

La Trobe University
Community Children's Centre
Water Statement

Background Statement:

'Water is an essential dietary requirement and should be readily available to all children throughout the day. Water should be encouraged over sweet drinks as the preferred drink of choice.' (Quality Improvement and Accreditation System 2005 – Quality Area 6:1 p 64)

Children involve themselves in play and are reluctant to interrupt their play to have a drink of water. This could result in children's fluid intake not being sufficient.

It is important for us to ensure the children's intake of fluid is sufficient throughout their day. It is also just as important for children, as individuals, to understand the value of appropriate fluid intake.

Our Responsibility:

The Regulations state:

“Regulation 79 Water to be available

The proprietor of a children's service must ensure that children being cared for or educated by the children's service have access to fresh drinking water at all times. (Children's Services Regulations 2009 p 64)”

The Centre's Nutrition Statement reads:

“Water

Water makes up about two – thirds of our body weight. Water is needed to absorb nutrients from food, transport them around the body and flush away any waste products.

Children are at greater risk of experiencing dehydration from outdoor play and hot weather than adults. Children, when at the Centre, will have access to water throughout the whole day. Parents will provide their child with their own plastic water bottle. This must be taken home each day. It is expected the bottle will be clearly labelled and cleaned appropriately.

Cooled boiled water will be offered to children in our Nursery after feeds if children show signs of continued thirst.

Centre Early Childhood Educators will monitor and document (via Daily Feedback Sheets) the input/output of infants and all children's fluid intake for that day. (Nutrition Statement p 4).”

Strategy

Whilst at the Centre we must ensure that children's fluid intake during the day is sufficient. To achieve this it has been concluded that we need to take the drinks to the children and where age appropriate the children will be responsible (under adult supervision) for taking the drinks to their peers.

The Centre has recently purchased trolleys (\$962) to enable water bottles to be moved around the gardens and playrooms as required.

Implementation:

You (parent/guardian) must provide the Centre with an age appropriate drink device that is clearly labeled with your child's name.

Bottles are to be taken home at the end of each day, cleaned and brought back to the Centre the next day empty.

Centre Staff will fill your child's bottle with tap water each morning (along with staff you can measure the fluid intake by what is left in the bottle at the end of each day.) **Note: Fluid found in the bottles by staff in the morning will be emptied and tap water used.** This action is to ensure the safety and well being of all the children in the Centre's environment.

Bottles are to be placed in the Furphy (water trolley) by parents and where age appropriate, by children.

Throughout the day, at regular intervals (hourly) the Furphy will be taken to individuals and group play areas both indoor/outdoor and offered to children and grown-ups. This is over and above what is offered at lunch time and afternoon tea times.

Children will be supervised at all times by grown-ups; however, children will be largely responsible for this process. They will be encouraged to ask quietly if those children at play would like a drink.

At the end of the day trolley baskets will be wiped.

It is important to understand that as with all new processes children and grown-ups will need to be reminded.

To assist with children taking ownership of the process we encourage each section to decorate their water trolley.

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Links to other documents:

Information for Users and Conditions of Enrolment – Centre Information Manual;
Development of the Educational Curriculum
Anaphylaxis Management Statement
Sun Protection Statement
Nutrition Statement;
Staff and Family Induction checklists;
Daily Feedback Sheet

Reference:

Australian Dietary Guidelines for Children and Adolescents (www.health.gov.au)
National Childcare Accreditation Council (NCAC): Quality Improvement and Accreditation System (QIAS) Quality Practices Guide (2005)
– Principle 6.1
Children's Services Act 1996, Regulation 79 Water to be available

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