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# Time for Grandparents GRAND MATTERS NEWSLETTER

March 2018

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## THOUGHT OF THE DAY

"Nobody can do for little children what grandparents do. Grandparents sort of sprinkle stardust over the lives of children."

- ALEX HALEY

## Contact Details

Time for Grandparents Program

PO Box 2376

Chermside Central QLD 4032

Ph: 1300 135 500

E: [grandparentsinfo@uccommunity.org.au](mailto:grandparentsinfo@uccommunity.org.au)

W: [www.grandparentsqld.com.au](http://www.grandparentsqld.com.au)

## Grandchildren's Activities Term 2 Renewal Reminder

Are we funding term-based activities for your grandchildren? If so, please remember you need to contact us prior to the commencement of each term to discuss continuing your grandchild's choice of activity and the availability of funding. We need the following information from you in order to process the payment as quickly as possible: 1) Name of the activity provider or club 2) Contact person's name and phone number/email 3) Sign-on date, activity start and finish date; and the cost of the activity. You can phone us on **1300 135 500**.

## New Child Care Package - Families

From 2 July 2018, Australia will have a New Child Care Package. Under the new package, the Child Care Subsidy (CCS) will replace the existing Child Care Benefit and Child Care Rebate. CCS will be the main way the Government assists families with their child care fees.



### What do I need to do?

Families should start thinking about how the changes may affect them. Families currently using child care will be contacted in early 2018 with more details about the changes.

### Child Care Subsidy

The Child Care Subsidy is the new way the Government will assist families with their child care fees. A Family Child Care Subsidy Estimator is available to make it easy for families to get an idea of what their new subsidy might be under the New Child Care Package.

### Child Care Safety Net

The Child Care Safety Net will give the most vulnerable children a strong start, while supporting parents into work.

For more information contact Centrelink on **136 150** or peruse the following link:

<https://www.education.gov.au/new-child-care-package-families-2-july-2018>

### Events for the Grandchildren

If you would like to find child and family-friendly events occurring throughout Queensland each month, click [here](#) or visit the Events section on our website.

### Tell us what you think

UnitingCare Community values all compliments, complaints and feedback. To provide a compliment, make a complaint or offer feedback you can call us on **1300 135 500**.

### Contribute to the Newsletter

If there is information on a particular topic that you would like to see included in our newsletter, or you would like to share your story with others then please send your thoughts or ideas to our contact details to the left. All ideas are welcome.



UnitingCare Community Values Compassion | Respect | Justice | Working Together | Leading through Learning

UnitingCare Community Services Lifeline | Child and Family Care | Counselling | Crisis Support | Disability Support | Social Inclusion

## Head Lice

Given that school has resumed, a story on head lice seemed appropriate. There are many myths and treatments that have been passed on through generations, most of which are ill-informed. People tend to associate head lice and nits in the same category as fleas and ticks.



Firstly, head lice and nits are not the same. Head lice are the things that run around on your head whilst nits are their eggs.

Head lice cannot jump or fly. To get from one person to another they must literally crawl from head to head. Younger kids are more prone to getting head lice as they have more contact with each other. There is a rise in head lice amongst tweenies and teenagers that has coincided with group selfies being taken.

Head lice have no preference for clean or dirty hair, any particular colour hair or any length of hair, be it down your back or a number one clippers. Longer or thicker hair simply means you have more hair for head lice to attach to. Keeping long hair tied back tightly will assist in stopping them.

The only place on the planet that head lice can survive is on your head. The chances of you catching head lice from bedding or hats is low. If you want to boil the bedding and clothing you can, but this is only for your own piece of mind. There is no need.

The biggest health risk around head lice and nits in the vast majority of cases is the stress it causes in parents, knowing that their child has head lice and nits.

### WHAT NOT TO DO

Don't use kerosene like people did back in the day. Also, there is no need to shave or clipper the child's head unless that is the preferred haircut, as it makes no difference.

### WHAT TO DO

Most methods require the dreaded head lice comb. This is used in conjunction with the treatment to remove the head lice from the hair and head. It is also important that a repeat treatment happen a week later to ensure that any nits that may have hatched can be gotten quickly without fear of another reinfestation. It is recommended that you set aside the same day twice in a row (EG: Sunday) and simply watch a movie whilst

## Head Lice

combing the treatment through. This offers a distraction from the comb which can be painful at times.

