

# Connecting with your Community

An important part of our role as Family Day Care Educators is to promote and model positive and enthusiastic participation in physical play.

Quality Area 2 of the National Quality Standard, states 'Healthy eating and physical activity are embedded in the program for children: Physical activity is promoted through planned and spontaneous experiences and is appropriate to each child.'

When Educators encourage learning about healthy lifestyles and physical activity, they are assisting the children to achieve Early Years Learning Framework:

## OUTCOME 3: CHILDREN HAVE A STRONG SENSE OF WELLBEING

### Children take increasing responsibility for their own health and physical wellbeing

Involving your children in physical activities within your local community is a great way to promote physical wellbeing, as well as making connections and feeling a sense of belonging.

*Get in touch with your local YMCA, PCYC, Gymparoo, Playgroup Association, pram walking group, sporting team, dance school, yoga studio, or Gym.*

*Some have weekly programs you can join. Subscribe to mailing lists to keep up to date. Others have mobile services and resource libraries that could come to you or meet you at a convenient local area.*

*Some may hire a space and allow you to use equipment.*

*Visit the area first to complete your risk assessment and ensure any volunteers have their Blue Card or Working with Vulnerable Children check.*

*You could also look at developing a program with a student or someone who is in training. They will often volunteer their time to get more experience.*



*Take advantage of playgrounds and sporting ovals. Plan extra experiences by bringing resources with you, such as balls, bubbles, or a parachute. Also, research indoor playgrounds that you can visit if the weather is bad.*

*You could look into having a volunteer or Co-Educator assist you. Invite families to join you on the day, or repeat the experiences at home. Also, ask for their opinions on local playgrounds. They might know some secret spots!*



*Post about your physical activity experience on your Facebook page. You could use media to promote your business if you participate in a special event.*

*Don't be afraid to ask for an Educator's discount or team up with other Educators in your area and ask for a group discount. Also, speak with your families, most of them are happy to share the cost of extra-curricular activities.*

*Organise excursions to your local sports events or school sports carnivals. This will give the children positive role models to watch. You could also invite a local sports hero to be a guest at your service.*



Physical activity and attention to fine and gross motor skills provide children with the foundations for their growing independence and satisfaction in being able to do things for themselves.

### Early Years Learning Framework

*Contact your Local Council Alderman, and ask for information about community programs and events that you could participate in. If they don't have any, suggest they create one!*

Next month we will post more ideas for Belonging to your community. Feel free to post your ideas too!



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