



# LEARNING CATALOGUE

## 2022



### AWARDS:

2018 – Australian Small Business Champion Awards Finalist  
2017 – Moreton Bay Region Business Excellence Award Finalist  
2017 – Australian Small Business Champion Awards Finalist  
2016 – Telstra Australian Business Awards Qld Category Winner  
2016 – Telstra Australian Business Awards Qld Finalist  
2016 – Australian Small Business Champion Awards Finalist  
2014 – Telstra Australian Business Awards 2014 Nominee

—  
FLEXIBLE,  
ACCOUNTABLE  
AND  
PROFESSIONAL  
TRAINING  
—

—  
GREAT GROUP  
DISCOUNTS  
—

—  
STREAMLINE  
YOUR TEAM'S  
TRAINING  
—

—  
USEFUL LINKS  
AND RESOURCES  
INCLUDED  
—

IN SAFE HANDS  
EDUCATORS IN  
SAFETY PTY LTD

3/1147 South Pine Road  
Arana Hills, Qld, 4054

[www.insafehands.net.au](http://www.insafehands.net.au)

1300 794 644  
[enquiries@insafehands.net.au](mailto:enquiries@insafehands.net.au)

## *What you will find in this Catalogue*

<b>ABOUT US</b>	<b>3</b>
<b>CHILD SAFE STANDARDS ACCREDITATION PACKAGE</b>	<b>4</b>
<b>CRITICAL INCIDENT AND CHILD SAFETY INVESTIGATION &amp; MANAGEMENT SERVICE</b>	<b>6</b>
<b>OUR TRAINING FORMATS</b>	<b>9</b>
<b>CHILD PROTECTION</b>	<b>10</b>
<b>SAFE SLEEP PRACTICES FOR BABIES AND TODDLERS</b>	<b>14</b>
<b>ACTIVE SUPERVISION IN THE EARLY YEARS SECTOR</b>	<b>15</b>
<b>FOOD SAFETY</b>	<b>16</b>
<b>FOOD NUTRITION</b>	<b>21</b>
<b>WORK HEALTH AND SAFETY</b>	<b>22</b>
<b>EMERGENCY PROCEDURES AND RESPONSE</b>	<b>24</b>
<b>MANUAL HANDLING AND OFFICE BASED INJURY PREVENTION</b>	<b>25</b>
<b>ENGAGING COOPERATION &amp; DEALING WITH DIFFICULT BEHAVIOUR WITH KEY TO KIDS</b>	<b>28</b>
<b>GUIDING CHILDREN'S BEHAVIOUR</b>	<b>31</b>
<b>PRICING: IN SERVICE WORKSHOPS</b>	<b>34</b>
<b>PRICING: WEBINARS</b>	<b>34</b>
<b>PRICING: ONLINE COURSES</b>	<b>ERROR! BOOKMARK NOT DEFINED.</b>
<b>RESOURCES AVAILABLE</b>	<b>37</b>
<b>TESTIMONIALS</b>	<b>45</b>
<b>OUR COMMUNITY ENGAGEMENT</b>	<b>46</b>

# About Us

## *Introducing In Safe Hands Educators in Safety Pty Ltd*

Since 2005 In Safe Hands Educators In Safety have built an invaluable reputation as the most trusted provider of Child Protection, Safety and Wellbeing services in Australia.

In Safe Hands Educators In Safety is only one of two Australian training organisations to successfully obtain the International Accreditors for Continuing Education and Training (IACET) accreditation. The International Accreditors for Continuing Education and Training (IACET) developed the original Continuing Education Unit (CEU) and today ensures that providers of continuing education and training can prove they provide high-quality instruction by following the ANSI/IACET 2018-1 Standard for Continuing Education and Training through a rigorous accreditation process.

In Safe Hands Educators In Safety has been providing high quality instruction on subjects, including child protection, bullying in the workplace, guiding behaviour, food safety, fire and emergency preparedness, work place safety, team building, active supervision, safe sleep and many more.

In Safe Hands Educators In Safety delivers training to over 200,000 professionals in Australia annually. In Safe Hands also has been delivering training in New Zealand and America since 2014. In Safe Hands Educators In Safety travels to every corner of Australia delivering training annually and has a strong human resource approach to supporting presenters when travelling to keep them fresh and supported to provide the optimum learning environment for our customers.

### **Community Engagement**

Please read more about our proud community engagement initiatives and the Charity we support on page 45.



# Child Safe Standards Accreditation Package

The Royal Commission into Institutional Child Abuse has identified the importance for all organisations that have any contact with children or young people, either directly or indirectly need to demonstrate a child safe environment. The only way that an organisation can keep children safe and prevent child abuse and neglect is to ensure each and every member of the organisation understands their requirements and the organisations.

*In Safe Hands Educators in Safety* has produced a new product to support services through these new changes.

**7 Steps 2 Safety Accreditation – Child Safe Organisation Package** is an accreditation process for 12 months which includes:

## **1. Complete review and amendments of child protection policy and procedures**

The *In Safe Hands Educators in Safety* team will conduct a review of the service's child protection policy and procedure and make recommendations of changes. These preferred amendments will be provided in a draft document for acceptance. These changes will include the legislative changes in mandatory reporting and the practicing of a child safe organisation.

