

FREE



Network News

March 2008 Newsletter



Childcare Network Loch Garman 13th Annual Seminar **'THE GREAT OUTDOORS'**

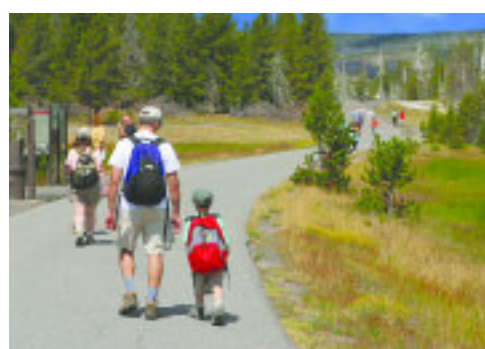
Supporting Children in Exploring their Natural Environment

THIS YEAR'S seminar will focus on outdoor play and will explore the benefits of the outdoors to children's development, health and wellbeing and the power of play in children's education and learning.

Dr. Margaret Kernan an early years' specialist who is currently working in the Netherlands will examine how the outdoor play experiences of young children work to construct a 'good' childhood

Dr. Mary Daly, education officer with the NCCA will explain the 'Framework for Early Learning' concentrating on the theme of well-being which includes children's physical and psychological well being.

Ms. Carol Duffy training specialist with



IPPA and author of 'Nurture through Nature' will present a 'visual journey' from past to present and give some practical ideas for making the most of outdoor space.

The keynote speakers will give workshops in the afternoon and **Gerry Foran** from 'The Constructive Waste Company' will also give

a workshop on creative ways to use packaging and other waste materials.

Information personnel and literature will be available to help promote wildlife, gardening and the environment.

This promises to be an informative and enjoyable day and will appeal to parents, childcare providers, childminders, students and all other adults interested in the welfare of children.

Booking form enclosed with this mailing or contact CNLG 053 9239628 email childcarenetwork@eircom.net for more information

Venue: Ferrycarrig Hotel, Wexford
Wednesday 26th March 2008. 9.30am -4pm

Cost: €30 members, €40 non members.
Lunch included.

Childminders Questionnaire

We would really appreciate if all childminders completed the enclosed questionnaire and return it in the stamped addressed envelope provided. If you do not wish to answer all questions then please state your name and whether you wish to remain on our database or not.

DATE FOR YOUR DIARY

Mr. Brendan Smith TD, Minister for Children, will be launching the Executive Summary of WxCCC's Strategic Plan 2007-2010, on Monday 10th March 2008, in the Ferrycarrig Hotel, Wexford. at 12.30pm
Light refreshments will be served

Twice as Welcome

Wx CCC would like to welcome **Eithne Gallagher** as the latest member of our childcare team. Eithne takes the position of Childminder Co-ordinator, and will be providing full time support to childminders within Co. Wexford. Eithne will be working full time for the duration of Patricia's maternity leave.



On another note of welcome we would like to extend our warmest congratulations to **Patricia Brannick** (Childminder Co-ordinator) who has just given birth to a lovely baby boy. With two big sisters vying for his attention, baby Thomas won't be short of little childminders himself.

Free Drop-In Information Service

Wexford County Childcare Committee (WxCCC) provides a free drop in information service with a small children's play area, where parents, childminders and childcare providers can spend time gathering the information they need or browsing through the Resource Library. A wealth of information is available free of charge from the WxCCC office including support and advice on a range of issues, such as, positive parenting, planning & setting up your childcare service, funding sources, childminding, training, networking and quality childcare provision.

A visit to the Information Centre also enables you to pick up lots of printed information including: the HSE Pre School Service listings, School Age Childcare listings, Parent and Toddler group listings, Siolta Handbooks, Management Folders, Training Brochures and Information Leaflets covering a range of topics. Our website www.wexfordchildcare.ie also contains information specifically aimed towards Parents, Childminders and Childcare Providers as well as general information relating to the care and education of young children.

