

FACT SHEET

Summer Preparation for Childcare Services



Preparing for summer childcare involves a combination of safety measures, structured fun, and thoughtful planning. By organising activities that promote growth, education, and wellbeing while ensuring a safe environment, childcare providers can create an enjoyable and enriching summer experience for children. Careful attention to health, hydration, and routines will also ensure that kids stay happy, healthy, and engaged throughout the season.

Quality Area 2: Children's Health and Safety

Focus on safety, sun protection, hydration, allergies, and first-aid measures. Ensures the health and safety of children through proactive risk assessments and emergency plans.

Quality Area 3: Physical Environment

Organising safe, engaging outdoor spaces and planning age-appropriate activities. Provides a stimulating environment that supports children's learning and wellbeing, including the use of appropriate weather gear.

Quality Area 5: Relationships with Children

Emphasises emotional support through group activities, cooperative play, and emotional check-ins to foster positive relationships.

Quality Area 6: Collaborative Partnerships with Families and Communities

Communication with families regarding emergency contacts and weather plans. Excursions involve collaboration with local communities.

Quality Area 7: Governance and Leadership

Organising risk assessments and ensuring staff training in first aid, CPR, and emergency procedures reflect strong leadership and governance practices.

Here are key considerations and tips for preparing for summer childcare:

1 Safety First

- **Outdoor Safety:** Ensure all outdoor play areas are safe and free from hazards like sharp objects, uneven ground, or toxic plants.
- **Sun Protection:**
 - Encourage children to wear sunscreen with an SPF of 50.
 - Ensure hats, sunglasses, and protective clothing are available.
 - Plan for shaded areas during outdoor activities.
- **Hydration:** Provide plenty of water breaks to avoid dehydration in hot weather.
- **Water Safety:** If water activities are involved, ensure there is constant supervision and that children are aware of water safety rules.
- **Heat Awareness:** Monitor for signs of heat exhaustion, including dizziness, excessive sweating, or nausea.

2 Organising Activities

- **Structured Fun:** Plan a variety of fun and educational activities, such as arts and crafts, science experiments, and outdoor games, to keep kids engaged.
- **Themed Days:** Implement weekly or daily themes, like "Nature Week" or "Sports Day," to introduce new concepts and maintain excitement.
- **Excursions:** Consider organising trips to local parks, museums, or libraries. Ensure transportation and adult supervision are well-planned.
- **Flexibility:** Allow for downtime where children can rest or engage in quieter activities like reading or puzzles.

Information brought to you by **OTCS FISH team**

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3 Adjusting Routine

- **Consistency:** While summer can bring a more relaxed schedule, maintain consistent mealtimes, naps, and bedtime routines to ensure children's wellbeing.
- **Sleep Schedule:** Avoid major disruptions to sleep habits, as adequate rest is essential for children's growth and mood stability.

4 Health Considerations

- **Allergies:** Be aware of seasonal allergies and take preventive measures. Ensure children have access to allergy medications if prescribed.
- **Insect Protection:** Use insect repellent to protect against bites. Consider mosquito nets if children will be spending time in areas with a lot of insects. Please note that insect repellent will only be applied to children when provided by parents and with prior authorisation form.
- **First Aid:** Keep a well-stocked first-aid kit on hand. Ensure staff are trained in basic first-aid and CPR.
- **Hand Hygiene:** With summer activities and outdoor play, reinforce hand washing, especially after playing outside, using the restroom, or handling food.

5 Weather-Appropriate Clothing

- **Light, Breathable Fabrics:** Choose lightweight, moisture-wicking clothing to keep kids cool in hot weather.
- **Layering:** For cooler evenings or trips to air-conditioned places, bring extra layers for warmth.
- **Proper Footwear:** Ensure children wear sturdy shoes for outdoor play and water activities.

6 Social and Emotional Development

- **Building Friendships:** Summer is a great opportunity for children to make new friends. Encourage group activities and cooperative play.
- **Emotional Awareness:** Children may need guidance in managing excitement, frustration, or boredom during the long summer days. Use positive reinforcement and emotional check-ins.
- **Reflection:** Incorporate moments where children can reflect on their summer experiences, such as creating journals or discussing their favorite moments.

7 Nutrition

- **Lunch Options:** Try to use seasonal fruit and veggies and ensure that meals are balanced and meet the dietary needs of all children in care, including accommodating allergies or special diets.
- **Healthy Snacks:** Provide a variety of fresh, nutritious snacks like fruits, vegetables, and wholegrains to keep children energised throughout the day.
- **Cooking Activities:** Engage children in cooking or snack preparation activities to teach them about healthy eating.
- **Promote Healthy Eating:** Plan activities that teach children about healthy food choices and their origins, such as making smoothies or fruit salads. Consider starting a vegetable garden to engage children in growing their own food.

8 Risk and Emergency awareness

- **Emergency Contacts:** Make sure all emergency contact information is updated for children in care.
- **Weather Plan:** Have a plan for extreme weather (e.g. thunderstorms, heatwaves). Know when to move activities indoors and how to communicate with parents.
- **Evacuation Plan:** Review evacuation procedures in case of emergencies such as fires, severe storms, or natural disasters. Practice drills with staff and children.
- **Service Risk Assessment and Excursion/Inclusion Risk Assessment:** This is essential to ensure that all childcare activities are safe, well-managed, and compliant with relevant regulations.