## **2. Demonstrated culture of resilience, support and supervision**

*In Safe Hands Educators in Safety* will provide the following to the service to develop a culture of support and resilience:

- 24/7 support line to discuss child concerns to ensure meeting mandatory reporting requirements;
- Support in utilising community agencies, including Family & Child Connect;
- Easy-use posters and palm cards to support the decision making process;
- Offer de-briefing strategies after any major concern.

## **3. Human Resource Practices surrounding child protection**

*In Safe Hands Educators in Safety* will provide the following:

- Review of all employment processes to ensure meeting safe employment and Blue Card requirements;
- Processes for continual screening through employment;
- Development of support mechanisms to support staff exposed to child safety concerns.

## **4. Education and training**

*In Safe Hands Educators in Safety* will provide all staff child protection training on mandatory reporting. (online, face to face, webinar).

## **5. Risk Management practices**

*In Safe Hands Educators in Safety* will conduct Child Safety risk management audit of service and complete risk management audit.

## 6. Fostering engagement and communication

*In Safe Hands Educators in Safety will:*

- Provide free online child safety course to all parents.
- Provide child protection prevention “7 Steps 2 Safety” posters to services for display.
- Provide Service Certificate of accreditation of a “Child Safe Service”

## 7. Inclusion of discussion centred on feelings programming for children and parents

*In Safe Hands Educators in Safety will:*

- Provide 7 Steps 2 Safety online program to each educator
- Provide the service a Child Protection resource pack.

Please contact us to provide a free quote for this package.



The poster features a dark blue header with the title '7 Steps 2 Safety' in white. Below the title are seven horizontal bars of different colors, each containing a number, a title, and a brief description. To the right of these bars is a green background with a white circle of hands icon, a silhouette of a family holding hands, and a reflection of the family below. At the bottom left is the 'inSafe hands' logo with the tagline 'educators in safety'. At the bottom right is the website 'www.insafehands.net.au' and the phone number '1300 794 644'.

# 7 Steps 2 Safety

- 1 COMMUNICATION**  
talking in good times & bad
- 2 CIRCLE OF TRUST**  
the people in my life
- 3 TRUST YOUR FEELINGS**  
not-so-basic instincts
- 4 FEEL, DO, TELL**  
make it a habit
- 5 BUDDY SYSTEM**  
more than holding hands
- 6 BODY PARTS**  
I have a name - please use it!
- 7 PARENTS NEED HELP TOO**  
don't keep it to yourself

**inSafe hands**  
educators in safety

[www.insafehands.net.au](http://www.insafehands.net.au)  
**1300 794 644**

# Critical Incident and Child Safety Investigation & Management Service

*In Safe Hands Educators in Safety* can support organisations in internal investigations into allegations made against staff involving child safe practices or concerns. This includes interviewing informants, witnesses, staff and children to compile an internal report. Other services include compiling a communication strategy to protect the organisation through these complaints.

## Expertise in Interviewing Children

*In Safe Hands Educators in Safety* understand the emotional and psychological harm children can experience when they are a victim or a witness in relation to a traumatic event or incident. It is important that children are protected and interviewed fairly during this time.

With our experience in interviewing children we now provide an interviewing service for any matter where a child's version of events is required.

## Legal Requirements

**Evidence:** With formal training and studies in law, and experience in investigative and interviewing processes, we are conversant with rules of evidence.

**Continuity of evidence:** All statements will be obtained by digital video and audio means unless otherwise requested. Original digital recordings will be saved in a secured main frame establishment with all original recordings having detailed reports on any editing, copying or enhancing. Unless otherwise stipulated in contract only two copies of the original digital recording will be provided to legal representatives. One copy will be marked for court production, the other will be an investigative copy. Once delivered the security and continued continuity of evidence is the responsibility of the legal service taking possession of the copies.

**Confidentiality of material:** All material will be personally delivered or sent by registered post. Detailed exhibit register will be maintained. Main frame holding of original material is secured with extensive security settings. *In Safe Hands Educators In Safety* will not save any other versions of any digital recordings other than on this secured main frame.

**Destruction of material:** Once the two copies of any digital recording are provided to the client *In Safe Hands Educator in Safety* waive their duty of care in regard to the destruction of these two copies. This duty of care and destruction is the responsibility of the client.

Original digital recording will be permanently deleted from *In Safe Hands Educators In Safety* secured main frame on receipt of written request of the client or by court order.

Confirmation letter will be provided for records when this process has been undertaken by *In Safe Hands Educators In Safety*.

**Affidavits:** Affidavits or statements will be provided in the format requested by the client or clients legal representation.

## Interviewing Process

**Process:** The following is some or all of the processes undertaken as part of the service:

- Review of any incident, or history provided by client prior to interviewing child.
- Development of an interview plan.
- Requests and review of any material requested on the child being interviewed.
- Digital recording of interview/s with child. More than one maybe required dependent on rapport building and ice breaking strategies. At the discretion of the interviewer and at no further cost to client.
- Detailed affidavit or report on interview undertaken.

