

SERVICE NEWSLETTER AUGUST 2026

As winter begins to loosen its grip and we start to notice little hints of spring, it is a lovely time to get out and about, explore our communities and enjoy simple experiences together. Whether it is visiting the zoo, creating something fun with food or sharing a story, everyday moments can become wonderful opportunities for children to learn, connect and make memories. This month's newsletter has a little bit of everything! We are sharing important information about Child Care Subsidy, overseas travel and child body safety, along with a fantastic parenting resource, a healthy eating activity and some thoughtful lessons we can pass on to our children. We are also introducing you to Deb, one of our wonderful Educators in Australind.

As always, thank you for choosing Nature Alliance Family Day Care and allowing us to be part of your child's journey. We hope you find something helpful, inspiring or simply enjoyable in this month's newsletter.

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 may be 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.

CHILD BODY SAFETY

The Daniel Morcombe Foundation provides personal child safety education to children and young people at no cost to prevent abuse and promote lifelong health and wellbeing. Explore their website to find lots of amazing resources to teach children body safety. [Jelly Surprise](#) is a simple introduction to understand body cues. Understanding these can help a child trust themselves and know if they are feeling safe or unsafe.

Jelly's surprise visit to the local playground creates a flurry of excitement and worry. Watch and listen as Hugo, Lola and Angus discover how their body cues help them recognise when they are in a safe or unsafe place.

Specifically designed for parents, caregivers and educators of children aged 0 to 6, the content of Jelly Surprise is evidence-informed, trauma-informed and age-appropriate. It teaches children to recognise and understand their body cues, feelings and emotions and helps them to **Recognise, React and Report** unsafe situations.



You will also find a [companion guide](#) to assist with curriculum planning or sharing with families

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HEADING OVERSEAS FOR A HOLIDAY? WHAT DOES THIS MEANS FOR YOUR CHILD CARE SUBSIDY

Did you know that if you are overseas your child care subsidy is automatically ceased by Centrelink after 6 weeks. This means that if your child is marked absent during this time their enrolment would end on an absence so Centrelink will recover any CCS paid back until they were last physically in care. Leaving you to pay the increased parent gap back to Nature Alliance. You may need to discuss cancelling care with your Educator or budgeting for the increased parent gap fee to keep your position. You can read more about ending care on an absence and Centrelinks child care subsidy rules [here](#).

HAVE YOU BALANCED YOUR CHILD CARE SUBSIDY?

Each year, Services Australia balances your Child Care Subsidy (CCS) to make sure you received the correct amount based on your family's actual income. This process begins from mid-August and your income must be confirmed before your CCS can be balanced.

If you and your partner lodge a tax return, the ATO will provide your income details to Services Australia. If you don't need to lodge a tax return, you still need to tell Services Australia and confirm your income.

In the case that you notice a change to your CCS percentage or fortnightly hours that you are eligible for and you feel it is not correct please contact Centrelink as soon as possible to remain eligible for CCS.

FAMILY RESOURCE SPOTLIGHT: RAISING CHILDREN NETWORK

Parenting doesn't come with an instruction manual—but the [Raising Children Network](#) comes pretty close!



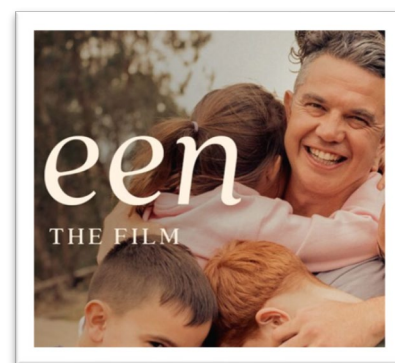
This trusted Australian website provides free, practical and evidence-based information for every stage of family life, from pregnancy and newborns through to the teenage years. Families can explore helpful articles, videos and visual guides covering children's development, behaviour, sleep, nutrition, health, safety, play, learning, relationships and wellbeing.

Information is easy to understand and organised by age, making it simple to find reliable guidance when you need it. There are also dedicated resources relating to autism, ADHD and disability, along with selected information available in languages other than English.

We encourage families to bookmark this wonderful resource and explore it at raisingchildren.net.au.

MUST WATCH – 'SEEN' THE FILM

"SEEN" is a documentary that delves into the long-term impact of childhood trauma and the journey of healing to create stronger, healthier families. The film examines how parents confronting their own childhood coping mechanisms can positively influence their parenting and child development. The documentary features real parents and experts in the field, offering unfiltered and authentic narratives. Experts include Maggie Dent, Dr Billy Garvey, Dr Vanessa LaPointe, Lael Stone and more. [Register online](#) to request your on-demand viewing link. For 'Event' add "Seen" – location, date and time details can be left blank. Watch it in the comfort of your home with friends and family or alone if you prefer. You have 48 hours to start once your individual link has been issued.