There are store bought chemical treatments that you can buy. These are generally around the \$15.00 - \$35.00 range. They are effective but head lice can develop a resistance. The same active ingredient can be found in standard hair conditioner. This can cost less than \$2.00. Try and get one that is pale in colour.

Tea tree oil has been proven to be somewhat effective, but no more effective than the store bought or basic conditioner and comb method.

FACT: Most people will have scratched their head at some point in reading this story.

## Queensland Women's Week

Queensland Women's Week (3 - 11 March, 2018) recognises and celebrates the achievements of Queensland women and girls. Everyone has a role to play in creating a Queensland community that respects women, embraces gender equality, and promotes and protects the rights, interests and wellbeing of women and girls. The theme for this year is: "Celebrate Wellbeing. Everybody Wins."

There will be a number of events being held throughout Queensland to celebrate Women's Week, with a large number listed on the Queensland Women's Week events website:

<https://www.communities.qld.gov.au/campaign/queensland-womens-week>

If you don't have access to the internet and would like information about events in your area, please phone Time for Grandparents on **1300 135 500**.



## Message Stick

Aboriginal and Torres Strait Islander

News, Articles & Information



### Centrelink - Exemptions from Mutual Obligation Requirements

Grandparents who are raising their Grandchildren might be exempt from 'looking for work' if they fit the criteria. Here are a couple of instances that might determine eligibility so you do not have to look for work. The exemption may apply to any Grandparents raising their grandchildren who reside in Queensland.

#### Large families

If you have 4 or more dependent children who are in primary school, you may be exempt from your Mutual Obligation Requirements for up to 12 months at a time. In some circumstances, you may continue to be exempt while your children are in secondary school.

If any of your children are older than 16 years of age and receive Youth Allowance, contact us as this may affect your eligibility.

#### Kinship care

You may be exempt from your Mutual Obligation Requirements for up to 12 months at a time if you are caring for a child as a family or community member, but not a parent, under a:

Family Law Parenting Order, or

formal state or territory Protection Case Plan or Care Plan.

You may be exempt for up to 16 weeks at a time if you are looking after a child under an informal arrangement that has the support of state or territory authorities.

You will need to provide Centrelink with proof of your care arrangements. Examples include the original or certified copies of the Order or Plan, and evidence of your relationship to the child.

#### Other special or family circumstances

Other circumstances that may impact your ability to meet your Mutual Obligation Requirement could also include:

if you are caring for an adult family member who is frail, aged or ill

if you are caring for a child who is older than 6 years of age, but has not yet started school

your own temporary illness, disability or medical condition

if you are experiencing a major personal crisis or disruption such as a fire, flood or car accident

the death of an immediate family member

approved cultural commitments, for example, Sorry Business or Indigenous Australians.

For further information, you can contact Debbie Mi Mi on 0459 808 989 or email Deb at [debbie.mi.mi@centrelink.gov.au](mailto:debbie.mi.mi@centrelink.gov.au) who is the Qld Grandparent Advisor for Centrelink or call our office on **1300 135 500** to help clarify any information herein.

## Tips to Manage Your Child's Screen Time

Are your kids constantly glued to a screen? Where do you draw the line to keep screen time in check?

This quick guide can help grandparents manage screen time.

### What is screen time?

Screen time is the amount of time spent watching a screen or electronic media for entertainment. It includes:



- Watching TV, DVD's and other online shows
- Using computers or other devices to access online entertainment
- Playing games on consoles, computers and mobile phones
- Texting
- Screen time does not include time spent on educational activities, such as for school work.

### What is the right amount of screen time?

We know grandparents are time-poor, dealing with work and other life pressures, so screen time can be an easy alternative for keeping kids occupied.

But what is recommended?

Health experts suggest these screen time limits:

Ages 0 – 2: No Screen time

Ages 2 – 5: Less than 1 hour per day

Ages 5 – 17: Less than 2 hours per day.

It is important that parents help their children enjoy a mix of entertainment and social activities.

Excessive screen time may lead to problems such as:

- increased risk of obesity
- sleep difficulties
- poor performance at school.