**Full Disclosure:** To maintain independence during the process, the interviewer will provide full disclosure of any material (including verbal) provided about the case or child, whether hearsay information or not, from any client or party directly or indirectly involved, within any affidavit or statement provided by the interviewer.

**Report on interview:** As soon as practicable after the interview with the child has been conducted a report will be provided to the client outlining the fact the interview has been undertaken and whether any relevant disclosures or information was provided. This report will not outline any precise of the information provided by the child, only to identify to the client whether any relevant information will be forth coming from the completion of the interview.

## About the Interviewer

Michael Pecic has 26 years' experience in child protection case management, investigation and education. He served with distinction as a Detective with the Queensland Police Service for 20 years investigating child abuse offences. Key highlights of his investigative career include:

- Earning the Assistant Commissioner's Award for dedication to child protection.
- Interviewing over 1000 children as victims, witnesses and offenders in serious criminal investigations including murder, rape and child abuse offences.
- Head facilitator of the Queensland Police Service Child Protection Course for six years, training plain clothes officers in investigation and interviewing principals and techniques for child abuse investigations.
- Developed the first Nationally Accredited Child Protection Course (Juvenile Aid Bureau Course) for the Queensland Police Service.
- Chief Investigator for the Queensland Police Service into the death of a baby in care – "Baby Kate". Key recommendations of this investigation included the review of the Government and non-government multi agency response to child protection management. These recommendations forced an Ombudsmen investigation and subsequent "Baby Kate" report which resulted in numerous positive changes for multi-agency responses to child abuse concerns in Queensland.
- For 10 years he was a core member of various SCAN teams (Suspected Child Abuse and Neglect multi-agency team) case managing the most serious of child protection issues.

Michael has also served as the Chief Inspector for the Royal Society for the Prevention of Cruelty to Animals Queensland (RSPCA) for 4 years where he worked closely at an executive level with Government Departments in regard to legislation and community expectations.

He has dedicated the last 10 years to education and awareness of child protection issues. He has formal qualifications in management, training, investigation practices and public safety. Michael is a Churchill Fellow and a member of the International Society for the Prevention of Child Abuse and Neglect. Michael is a proud father of three children and continues his close work with children in the community by providing child protection training in various services, organisations and schools.

## Service Cost

Please contact our office to be provided a detailed cost to respond to your requirements.

## Conditions

\$500 deposit is payable on booking of the service. The remainder of the balance is due on the finalisation of the service requirements.

The complete fee is payable on completion of the service irrespective of any disclosures being made by any party. This again is to ensure independence and integrity of the service.

## Policies

[Regulation 168](#) of the [Education and Care Services National Regulations](#) requires services to have Child Protection Policies.

Navigating State, Federal and Industry requirements can be confusing for management. Providing staff proficient policies, procedures and risk management surrounding child protection is a vital management process.

In Safe Hands have experts who can review your current policies and procedures to make sure you are not only meeting your legislative requirements but providing your staff the most effective procedures and responses to child protection concerns.





# Our Training Formats

## 1. Online training

Individually assigned courses which are self-paced.

Educators can log on and off as many times as they like and the course saves automatically each time they access a page.

Assessment is scattered throughout the course and the Educator must answer the question correctly before continuing. The course allows multiple attempts for each question.

Upon successful completion of the course, Educators can download their certificate. The course remains their property so they can go back and review the information at any time.

All of our Online Training has a minimum time set so if Educators flick through the course it will alert us and withhold their certificate.

## 2. In-Service workshop

*In Safe Hands* are available to conduct in service workshops specifically tailored to your service.

We attend your work location and provide the training to your staff at a time that suits you – either during the day or in the evening after work.

Many services choose to complement their staff online training within service presentations to senior staff or management.

You are able to combine more than one service but conditions apply.

Please contact us to obtain a quote for a workshop. We pride ourselves on travelling anywhere in Australia at any time.

## 3. Service webinar

*In Safe Hands* are available to conduct Webinars specifically tailored to your service.

We provide the training to your staff at a time that suits you – either during the day or in the evening after work.

Many services choose to complement their staff online training with webinar presentations to senior staff or management.

These webinars are live and not recorded sessions. This allows educators to still actively participate and ask questions.

# Child Protection

**Offered as Inservice, Webinar or Online Training**

***Complies with: Section 166; Regulations 84, 162A, 168***

***National Quality Standards - Areas 2, 3, 5, 6 & 7***

Our Child Protection Training System will assist educators, community groups, services, parents and professionals in the practical application of child protection and safety in education and care. Learn simple strategies to prevent abuse, recognise indicators and report concerns. Our courses comply with legislative requirements under the National Quality Framework and meet duty of care obligations regarding child protection.

