundaries, and feel confident asking questions. It also removes confusion—if a child says someone touched their “flower” or another nickname, it may not raise the same level of concern or be clearly understood as when a child uses the correct term.

This links closely to protective behaviours and helping children understand that their bodies belong to them. When we use correct language and have open, calm conversations, we are empowering children with the tools they need to speak up and seek help if something doesn’t feel right. These discussions don’t need to be big or formal—they can happen naturally through everyday moments, questions and play.

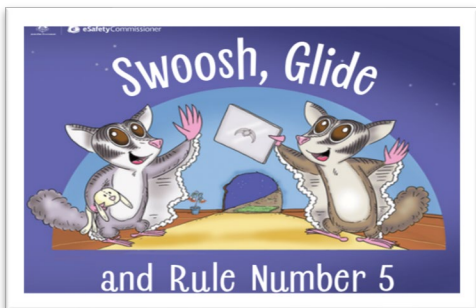
If you would like to explore this further, [Bravehearts](#) has some excellent, practical information for families on teaching children about personal safety, including how to approach these conversations in a simple and age-appropriate way.

HI FROM FORRESTFIELD

Cloe is one of Nature Alliance’s newer Educators, and it has been such a joy getting to know her over the past few months. She operates Wildflowers Family Day Care in Forrestfield, where her warm and welcoming approach makes children and families feel instantly at home. Nature is at the heart of her practice. With a beautiful outdoor space—complete with a magnificent tree that invites children to relax, dream, and explore—Cloe creates an environment where children can learn through curiosity, play, and connection with the natural world. Her approach is inspired by Reggio Emilia and Montessori philosophies, emphasising creativity, independence, and child-led learning. Every child is supported to grow at their own pace, developing not only important skills but also a love for learning that lasts a lifetime. We love having Cloe as part of our community—her dedication, warmth, and creativity shine through in everything she does.



CHILD PROTECTION AND ONLINE SAFETY – SWOOSH, GLUIDE & RULE NUMBER 5



This delightful book was developed by the Australian eSafety Commissioner to help parents, carers and Educators start important conversations about online safety with young children. Meet Swoosh & Glide, two curious native sugar glider possums who are exploring the online world, just like our little ones do! Together with the catchy [My Family Rules song](#), this resource encourages children to be safe, be kind, ask for help and make smart choices when they are online. It’s a fun and gentle way to “start the chat” about digital safety at home or in care! [Read](#) the book, [Watch](#) the video, or [Listen](#) to the story together and see what conversations unfold!

SEED BOMBS

Have you ever made a seed bomb? This is a fun and easy experience to do with your child, and it promotes environmental awareness plus you have amazing seed bombs to gift or brighten up your own garden. You need clay, soil, water and seeds – that’s it! Mix together 1 part clay to 3 parts soil. Add a little water to make a dough like consistency. Then add 1-2 tablespoons of seeds and mix well. Roll the mixture into balls about 1-2 inches in diameter and don’t squeeze them tight, remember the seeds need to germinate. Set them aside to dry for a couple of days and they are ready to use.



HEALTHY EATING HABITS FOR CHILDREN

Building healthy eating habits doesn't have to be complicated. Children learn about food over time through repeated exposure, positive experiences, and by watching the people around them. Some days they may eat a lot, other days very little... and that's all part of normal development.

Supporting healthy habits at home:

- Offer a variety of foods regularly, even if they're not eaten at first
- Keep mealtimes relaxed and pressure-free
- Eat together when possible
- Trust your child's appetite

This can take the pressure out of mealtimes and help children build a positive relationship with food.

BUILDING RESILIENCE IN CHILDREN

For children, challenges and tough times include experiences like starting at a new school or kindergarten, moving house, or welcoming a sibling into the family. They can also include serious experiences like bullying, family breakdown, family illness or death.

Children build resilience when they have:

- Strong, supportive relationships with you, other family members and their community
- Emotional and practical skills that help them respond well to challenges
- Helpful thinking habits and attitudes

Resilient children can recover from setbacks and get back to living their lives more quickly. When children overcome setbacks and problems, it builds their confidence and helps them feel more capable the next time a problem comes up. When things don't go well and children feel anxious, sad, disappointed, afraid or frustrated, resilience helps them understand that these uncomfortable emotions don't last forever. Resilient children can experience these emotions and know they'll be OK before too long. [Raising Children Network](#) have some great tools to help you teach your children resilience.