The team at Wexford County Childcare consists of Joy O' Driscoll (Childcare Co-ordinator), Linda Garnett (Administrator), Caroline Tobin Receptionist/Administrator), Patricia Brannick (Childminder Co-ordinator), Eithne Gallagher (Childminder Co-ordinator), Jillian White (Childcare Development Worker), Maura Morris (Childcare Development Worker). Our office is located at 7, Castle Hill, Enniscorthy, Co. Wexford. The office opening hours are Monday to Thursday 9am-5pm, and Friday 9am to 4pm, please do not hesitate to contact us on 053 9237156/9239763 or via e mail at infowxccc@eircom.net.



Wexford County Childcare Committee's (WxCCC) 4th Annual Conference 'The Value of Play'

Wexford County Childcare Committee (WxCCC) held their Annual Conference 2007; "The Value of Play" on Saturday November 10th in Ferrycarrig Hotel, Wexford. The conference was open to parents, professionals, childminders and childcare providers in the Wexford region.

Minister John Browne opened the conference. Minister Browne praised the work of WxCCC and spoke about how much play has changed over the years. Topics covered on the day included, Understanding Play, Benefits of Play and Using Play to address Challenging Behaviour. WxCCC proudly introduced two very prominent figures in childcare in Ireland as speakers at the Annual Conference, David Coleman and Judith J. McCormick.

Both speakers extolled the value and benefits of play to young children and Ms McCormick stated 'Through fantasy and pretend play, children can practice and gain mastery over difficult situations, which leads to feelings of competence, confidence and comfort in social situations'.

The Conference was a great success with 200 people attending on the day.

For further information on the conference or on any aspects of childminding or childcare please contact: 053 9237156/9239763 :infowxccc@eircom.net" www.wexfordchildcare.ie



Wexford Pre-school Providers Child Protection Policy Handbook was launched in the Stanville hotel in December and Childcare Network Loch Garman would like to thank all those providers who turned out on a very wintery night. The booklet has got very positive feedback and will be of benefit to all childcare centres. If you have not received a copy there are still some available from the office.



Parent First Aid Training

The order of Malta in conjunction with Childcare Network Loch Garman have put together a practical first aid course for parents in the home. It is a four and a half hour course normally delivered over three sessions and can be arranged for mornings or evenings. It covers items such as nose bleeds, choking, convulsions, Burns, bandaging, poisons etc. For more information call

CNLG 053 9239628

Booklets for parents

These booklets outline children's understanding of the particular issue and how you can support them through this difficult time.

Booklets for parents to read with their children

These booklets may help your child to better understand what is happening and help you as a parent to answer any questions he or she might have.



- PARENTING SKILLS
- COPING WITH BULLYING
- COPING WITH DEATH
- COPING WITH DOMESTIC ABUSE
- COPING WITH SEPARATION

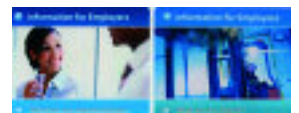

Family Support Agency


Barnardos
No child gets left behind

Family Support Agency, St. Stephen's Green House, Earlsfort Terrace, Dublin 2.
T: 01 611 4100. E: familysupportagency@welfare.ie www.fsa.ie

Barnardos' National Children's Resource Centre, Christchurch Square, Dublin 8.
T: 01 453 0355 E: nrc@barnardos.ie www.barnardos.ie

NERA



National Employment Rights Authority is a government agency which has recently been launched to provide information to employees and employers through its information unit. It monitors employment conditions through its labour inspectorate and can enforce compliance and seek redress. More information can be obtained on nera.ie or

Lo-call 1890 80 80 90

NOTICE BOARD



Parenting Skills Courses

The 'Parent Plus' Parenting skills programme is a six week practical and positive DVD based parenting course designed to support parents in their valuable role, in particular to;

Create satisfying and enjoyable family relationships
Support and empower parents to manage and solve discipline problems

To promote development and help young people grow up and reach their full potential.

Presently there is a course taking place in Kilmore on Tuesdays from 8-10pm.

The course planned for Bunclody in February had to be postponed but it is hoped it will start on Tuesday 8th April 2008

If you would like to enquire about these or run one in your own area through parent & toddler group, parents councils etc please contact CNLG at 053 9239628.