## Essential Child Protection series:

We offer a series of courses in our Essential Child Protection series:

- Level 1 - Legal & Practical Response to Child Abuse
- Level 2 - Building a Protective Environment for Children
- Level 3 - Early Intervention to Child Protection
- Level 4 - Domestic & Family Violence and the Impact on Children
- Level 5 - Types of Child Abuse and their Indicators
- Level 6 - Identifying Grooming Behaviours
- Level 7 - Advanced Child Protection Training for Educators

## Level 1 - Legal & Practical Response to Child Abuse

***National Quality Standards - Areas 2, 5, 6, 7***

This course is designed to be used for induction of new staff, and as a foundation or refresher course for those currently working in the care and protection of children. Upon successful completion, participants will be equipped with basic Child Protection skills sufficient to enable them to appreciate the importance of Child Protection, understand their legal obligations in relation to providing Child Protection, recognise indicators of child abuse and notify concerns appropriately.

### Learning Outcomes:

- Definition of child abuse;
- Types of child abuse;
- Indicators of child abuse;
- Early Intervention and Prevention tools;
- Federal, State and Civil laws pertaining to child protection and civil liability;
- Child Protection requirements under relevant National Quality Frameworks;
- Reporting of child abuse;
- Managing disclosures;
- Recording and documenting;
- Understanding of relevant State Child Safe Standards.

## Level 2 - Building a Protective Environment for Children

### **National Quality Standards - Areas 2, 3, 5, 6, 7**

This is our innovative signature Child Protection course that delivers essential lessons for the entire community. It is designed to assist professionals and the wider community to embed practical child protection strategies into their daily lives and the lives of all our children. A fresh approach to child protection that really works – right in front of your eyes – every day. We all use sunscreen every day to protect against skin cancer, and now we can use Child Protection strategies every day to protect against child abuse. You wouldn't let children ride a bike without a helmet, or play in the sun without a hat – so why let them out of your sight without essential Child Protection habits? This course takes a fresh approach to Child Protection using practical strategies that everyone can learn to use to protect themselves and others from child abuse. You will learn the **7 Steps 2 Safety** and appreciate the way they not only protect children, but transform your relationship with them.

#### **Learning Outcomes:**

- Refresh of legislation, policies, reporting requirements and National Quality Framework updates relating to child protection;
- The use of structured curriculum and informal interaction in child protection teaching;
- Inclusion of discussion centred on feelings in programming for children and parents;
- Programming that allows expression through communication and means other than words;
- Fostering ongoing engagement and communication with parents and children;
- Sharing resources and ideas to promote children's social and emotional development;
- 7 Steps 2 Safety program;
- Understanding of relevant State Child Safe Standards.

## Level 3 - Early Intervention to Child Protection

### **National Quality Standards - Areas 2, 3, 5, 6, 7**

It is important for educators to understand and implement early intervention strategies to minimise the risk of abuse to children in their services. The success of these strategies is hinged on the ability to identify, support and connect the families to resources and services within your community. This course will also provide educators important updates and refresh their requirements around law and duty of care to meet National Quality Standards.

#### **Learning Outcomes:**

- Refresh of legislation, policies, reporting requirements and National Quality Framework updates relating to child protection;
- Understanding contemporary methodologies;
- Conducting environmental scans to identify risks to families and children;
- Programming and activities which assist in identifying at risk behaviour or concerns;
- Fostering ongoing engagement and communication with parents and children;
- Sharing resources and ideas to promote children's social and emotional development;
- Understanding of relevant State Child Safe Standards.

## Level 4 - Domestic & Family Violence and the Impact on Children

### **National Quality Standards - Areas 2, 5, 7**

This course focuses on the increasing level of Domestic and Family Violence in our community at present and explores why people are victims and abusers, the impacts - both short term and long term of such violence on children and how we perceive violence as a nation. It explores the types of domestic violence, the signs, the symptoms and reasons why it is an underreported crime. It will further discuss your role as an Educator in the Early Years sector and ways in which you can help children and families being exposed to this type of violence.

#### **Learning Outcomes:**

- Refresh of legislation, policies, reporting requirements and National Quality Framework updates relating to child protection;
- What domestic and family violence is;
- Indicators of domestic and family violence;
- Impact of domestic violence on families;
- Understanding of the law and various orders associated with State and Federal Laws;
- Early intervention and prevention strategies;
- Recognising environmental factors, identifying issues, applying strategies and making timely referrals;
- Fostering ongoing engagement and communication with parents and children;
- Sharing resources and ideas to promote children's social and emotional development;
- Understanding of relevant State Child Safe Standards.

## Level 5 - Types of Child Abuse & their Indicators

### **National Quality Standards – Areas 2, 6, 7**

This course assists early years educators, organisations and individuals to comply with their legislative requirements under the National Quality Framework and meet duty of care obligations regarding Child Protection. You have now been doing Child Protection training with us for at least 4-5 years so it's time that we had a look at the Types of Abuse and their Indicators again. Patterns of Abuse change throughout the years so it's a good idea to refresh your knowledge and learn some new facts and information about types of abuse. It's extremely important to be able to identify abuse in order to document and report it as required by various laws. This course will also provide Educators with important updates and refresh their requirements around law and duty of care to meet National Quality Standards. Upon successful completion, participants will be equipped with basic Child Protection skills sufficient to enable them to appreciate the importance of Child Protection, understand their legal obligations in relation to providing Child Protection, recognise indicators of child abuse, and notify concerns appropriately.