## Tips to Manage Your Child's Screen Time

### 8 tips to keep on top of your child's screen time

- Lead by example - reduce your own screen time.
- Agree on daily screen time limits. It's not about punishment, it's about keeping a balance.
- Start with small reductions to help lessen any resistance.
- Resist giving mobile devices to children when going out – take books or toys instead.
- Set tech-free zones and times at home – e.g. all screens off in bedrooms after a specified time.
- Use tech tools to manage access, such as parental controls.
- Be involved – watch TV and play games together.
- Plan screen-free time, like outdoor play, music and sport.

More information about online safety can be found at:

<https://esafety.gov.au/iparent>

## Frozen Yoghurt Pops

Healthy yogurt is a great snack for the kids but did you know you could use it as an easy path to healthy ice blocks too? Check out this cool trick!

### Ingredients

- 1 x 6 yoghurt
- 6 pop sticks



### Method

1. Gather yoghurt and pop sticks.
2. Using a sharp knife cut a small slit in the centre of the lid of each yoghurt pot.
3. Push a pop stick in each lid. Place in the freezer and freeze overnight.
4. When frozen, squeeze the sides of each pot to release the ice blocks or dip the pot in warm water to release.

[http://www.kidspot.com.au/kitchen/recipes/frozen-yoghurt-pops-2688?ref=collection\\_view%2Chealthy-snack-recipes](http://www.kidspot.com.au/kitchen/recipes/frozen-yoghurt-pops-2688?ref=collection_view%2Chealthy-snack-recipes)



## Caring For Yourself



Caring for yourself is one of the most important things you can do as a grandparent caring for your grandchildren. In between school commitments, extra-curricular and social activities, running a household and meeting all of the needs of the family you are caring for, most grandparents are simply too exhausted to even think about themselves. The grandparent's needs are usually last on the list of priorities and it may even seem selfish or self-indulgent to spend time or money devoted to yourself.

**However, when your needs are taken care of, the family that you care for will benefit too.**

Most carers don't feel that they have the time or energy to add anything more to their day, even with the promise of it being beneficial to them. Taking care of yourself does not have to be complicated and there are many ways of incorporating moments of self-care into your day. So today when you are making yourself a cup of tea or coffee find a quiet place to have it and try this:

*Slow your breathing down, take a gentle sip of your drink. Notice your surroundings - what can you smell, see, hear? Just be aware of the present moment and when your thoughts race off to what you have to do later or what happened yesterday, bring your attention back to the cup of tea or coffee, how your hands feels as you hold the cup and take a deep breath...*

As you start to collect these moments throughout the day you are beginning to practise self-care. The benefits of taking these moments for yourself will help to reduce stress, make it easier to cope with everyday life and improve your wellbeing.

Information sourced from Carers Australia Qld

## WHAT'S ON IN YOUR AREA?

### March events happening across Queensland

#### Sunshine Coast

- ◆ Doonan Creek Planting—Verrierdale (29 March) Phone: 07 5475 7272
- ◆ Movies in the Park – Amamoor (16 March) Phone: 1300 307 800
- ◆ Zed Zone – Gympie (15 March) Phone: 07 5481 0733

#### Central QLD & Wide Bay

- ◆ Harmony Day Celebration – Gin Gin (21 March) Phone: 07 4130 4630
- ◆ Magnificent Mt Archer – Rockhampton (18 March) Phone: 07 4932 9000
- ◆ Heritage Walk Tour – Maryborough (21 March) Phone: 07 4190 5722

#### Gold Coast

- ◆ Outdoor Movie Night – Broadwater (25 March) Phone: 07 5581 1615
- ◆ Wild Rangers – Broadwater (11 March) Phone: 07 5581 1615
- ◆ Tamborine Mountain Carnival (18 March) Phone: 0417 618 379

#### Toowoomba & South West QLD

- ◆ Felton Food Festival (26 March) Phone: 0427 961 271
- ◆ Parks Week – Toowoomba (4-12 March) Phone: 131 872

#### North QLD

- ◆ National Playgroup Week – Cairns (30 March) Phone: 1800 171 882
- ◆ Murri Family History Research – Townsville (10 March) Phone: 07 4773 8811