WELLBEING SPOTLIGHT

Have you ever noticed how a simple song can completely change the mood at home? Some days can feel busy, overwhelming, or just a little bit much for both children, families and carers. In those moments, something as simple as turning on music and having a little dance can help everyone reset, reconnect, and find joy again.

Dancing together supports your child's wellbeing in many wonderful ways:

- Releases stress and lifts mood
- Helps children regulate big emotions
- Encourages connection, laughter, and shared moments
- Builds confidence and self-expression
- Supports physical development, coordination, and rhythm
- Creates a sense of belonging and "we're in this together"

The best part? It doesn't need planning. Sometimes it's just:

- a favourite song
- a smile
- permission to be a little bit silly

When was the last time you and your child had a spontaneous dance together? Turn on a favourite song, shake off the day, and enjoying a moment of connection. These small, joyful experiences can make a big difference in your child's sense of wellbeing and belonging. Sometimes the simplest moments are the most meaningful.

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BOUNDARIES, CONNECTION & SUPPORTING TRANSITIONS AT PICK-UP TIME

Have you ever noticed that at pick-up time, your child's behaviour suddenly changes? They might become extra excited, a little overwhelmed, or even physical smacking, pushing. This can feel confusing, but it's actually very normal. At this time of the day, children are moving between two important worlds, their day in care and their home life. This transition can bring a mix of big emotions: excitement, tiredness, overstimulation, and a strong need to reconnect with you.

Why this happens?

Children are still learning how to:

- manage big emotions
- regulate their feelings after a full day
- transition between environments
- express excitement in safe ways

When they see you, it's often the moment they feel safest to let everything out.

How you can support your child?

Creating calm, consistent boundaries and predictable routines can help your child feel secure during this transition:

- Keep pick-up calm and unhurried where possible
- Offer a warm, steady greeting, even if behaviour is challenging
- Set gentle but clear boundaries: "I can see you're excited, I won't let you hit"
- Allow time to reconnect before asking lots of questions
- Keep your goodbye routine consistent

With calm, consistent responses, children learn how to manage their emotions and feel safe, supported, and understood. These everyday moments help build strong, secure relationships, even when emotions are big.

BOOKS FOR AUTUMN

As the days start to cool and we move into Autumn, it's the perfect time to slow things down and enjoy some cosy moments together. Snuggle up with your child and explore an interactive read-aloud video, or take a relaxed trip to your local library and let them choose a few special books to bring home. There's something really magical about this season—warm blankets, quiet time, and stories that spark imagination and connection. Whether it's a quick story before bed or a longer cuddle on the couch, these little moments of reading together create lasting memories and a lifelong love of books.

- [Thanks for Nothing! Bruce the Bear](#) (Ryan T Higgins)
- [The Couch Potato](#) (Jory John & Peter Oswald)
- [Stellaluna](#) (Janell Cannon)
- [The Bad Seed](#) (Jory John & Peter Oswald)
- [Otis the Scarecrow](#) (Loren Long)



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WORRIED ABOUT SOMETHING?

If you ever feel unsure or concerned about anything related to your child's Family Day Care service, it's important to speak up. Start by having a chat with your Educator or contact Nature Alliance directly. Services are required to clearly display contact details of who to speak to about complaints or concerns. If you feel that your concern hasn't been resolved or would like to report it to the regulatory authority, you can contact the Education and Care Regulatory Unit (ECRU). They will listen to your concerns and investigate what's happening. For more information or to make a report, scan the QR code to take you to the ECRU website for more information on the National Quality Framework and for details on how to report a concern. Raising concerns helps us all ensure the best outcomes for children in care.

Report Concern



CONTACT US

If you have any queries or feedback regarding the Service or would like to chat about the content of this newsletter, or about your child's care in general, please feel free to [contact us](#) through our website or find us on [Facebook](#).

"If I cannot do great things, I can do small things in a great way." - Martin Luther King Jr

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