#### **Learning Outcomes:**

- Definition of child abuse;
- Types of child abuse;
- Indicators of child abuse;
- Federal, State and Civil laws as pertained to child protection and civil liability;
- Child Protection requirements under relevant National Frameworks;
- Reporting of child abuse;
- Managing disclosures, recording and documenting;
- Understanding of relevant State Child Safe Standards.

## Level 6 – Identifying Grooming Behaviours

### **National Quality Standards - Areas 2, 6, 7**

This course examines the importance of understanding how to identify if a child is being groomed by a person and how to report incidences of child grooming. This course also provides Educators with important updates and refreshes their requirements around law and duty of care to meet National Quality Standards.

Upon successful completion, participants will understand what grooming is, how to identify grooming, understand their legal obligations in relation to grooming and Child Protection and notify concerns appropriately.

#### **Learning Outcomes:**

- Refresh of legislation, policies, reporting requirements and National Quality framework updates relating to child protection (inc relevant State Child Safe Standards)
- Understanding the definition of grooming
- Ability to identify the six steps to grooming
- Signs of grooming
- Vulnerable families and children
- How to recognise and report offences of grooming
- Dealing with disclosures
- Workplace - Environmental scan & Fool proofing your environment so that potential 'Groomers' can't survive
- Legislation relating to grooming offences

## Level 7 – Advanced Child Protection Training for Educators

### **National Quality Standards - Areas 2, 6, 7**

This course is designed to meet requirements under Regulation 84 of the Education and Care Services National Law Regulations 2011 - Child Protection refresher training and Regulation 162A of the The Education and Care Services National Law Act 2010.

In this course you will do a refresher component in relation to Child Protection laws, Legislation and Mandatory Reporting conditions, which will also cover when to report and how to report. Your skills and knowledge regarding Child Protection will then be tested with a series of scenarios and questions.

#### **Learning Outcomes:**

- Federal, State and Civil laws as pertained to child protection and civil liability;
- Understanding of relevant policies regarding Child Protection;
- Understanding of reporting requirements and mandatory reporting legislation;
- Reporting of child abuse;
- Managing disclosures;
- Recording and documenting;
- National Quality framework updates relating to child protection (inc relevant State Child Safe Standards).

# Safe Sleep Practices for Babies and Toddlers

in partnership with Australian Childcare Alliance Queensland and College for Australian Early Childhood Educators

Offered as Inservice, Webinar or Online Training

*National Law & Regulations - Section 167 (National Law) & Regulations 81, 168*

*National Quality Standards - Areas 2*

This short course has been developed for professionals working in the Early Years Education and Care Sector. It will provide a holistic response not only to safe sleep practices for young children but also healthy sleep practices. This course will teach practical processes which should be implemented to create consistent application of approved safe sleep and practices.

## Learning Outcomes:

- Understanding safe sleep and rest practices
- Understanding of 'a safe environment' and approved equipment
- Legislative requirements surrounding safe sleep and rest practices
- Strategies designed to meet children's sleep, rest and relaxation needs
- Communication strategies with parents surrounding safe sleep practices
- Identifying potential hazards
- Provide tools to undertake a risk assessment regarding safe sleep practices



# Active Supervision in the Early Years Sector

**Offered as Inservice, Webinar or Online Training**

*National Laws & Regulations – Sections 165, 167, 174 (National Law) & Regulations 101, 115, 168, 176*

*National Quality Standards – Areas 2*

This short course has been developed for professionals working in the Early Years Education and Care Sector. Keeping children safe is the pillar of our educational environment. **Active Supervision** is the foundation of our child safe environment within the Early Years Education and Care Sector.

## **Learning Outcomes:**

- Active supervision requirements under the National Quality Framework
- Active supervision requirements under Duty of Care
- Types and levels of supervision
- Shared responsibilities in relation to supervision
- Importance of communication and planning in supervision
- De-briefing strategies when supervision is reviewed



# Food Safety and Nutrition with Nutrition Australia Qld

Nutrition Australia Qld (NAQ) is a not-for-profit community based organisation, providing education and support for the community, specifically including the Early Years Sector. NAQ offers an expert team of Accredited Practising Dietitians, Nutritionists, Health Promotion Professionals and Food Safety Trainers and Auditors to ensure the very best in nutrition education, health promotion and food safety. Food Foundations is a program of NAQ for early childhood settings, offering a range of support services covering nutrition and food safety.