Child Protection 'Keeping Safe Initiative'

Child protection is an extremely important issue in childcare today. particularly for childminder's, as they work alone they can be very vulnerable. Childminders need to be aware of how to protect the children they care for and themselves. If you are interested in doing the 'Keeping Safe Initiative' course (Child Protection) then please contact Eithne on **053 9237156**.



Food & Nutrition

Are you reading food labels accurately?

Do you know how much nutrition is actually in the food you and your children eat?

If you would like to find out the answers to these questions then come to the Talbot hotel on Tuesday 11th March 7:30-9:30. Senior Community Dietician with the HSE Deirdre Howlin will give a practical and very useful talk on becoming label literate. To book your place on these workshops, contact Caroline on **053 9237156**.

Childminding week 5th – 12th April

Childminding week is all about promoting the invaluable work that childminders do. Many events will take place around the county including story telling morning, information stands and a pampering night especially for childminders. Keep an eye out for a list of events nearer the date.

Opening of Parent & Toddler group in Caim

Our first morning was 9th Nov with a great turn out of 15 parents and their kids. Since then we have grown from strength to strength with over 25 members on our books. The support and encouragement we've received from the local CNLG office in Enniscorthy and our own community has been fantastic and we look forward to a fun filled 2008.

The group meets every Friday morning 9.30-11.30 in Caim Community centre. All welcome- parents, guardians & grandparents.

Contact Carmel 087 136 2177
or Carol at 087 9331442
for further information.



Early Years Education
eye
show

Ireland's Early Years Education Show
Industries Hall, RDS, Dublin.

4th & 5th April
2008

Friday:
10 am to 8 pm

Saturday:
10 am to 5 pm

www.eyeshow.ie

Tel: 01 2016000

Childminding at Home Quality Awareness Programme (QAP)

If you are currently childminding or interested in childminding then this 6-night course is ideal as a starting point for your training. It offers basic training on managing a childminding service, child development and caring for children of preschool age.

Date: 15th April – 20th May 2008 (every Tuesday night)

Location: Enniscorthy

If you are interested in attending this course then please phone Caroline on 053 92 37156.

Why not visit our Resource Library

Three books may be borrowed at any one time.

Books may be borrowed for a period of two weeks, unless otherwise arranged with reception.

Please ensure that books are back in time as other people may be waiting to avail of them.

Anyone with books overdue please drop them back to the office as soon as possible.



Thank You

Wexford County Childcare Committee would like to offer a huge "Thank You" to all of the providers who took the time to complete our questionnaire which will be used to develop and update the 2006 Audit of Childcare Services within County Wexford. This information will be invaluable in planning the future childcare needs of the County, your support and cooperation is greatly appreciated.

Dear Readers

Your input is always welcome, we would love to receive your comments, news, ideas, pictures or suggestions for our next issue. The newsletter can be a forum for you the readers to share ideas and information. All correspondence marked 'newsletter' to childcarenetwork@eircom.net or infowxccc@eircom.net or by post to the address below

Where you can find us . . .

Wexford County Childcare Committee
7 Castle Hill Enniscorthy,
Co. Wexford.
Tel 053 9237156/9239763
Email: infowxccc@eircom.net
www.wexfordchildcare.ie

Childcare Network Loch Garman
3rd Floor, 7 Castle Hill, Enniscorthy,
Co. Wexford.
Tel: 053 9239628
Email: childcarenetwork@eircom.net

Caring for your child's hair

WHAT ARE HEADLICE?

Head lice are tiny insect parasites that live on the human head, feeding on the scalp several times a day. Head lice reproduce by laying their eggs (nits) on the hair shaft close to the scalp. They are not dangerous, don't carry diseases and are not a sign of poor hygiene.

HOW ARE HEAD LICE SPREAD?

Head lice are spread by person-to-person contact with another person who has head lice, e.g. when doing group work at school, playing, or hugging. Head lice cannot fly, jump or swim, but they can sometimes "trapeze" from one head to another. Head lice do not leave the scalp unless they are dead or dying.