#### Brisbane

- ◆ Deadly Women – Logan (18 March) Phone: 07 3412 5420
- ◆ Bridging of Cultures – Slacks Creek (24 March) Phone: 07 3412 9987
- ◆ Brisbane Irish Festival (11 March) Phone: 0410 381 222

# Grandparent Useful Contacts

**Time for Grandparents Program - 1300 135 500**  
**Centrelink Grandparent Advisor - 1800 245 965**  
**Centrelink Social Workers - 132 850**  
**Kids Helpline - 1800 551 800**  
**Bravehearts - 1800 272 831**  
**Lifeline Crisis Line - 13 11 14**  
**Parentline - 1300 301 300**

**Beyond Blue - 1300 224 636**  
**ARAFMI - 1800 351 881**  
**Relationships Australia - 1300 364 277**  
**Legal Aid Advice Line - 1300 651 188**  
**Financial First Aid - 1800 007 007**  
**Family Relationships Advice Line - 1800 050 321**  
**Elder Abuse Prevention Unit - 1300 651 192**

## Grandparent Support Groups in QLD

In an effort to keep information current, if you find any of these details to be incorrect or if you know of any additional groups, please phone us on 1300 135 500 or email us at [grandparentsinfo@uccommunity.org.au](mailto:grandparentsinfo@uccommunity.org.au)

### CENTRAL QLD & WIDE BAY

#### Hervey Bay - Wide Bay Support 4 Grandparents & Carers

Phone: Karen Rogers 0457 857 457

Email: [kazzarogers\\_6439@msn.com](mailto:kazzarogers_6439@msn.com)

Fortnightly meetings at Hervey Bay RSL for support, care and advice whilst children are being supervised.

### SUNSHINE COAST

#### Bokarina - Grandparents as Parents

Phone: Melissa Evans (07) 5413 1500

As needed meetings for support, information and companionship.

#### Buderim - Grandparents Raising Children

##### Playgroup

Phone: Michelle Poole (07) 5453 4938

Email: [mpoole@playgroupqld.com.au](mailto:mpoole@playgroupqld.com.au)

Weekly playgroup for any grandparent providing care for their grandchildren under school age to obtain support and interaction from like-minded people.

#### Gympie - Grandparents and Grandchildren Society

Phone: Helen (07) 5482 9012

Regular meetings and support for grandparent carers.

### BRISBANE & WEST MORETON

#### Lawnton - Grandparent Playgroup

Phone: 07 3889 0063 Encircle, Neighbourhood Centre

Meets 9:30am to 11:30am each Wednesday. Information, support and a grandchildren's playgroup. Gold coin donation.

#### Ascot - Grandparent Playgroup

Phone: 1800 171 882

Weekly meetings for you to socialise with other grandparents and for your grandchildren to enjoy spending time with other children.

### BRISBANE & WEST MORETON

#### Deception Bay - Grandparents Support Group

Phone: (07) 3204 2022

Fortnightly meetings for support, care and advice whilst children are being supervised.

#### Eagleby - Grandparents Play Community

Phone: (07) 3151 6132

A weekly playgroup dedicated to grandparents and their grandchildren, held each Friday 9.30am - 10.45am.

### TOOWOOMBA & SOUTH WEST QLD

#### Toowoomba - Grandparent Support Group

Phone: May Benstead 0439 717 586

Support for grandparents.

### GOLD COAST

#### Broadbeach Waters - Grandparents & Grandkids Support

Phone: Maree Newman (07) 5504 6178

Information and support for grandparent carers, regular meetings on 3rd Tuesday every month.

#### Nerang - Grandparent Carers Support Group

Phone: Maree Newman (07) 5504 6178

Email: [goldcoast@carersqld.asn.au](mailto:goldcoast@carersqld.asn.au)

Meetings from 9.30am to 12pm on 3rd Tuesday each month.

### Disclaimer:

The materials and information included in this edition of the "Grand Matters" newsletter are provided as a service to you and do not necessarily reflect endorsement by the Time for Grandparents Program. The Time for Grandparents program is not responsible for the accuracy of information provided from outside sources. Groups and workshops detailed in this flyer are for your information and are not coordinated by or connected to Seniors Enquiry Line or the Time for Grandparents Program in any way unless specified. If you know of a support group that is not listed, please let us know.