## Level 1 – Safe Food Handling for the Early Years Sector

**Offered as Inservice, Webinar or Online Training**

***National Quality Standard: Element 2.1.2***

### **Learning Outcomes:**

- The importance of food safety in early childhood settings
- Potentially hazardous foods
- The temperature danger zone
- Expressed breastmilk and infant formula
- Receiving food and cold/frozen/dry storage
- Food preparation
- Grooming, personal habits and handwashing
- Cross contamination
- Cleaning
- Cooking, cooling, thawing and reheating
- Serving and self service
- Allergen control
- Food recall

## Level 2 – Safe Food Handling for the Early Years Sector

**Offered as Inservice, Webinar or Online Training**

***National Quality Standard: Element 2.1.2***

### **Learning Outcomes:**

- Thermometer calibration
- Cooling food safely
- Food recall
- Food experiences with children
- Washing hands
- Hair and jewellery
- Safe food handling practices
- Handling knives safely
- Keeping kids safe while cooking
- Washing fruit and vegetables
- Cleaning equipment and surfaces
- Real life scenarios



## Level 1 – Safe Food Handling for OSHC Educators

### Offered as Inservice, Webinar or Online Training

**National Quality Standard: Element 2.1.2**

#### Learning Outcomes:

- The importance of food safety in OSHC settings
- Potentially hazardous foods
- The temperature danger zone
- Receiving food and cold/frozen/dry storage
- Food preparation
- Grooming, personal habits and handwashing
- Cross contamination
- Cleaning
- Cooking, cooling, thawing and reheating
- Serving and self service
- Allergen control
- Food recall

## Level 2 – Safe Food Handling for OSHC Educators

### Offered as Inservice, Webinar or Online Training

**National Quality Standard: Element 2.1.2**

#### Learning Outcomes:

- Thermometer calibration
- Cooling food safely
- Food recall
- Food experiences with children
- Washing hands
- Hair and jewellery
- Safe food handling practices
- Handling knives safely
- Keeping kids safe while cooking
- Washing fruit and vegetables
- Cleaning equipment and surfaces
- Real life scenarios

## Level 1 – Safe Food Handling for School Tuckshops/Canteens

**Offered as Inservice, Webinar or Online Training**

**National Quality Standard: Element 2.1.2**

### **Learning Outcomes:**

- The importance of food safety in school tuckshops/canteens
- Potentially hazardous foods
- The temperature danger zone
- Receiving food and cold/frozen/dry storage
- Food preparation
- Grooming, personal habits and handwashing
- Cross contamination
- Cleaning
- Cooking, cooling, thawing and reheating
- Serving and self service
- Allergen control
- Food recall

## Level 1 – Safe Food Handling for the Aged Care Sector

**Offered as Inservice, Webinar or Online Training**

### **Learning Outcomes:**

- The importance of food safety in aged care settings
- Potentially hazardous foods
- The temperature danger zone
- Receiving food and cold/frozen/dry storage
- Food preparation
- Grooming, personal habits and handwashing
- Cross contamination
- Cleaning
- Cooking, cooling, thawing and reheating
- Serving and self service
- Allergen control
- Food recall



## Level 1 - Nutrition Requirements for OSHC Educators

### Only Offered through Online Training

*National Quality Standard: Element 2.1.3*

#### Learning Outcomes:

- The importance of nutrition in OSHC settings
- Nutrition and the National Quality Standard
- The Australian Dietary Guidelines
- Daily nutritional requirements for children
- An introduction to managing food allergies and intolerances
- An introduction to nutrition policy
- Special occasions and celebrations
- Nutrition and the assessment and rating process - activity

## Level 1 - Nutrition Requirements for the Early Years Sector

### Only Offered through Online Training

*National Quality Standard: Element 2.1.3*

#### Learning Outcomes:

- The importance of nutrition in early childhood settings
- Nutrition and the National Quality Standard
- The Australian Dietary Guidelines
- The Get up and Grow Guidelines
- Daily nutritional requirements for children
- An introduction to managing food allergies and intolerances
- An introduction to nutrition policy
- Special occasions and celebrations
- Nutrition and the assessment and rating process - activity

# Understanding Allergies and Intolerances in the Early Years Sector

## Only Offered through Online Training

**National Quality Standard: Element 2.1.2**

### Learning Outcomes:

- The difference between allergies and intolerances
- Symptoms of allergies and intolerances
- Common food allergies and intolerances
- Allergy management plans
- Cow's milk allergy
- Peanut allergy
- Coeliac Disease
- Allergen control
- Managing children with allergies and intolerances
- Lactose intolerance
- Food chemicals
- Food additives
- Reading food labels

## Safe Knife Skills

### Only Offered through Online Training

This course has been written by Cassandra Austin (of Womans Healthy Chef) in collaboration with NAQ Nutrition Training. Cassandra Austin is an accomplished Chef, consultant, recipe developer, culinary judge and past representative of Chefs Societies.

### Learning Outcomes:

- Purchasing of knives and what should be in your knife toolkit
- Sharpening knives
- Using your knives
- Other factors important with knife safety
- Knife cuts lesson



[www.naqlid.org](http://www.naqlid.org)

# Food Nutrition **with Kids Dig Food**

## Feeding Kids in Childcare (skills for eating, preparing and sharing food)

### Offered as Inservice, Webinar or Online Training

Feeding kids in childcare is not only about WHAT children eat but HOW they are fed. Extend your basic nutrition knowledge further in real and practical ways The Feeding Kids in Childcare course will help support your role as teacher, role model and administrator by giving you the skills to determine WHAT the ideal diet for children looks like and HOW to approach feeding children. Learn how YOU as a childcare educator can help to positively influence children's developing relationship with food and with eating.

