NATURE ALLIANCE
FAMILY DAY CARE

NEWSLETTER

SERVICE NEWSLETTER OCTOBER 2026

As we head into November and enjoy the warmer weather and longer days, it's a lovely time to get outdoors, slow down a little and enjoy the simple things with our children. This month's newsletter has a wonderful mix of news, important updates and practical ideas for families. We celebrate three of our Educators being recognised in the 2026 Excellence in Family Day Care Awards, share some helpful resources on online safety, healthy eating and children's wellbeing, and introduce a new monthly feature sharing our Educators' favourite recipes! You'll also find information about changes to credit card surcharges, policies currently under review and our new Family Feedback Survey. There is plenty to read, so we encourage you to take a few minutes to explore what's included. We hope you find something useful, something interesting and perhaps even a little inspiration to try something new with your family!

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 his 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.

EXCITING NEWS

We have some wonderful news to share with our Nature Alliance families!

Family Day Care Australia has announced the Regional Educator Winners for the 2026 Excellence in Family Day Care Awards, and we are absolutely delighted that three Nature Alliance Educators have been named Regional Winners!

A huge congratulations to Lizzie, Regional Winner for Broome & the Kimberley; Leanne, Regional Winner for Fremantle & Southern Suburbs; and Madi, Regional Winner for Bunbury & the South West.

What makes this recognition particularly special is that these awards begin with nominations from families. Families took the time to share why their Educator is special, the difference they make in their child's life and what their Family Day Care means to their family. From those nominations, Lizzie, Leanne and Madi have gone on to be recognised as the outstanding Educators in their respective regions.

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We know how much our Educators put into what they do each and every day, but hearing that appreciation come directly from the families who experience their care makes this achievement even more meaningful.

To the families who took the time to nominate their Educators — thank you. Your words have helped shine a light on the wonderful work happening in Family Day Care homes every day.

ONLINE CHILD SAFETY

Are you Tech-Ready? Supporting Online Safety at Home. We focus daily on creating a safe, nurturing environment where children can learn, play, and grow, and because digital devices are a growing part of everyday life, even for our youngest learners—extending that bubble of safety into the digital world is a shared journey for all of us.

Staying ahead of digital trends can feel overwhelming, but protecting our young people from online harm doesn't have to be a solo effort. ChildSafe Australia has put together a brilliant hub of resources that include step-by-step guides on how to protect personal information, spot unwanted contact, report harmful abuse or inappropriate content, and handle healthy screen time boundaries. It also features links to expert advice tailored for all age groups-including children under 5 helping you build positive tech habits from the very beginning.

Click the link to explore their free guides, parent webinars, training and community support groups: https://www.childsafe.org.au/help-for-families/e-safety-online/

CREDIT CARD SURCHARGES

The Reserve Bank of Australia has announced that businesses can no longer pass credit card surcharges on to customers. From 1 October, families will no longer pay these surcharges, as Nature Alliance will absorb this cost. Transaction and declined-payment fees will remain unchanged. These changes have been updated in our Terms of Trade which can be viewed here.

POLICIES BEING UPDATED

As part of our ongoing review process, we are currently reviewing several Nature Alliance policies and would welcome feedback from our families. Families bring an important perspective to our policies. If something isn't clear, you have questions about how a policy works in practice, or you feel there is something we could explain or approach differently, we would love to hear from you. You don't need to provide formal or lengthy feedback. A quick email, phone call or conversation with your Educator or a member of the Nature Alliance team is always welcome.

The policies currently under review are:

- Policy 4 – Serious Incidents Emergencies & Evacuation
- Policy 5.3 – Transportation and Safe Arrival of Children
- Policy 11 – Participation of Volunteers & Students
- Policy 20 – Registration of FDC Educators

Our policies help guide how we keep children safe and support our Educators and families, so it is important that they are clear, practical and reflective of how Family Day Care actually works. **Your feedback is an important part of that process.**

YOUR FEEDBACK MATTERS – HELP US MAKE FAMILY DAY CARE EVEN BETTER!

Starting care is a big milestone for both children and families, and we want to make sure your experience with Nature Alliance Family Day Care is a positive one from the very beginning!

We have introduced a short Family Feedback Survey, which will be emailed to families approximately six (6) weeks after your child begins care. This gives you a little time to settle in, get to know your Educator and share your first impressions of our service.

We would really appreciate you taking a few minutes to complete the survey when it arrives. We want to hear what's working well, what you love about your Family Day Care experience and, just as importantly, where we could do things

better. Your honest feedback helps us support our Educators, improve our service and ensure families feel welcomed, informed and supported.

After all, who better to tell us how we're doing than the families who experience our service firsthand?

FAMILY RESOURCE SPOTLIGHT:
Learning About Boundaries Together
Helping children understand personal boundaries starts with everyday conversations.
The Boundaries Song by Hopscotch Songs is a fun way to help children learn that their body belongs to them, that it's okay to say no when something feels uncomfortable, and that we should respect other people's feelings and personal space.