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HI FROM AUSTRALIND

Deb creates beautiful learning spaces that invite curiosity, creativity, and meaningful play. A reflective and highly thoughtful educator, she consistently reviews her practice and explores meaningful ways to document children's learning. Deb is passionate about connecting children with their local community. She regularly explores Australind with the children, enjoying trips to the beach, local playgroups, and tribe bike rides around the neighborhood. Deb also leads an Educator Pod in the Southwest, creating a supportive space where educators collaborate, share ideas and inspire one another. Deb is a kind-hearted and motivated educator with a wealth of knowledge and experience. Her natural approach to care is evident in everything she does, supporting a healthy and nurturing environment. The children truly thrive in her care, which is a beautiful reflection of both Deb and her practice.



HEALTHY EATING

Food-related games and activities are a great way to expose your children to new and non-preferred foods in a fun way, especially for children who are hesitant about trying new foods, or who have a 'discerning palate'! Games are a great way to introduce new foods to children away from meal or snack time.

We would love to share [this activity](#) with you, from the Healthy Eating Advisory Service website which involves making a fruit and vegetable person!



What you'll need

- A selection of fruits and vegetables
- A plate
- A knife for adult preparation
- A child-safe knife if your child will help with cutting

What to do

1. Cut the fruits and vegetables into different shapes that could be used as facial features or body parts.
2. Show your child how the pieces can be arranged on a plate to create a face or person.
3. Invite your child to select the foods they would like to use and let their imagination take over!

For more ideas and helpful advice, we encourage you to explore the website [here](#).

10 LESSONS I WANT TO INSTILL IN MY CHILDREN

We hope that you find these wise words from an [Instagram post](#) thought provoking. Remember you are the person your child looks up to, you are their mirror. This advice is simple, but when followed, it can make such a difference.

If you made a mistake, apologize.

If you're thankful, show it.

If you're confused, ask questions.

If you learn something, teach others.

If you're stuck, ask for help.

If you're wrong, fess up.

If you love someone, tell them.

If you trip, get back up.

If someone needs help, help them.

If you see wrong, take a stance

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NATURE MANDALAS

A mandala is a circle of geometric design and nature offers an abundance of opportunities to create one with your child. Take a walk together in your backyard, local park, or bushland and collect loose natural items that have already fallen to the ground, such as leaves, seed pods, feathers, sticks, bark, flowers that have fallen & pebbles. Talk about what you notice - which item feels the smoothest? Can you find three different shades of green? What do you think made this pattern? Which item is your favourite and why? When you've finished collecting, arrange the treasures into a circular pattern (a nature mandala). Take a photo, then return everything back to nature where possible. This process encourages observation and scientific thinking. It develops language through rich conversations. Supports creativity and problem-solving. Strengthens family relationships through shared experiences. Fosters respect and appreciation for the natural environment. If you make a mandala with your child, we would love to see a photo of it 😊.



STORIES OF LOVE, FAMILY AND BELONGING

With Father's Day approaching, this month's selection includes some beautiful stories celebrating fathers, grandfathers and the special ways they share their love, hopes, memories and culture with children. Alongside these are stories that remind us that families and homes can look very different, but each can be filled with warmth, connection and belonging. From a papa who would climb all the way to the moon, to treasured stories of homelands, ancestors and family life, these books offer a lovely opportunity to celebrate the people who help children feel loved, supported and proud of who they are.

- [Papa, please get the moon for me](#) - Eric Carle
- [One Day](#) - Joanna Ho
- [Come over to my house](#) – Eliza Hull
- [My Grandfather's song](#) - Phùng Nguyễn Quang
- [Homeland: My Father Dreams of Palestine](#) – Hannah Moushabeck



BE KIND TO YOURSELF

Caring for children is a journey filled with connection, learning and many special moments, but it can also be busy and challenging at times. Self-compassion is about giving yourself the same kindness, patience and understanding that you would offer a friend.

We can all have days when things don't go to plan. Instead of being hard on yourself, try pausing and reminding yourself: "I'm doing my best, and I'm learning as I go."

Practising self-compassion can support your own wellbeing and also shows children that it's okay to make mistakes, ask for help and try again.

🌱 This month we encourage you to take a moment for yourself. Pause, breathe and remember you don't have to be a perfect parent/carer, you just need to be a caring one.

For more ideas and practical strategies, take a look at the [Raising Children Network article: Self-compassion for parents](#)

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LEARNING IS EVERYWHERE!

One of the most important things you can do for children is encourage a love of learning. The more children learn, the happier and more confident they are, and the more positive their experience when they start school – so get involved as much as you can.



There are lots of exciting things you can do at home, or when you are out, to help make learning enjoyable for every member of the family!

Fun and educational programs and events can be accessed throughout the year, that are great options for a family outing. Check out places such as [Scitech](#), the [WA Museum](#), [Perth Zoo](#) and [Kings Park](#). Local recreation centres also have a range of programs and activities for children of all ages. You can access a range of programs for your child at your local public library and [The State Library of Western Australia](#). These programs encourage a love of reading in children of all ages. Libraries often conduct

other activities for the local community too. Check out the following resources, full of activities you and your children can do together and fit into your daily routine.

<https://www.education.wa.edu.au/resources-for-families>

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](#).

“You wouldn't plant a seed and then dig it up every few minutes to see if it has grown. So why do you keep questioning yourself, your hard work and your decisions?” – Bhikshuni Thubten Chodron

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