#### Learning Outcomes:

##### *Food in first 6 months of life*

- Breast or bottle? Does it really matter?
- Supporting breastfeeding in the childcare setting

##### *Food from infancy to toddlerhood to early childhood*

- When is the best time to introduce solid foods? Signs of readiness
- Introducing solid food – WHAT foods?
- Starting solids for children at risk of food allergy
- How to introduce solids for optimal oral-motor skill development
- Safety at meal times – recognising gagging and choking
- Identifying children who are having trouble with texture
- Nutrient requirements of young children
- Key nutrients of importance for childhood growth and development – a focus on Iron and Calcium

##### *Helping kids develop a healthy relationship with food*

- What does normal child eating behaviour look like?
- Getting kids to eat a variety
- Provision of food in childcare settings – what must you do?
- Parents and carers roles in feeding kids
- Why do kids become fussy with food?
- Why pressuring kids to eat backfires
- How children learn about food
- Big Picture goals for feeding kids
- How to create positive meal times in the childcare setting



[www.kidsdigfood.com.au](http://www.kidsdigfood.com.au)

# Work Health and Safety

## Work Health & Safety (WHS) for Educators

### Offered as Inservice, Webinar or Online Training

#### *National Quality Standards - Areas 2.2*

This short course has been developed for professionals working in the Early Years Education and Care Sector. Professionals when responding to Work, Health and Safety need to be able to decide what should be done to prevent harm and ensuring that the relevant actions are taken and are updated whenever necessary. Health and safety law does not expect all risk to be eliminated but that 'reasonable precautions' are taken and staff are trained and aware of their responsibilities. This course will provide Educators with the explanation, foundation and basic response processes to maintain a safe environment for young children, themselves and other Educators.

Please note that the Safety Training course does not include First Aid, CPR or Child Protection training. These obligations should be conducted by training specialists in these respective fields.

#### **Course Objectives:**

- identify the Safety legal Framework relevant to their occupation.
- explain the relevance of Work, Health and Safety within the National Quality Framework
- define and explain a health and safety policy
- identify, define and report types of incidents, accidents, injuries and hazards within their work environment.
- define manual handling, identify risks and practice safe manual handling techniques.
- identify equipment needing risk assessment to maintain a safe environment.
- practice effective communication strategies in an emergency.
- define and implement safe strategies surrounding office ergonomic.

## Workplace Bullying Awareness

### Offered as Inservice, Webinar or Online Training

Bullying Awareness is a practical course designed by Bullyology to give employees and management a more complete understanding of workplace bullying: how to prevent it and how best to deal with it when it occurs. It also outlines the harmful effects bullying can have on productivity, staff retention, talent acquisition and employee health.

Bullying is persistent, intentional, health-harming behaviour that creates a hostile environment and can affect every aspect of a victim's life – mind, body and spirit. It can flourish within workplace cultures that fail to fully understand its causes and effects, heed its warning signs or embrace proactive strategies to combat it.

This course will introduce critical anti-bullying information and provide real-world response strategies that business owners, managers and employees can use to reduce the debilitating effects that workplace bullying has on profitability, business reputation and employee health and well-being. It is no longer enough for business leaders to understand that bullying is a major problem. To compete in a rapidly changing world, they must know how to take appropriate action against it through vigilant prevention, appropriate policy decisions and clear-cut strategies for dealing with negative behaviours quickly and professionally - BEFORE they spread and create a toxic work environment.

**Bullyology®**

<http://www.bullyology.com>

# Emergency Procedures and Response

with EPTAC

Offered as Inservice or Online Training

## Emergency Procedures and Response in Early Education and Care

*Quality Areas 2, 3, 7*

This course has been designed to introduce early childhood educators and managers to emergency management.

### Course Objectives:

- Understanding laws, regulations and standards related to emergency response in early childhood education and care
- Understanding the Emergency Control Organisation (ECO) and the structure
- How to identify emergency situations
- How to respond appropriately to emergencies
- Emergency equipment to be used during an emergency
- Assist with recovery and restoring normality



[www.eptacaustralia.com.au](http://www.eptacaustralia.com.au)





# Manual Handling and Office Based Injury Prevention **with Workout Preventative Occupational Health Service**

**Offered as Inservice, Webinar or Online Training**

*Quality Areas 2, 3, 7*

## **Manual Handling Risk Management in the Childcare Sector**

Early childhood and outside hours care can be a high-risk environment because you are manually handling children and equipment day in day out! Share the responsibility for safety at your childcare facility by providing staff with this customized online course. This 1-hour manual handling risk management course is designed to be practical and specific to your industry, the work environment and the tasks performed as a childcare worker.