You can support this learning at home by asking your child before giving hugs or kisses, encouraging them to use their voice, and reminding them that it's important to listen when someone says no. Small, everyday moments can help children develop confidence, kindness and respect for themselves and others.

Why not listen to the song together and start a conversation about what boundaries mean?

HI FROM SUNNY GERALDTON
Liz is a dedicated and experienced Family Day Care Educator with a strong background in farming and community life. She brings practical, resilient and thoughtful approach to her work with children and families. Living and raising her own family in a remote community has shaped her understanding of the importance of connection, flexibility, and responsive care. Liz creates safe, secure and welcoming environments for her children, where they feel happy, supported and free to be themselves. Outdoor play (farm animals included) and meaningful interactions are central to her practice, supporting children to express themselves, build confidence and develop strong relationships. Liz values respectful, secure relationships with children, families and the wider community. Her calm, caring and purposeful approach creates a nurturing environment where children feel a true sense of belonging and are supported to thrive.

RECIPE OF THE MONTH – DELICIOUS BANANA BREAD
We thought it might be fun to start sharing some of our Educators' favourite recipes with families each month. After all, our Family Day Care Educators cook for some of the toughest food critics on the planet – children! So, if a recipe has been tried, tested and given the thumbs-up by the little people in their care, we think it deserves to be shared!

To start us off, Casey Coomer has shared one of her favourites – a delicious banana bread recipe that has certainly stood the test of time. Casey says, *"An oldy (October 2003 🤯) but a goody! If I had a dollar for each person I have sent this to over the years! You can cut down the sugar and the kids still love it."* The original recipe is credited to Margaret Johnson, and clearly she was onto something!

We've added the recipe to the Parent & Guardian Information section of our website, and each month we'll add another favourite from one of our Educators. Before long, you'll have a whole collection of tried-and-tested Family Day Care recipes to choose from – courtesy of your children's very own personal chefs!

And here's where the children can help us… ask your child if there is something their Educator makes that they absolutely LOVE. If there is, tell them to ask their Educator to share the recipe with us. Who knows – their favourite lunch, snack or treat might be our next Recipe of the Month!

HEALTHY EATING

How to promote Healthy Eating within your Family can be as simple as following these tips:

Create a Positive Mealtime Environment

- **Sit and eat together:** Parents to join children at the table, model calm eating habits, and enjoy the same healthy foods.
- **Avoid pressure or force:** Never force a child to finish a plate or use food as a reward or punishment.
- **Use neutral language:** Describe food properties (colour, crunch, shape) rather than labelling foods as "good" or "bad".
- **Listen to hunger cues:** Allow children to recognize when they are full and stop eating without scolding.

Structure Nutritious Menus

- **Follow guidelines:** Align meals with Healthy Eating Guidelines
- **Include variety daily:** Serve a mix of fresh fruits, vegetables, whole grains, lean proteins, and dairy or fortified alternatives.
- **Prioritise water:** Keep safe drinking water constantly accessible and avoid sugar-sweetened beverages or excessive juice.

Involve Children

- **Hands-on prep:** Let children help wash produce, set the table, or assemble simple snacks to build familiarity.
- **Use repeated exposure:** Offer new or unfamiliar foods 10 to 15 times alongside familiar favourites without pressure.
- **Connect with your Educator:** Share weekly menus, tasting notes, and tips to help connect home with Family Day Care

Below is a great website that has great information for families. This link is all about making Healthy Eating easier.
https://raisingchildren.net.au/grown-ups/looking-after-yourself/healthy-lifestyle/eating-exercise-for-parents

NATURE BENEFITS

Nature is a wonderful space to unleash curiosity in your children. Nature constantly changes and encourages children to ask questions, it offers science and discovery allowing children to explore concepts of growth, life cycles, weather, texture, and change in materials through real experiences. Natural environments provide rich opportunities to use their senses and manipulate different materials such as mud, bark, stones etc. Natural materials are open-ended, a stick can become a wand, a leaf becomes paint and a stone the canvas. The physical benefit of outdoors is huge, navigating uneven surfaces, balancing, strength, awareness of their space and building their muscles. There are so many more, but we can't forget wellbeing and emotional regulation, natural environments can provide children with opportunities to calm, breathe and just be. In a busy world where their days are full, nature doesn't ask anything of them, just to stop, rest and enjoy. Come to think of it, nature offers the very same opportunities to adults as well so perhaps you will find time very soon to step out of a busy world and explore a little bit of nature with your special little person 😊

HELPING LITTLE WARRIORS FIND THEIR BRAVE

Big feelings can be confusing for children, particularly when they do not yet have the words to explain what is happening inside them. *Hey Warrior* and *Hey Awesome* by Karen Young explore anxiety in a warm, reassuring and child-friendly way. The books help children understand that anxiety is their brain trying to protect them—not a sign that something is wrong—and offer practical ways to feel calmer and safer. Most importantly, they remind children that being anxious and being brave can exist together, while celebrating the courage, strength and wonderful qualities that make each child who they are. These are beautiful books to read together and can open gentle conversations about worries, feelings and what helps your child find their brave.

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*