WHAT ARE THE SIGNS OF HEAD LICE?

The scalp may itch as the skin reacts to the saliva of the head lice. Itchiness can take weeks to develop. Adult head lice are usually dark brown and about 2 to 3mm long. Hatchlings (young lice) are often a lighter brown and about 1 to 2 mm long. Eggs (nits) may be seen attached to the hair shaft but they may be very tiny and hard to see. They are grey-white and about the size of a grain of salt.

There are two effective head lice treatments as set out below. Choose the method that best suits you and your family. For successful removal of head lice, be sure to follow the directions for your preferred treatment exactly.

10-DAY HAIR CONDITIONER TREATMENT FOR HEAD LICE

How does it work?

The hair conditioner works by slowing down the lice so that it is easier to trap them in the teeth of the comb. Without hair conditioner lice can be difficult to catch as they can travel very fast. If 1 or 2 adult lice are missed they can lay about 6 eggs per day, and the cycle of infestation will continue.

Why the 10-day treatment period?

Generally nits will hatch 7 to 10 days after being laid on the hair

shaft. The 10-day period is therefore recommended, as the most effective time needed to break the reproductive cycle of the head lice. The reproductive cycle is broken by combing out the emerging hatchlings every one to 2 days before they mature enough to lay further eggs (about a week after hatching).

What to do:

Apply plenty of hair conditioner to the hair until saturated. Use white hair conditioner, as this will make it easier to see the head lice

Comb through with an ordinary comb or brush to remove any tangles. Section and comb the hair with a fine tooth nit comb in 4 directions –forwards, backwards, left and right. Wipe the comb on a white paper towel to check that the dark adult lice or the paler hatchlings are being removed. You may need to use a magnifying glass and a strong light to see the lice and eggs. Continue combing the hair in sections until the whole head has been screened.

Rinse the hair conditioner out when finished and dry the hair Repeat this process every one to two days over a 10-day period, to cover the hatchling cycle of the eggs.

TIP: To save time during the school week consider this combing schedule "Tuesday, Thursday, Saturday, Sunday, Tues., Thurs," Examine your findings for adult head lice after each combing session. If any are found this indicates a new infestation. You will need to start again from Day 1, as the adult lice may have laid new eggs.

Check for head lice re-infestation once a week for at least 4 weeks after completion of the 10-day treatment. Do this on the weekend when you have more time.

Check all household members for head lice infestation using the method described above.

INSECTICIDE TREATMENT FOR HEAD LICE

To avoid adverse reactions the following people should not routinely use insecticide head lice treatments:

Babies under 6 months
People with asthma, epilepsy, insecticide allergies, scalp conditions, or very sensitive skin
Women who are pregnant or breast-feeding.

People who cannot use insecticides should use the 10 day hair conditioning treatment instead.

For this treatment method follow manufactures instructions exactly as per product leaflet.

SOME KEY POINTS TO REMEMBER ABOUT INSECTICIDES:

No insecticide is guaranteed to kill all eggs. Eggs which are not killed or removed manually will hatch 7 to 10 days after being laid. If insecticide alone is used, treatment should be applied on Day 1, Day 7, and Day 14 to kill any hatchlings before they mature and lay more eggs. However if the hair is combed every 1 to 2 days with hair conditioner for 10-days to remove the hatchlings then the second and third insecticide treatments can be omitted.

To prevent skin irritation do not repeat insecticide treatment more than 3 times one week apart. Head lice that are resistance to an insecticide will still be alive the morning after the insecticide treatment, if the insecticide was properly applied. If this happens thoroughly wash out the first insecticide and re-treat the hair the same day with another type of insecticide, not a different brand of the same type of insecticide

Alternatively change to the 10 day-hair conditioner treatment instead.

PREVENTION

Check your child's hair regularly for head lice and eggs. To help children sit still for this, offer distracting activities. e.g. play a favourite DVD, encourage reading. Tie long hair back. Consider applying hair gel or mouse may help to keep stray hair strands from contact with other heads. Avoid sharing combs or brushes. Remind your child to avoid head to head contact with other children, e.g. when playing or hugging other children.