### **Course Objectives:**

- Increase awareness of manual handling hazards in the childcare sector
- Provide education in the legislative framework for manual handling risk management
- Encourage use of effective solutions based communication at work
- Provide skills based learning to prevent injuries and workplace accidents
- Encourage practice of new self management techniques to control the specific manual handling risks in childcare.

### **Course Objectives:**

- Safety culture
- OHS Legislation
- What is manual handling and what is risky manual handling?
- Manual handling statistics
- Causes of manual handling injuries in childcare; Manual handling risk management process
- Body design and musculoskeletal injuries in childcare
- Manual Handling Risk Identification and conducting 'Mini risk assessments'
- Practical Self Help Skills > Ergonomic set up
- Communication and Consultation > Early Intervention
- Self Protective Techniques and strategies > Maintenance of 'S' curve > Eye care > Spinal bracing > Postural awareness > Manutention based postures and actions > Fitness for work > Stretch Exercises
- Risk management toolbox
- Take home messages

# Practical Manual Handling Risk Management – The Do's and Don'ts

This 1-hour practical manual handling risk management course is a must for us all, whether working in a designated workplace, at home, offsite or remotely. This course can be provided as an Induction Program or Refresher Training for current staff, to offer participants skills training for application at work and home.

Manual handling risk management is not only a legislative requirement, but also smart business practice, demonstration of a safety culture and promotes longer-term health and wellbeing. Learn why and how effective manual handling risk management is a "WIN-WIN" for all, by understanding the evidence and seeing real worksite examples throughout this course.

We all perform manual handling everyday in everything we do, so learn new skills to recognize the activities that put stress on your body (manual handling hazards), practice new ways of moving and discover how you can manage the manual handling risks.

## Course Objectives:

- Increase awareness of manual hazards in your work environment
- Provide education in the legislative framework for manual handling risk management
- Encourage use of effective solutions based communication
- Provide skills based learning to prevent injuries and workplace accidents
- Encourage practise of new self management techniques to control manual handling risks

## Course Objectives:

- Safety Leadership, Safety Culture and Signs of Safety Culture
- OHS Legislation
- What is Manual Handling; Risky Manual Handling; Manual Handling Injuries & Statistics
- Causes of Manual Handling Injuries; Manual Handling Risk Management Process
- Manual Handling Risk Identification
- Communication, Consultation
- Practical Risk Management Tools: > Early Intervention > Ergonomic Set Up > Self Protective Techniques > Manual Handling Risk Management Tool Box > Take Home Messages



[www.workoutohs.com.au](http://www.workoutohs.com.au)

## Assistive Technology Use In Early Learning Centres

Assistive technology (often called 'AT') is the official industry term used for 'equipment'. The way you work can be made easier, safer and more effective through use of specific assistive technology. This is a 30 minute course, aimed at assisting:

- **childcare centre managers** to create an inclusive and safe workplace, for both staff and preschool children of all abilities;
- **childcare centre staff** with varying capabilities, to become aware of assistive technology available to assist them to work and function optimally;
- **preschool children**, with functional restrictions and/or disability, by educating their parents and childcare centre staff about 'assistive technology' for use at the centre.

### Learning Outcomes of this course include:

- inform you of commercially available, adapted and customised equipment;
- provide recommendations regarding the purchase and use of assistive technology;
- build confidence about assistive technology;
- provide an end of course assessment to refresh your learnings;
- provide a course completion certificate;
- Be quality standard reviewed and updated regularly.



# Engaging Cooperation & Dealing with Difficult Behaviour **with Key to Kids**

**Offered as Inservice, Webinar or Online Training**

Key to Kids is an education consultancy for parents and educators. Based on the work of internationally acclaimed book 'How to talk so kids will listen & Listen so kids will talk' by Adele Faber and Elaine Mazlish, this two hour workshop looks at respectful ways to encourage young children to fulfil everyday tasks without dispute. It uses a range of practical examples and encourages early childhood educators to reflect on their own practices and apply new skills to familiar situations for successful outcomes.

## Engaging Cooperation (with 2-5 year olds)

**Quality Areas 5, 6, 7**

### **Course Content:**

- Acknowledging children's feelings, in order to help them resolve their own problems
- Reflecting on our own feelings and the impacts that our emotions can have on the way we relate to others
- 6 methods to engage cooperation, to reduce stress and gain control in an educational environment
- Problem solving to resolve ongoing issues, with shared goals for a resolution
- Methods of praise, to support children for continued success

### **Learning Outcomes:**

Upon completion of this course, participants will be able to:

- apply 3 skills to acknowledge a child's feelings, as well as methods to regulate own emotions.
- apply 6 skills to engage cooperation respectfully, without yelling.
- apply the 5 step problem-solving strategy to ongoing and difficult situations.
- understand methods of descriptive praise to encourage desirable behaviours.

## Dealing with Difficult Behaviour (Children aged 4-12 years)

### **Course Content:**

- Acknowledging children's feelings to help them problem solve and move forward in difficult situations
- Understanding that behaviour is a form of communication and be able to adapt instructions based on individual needs
- Descriptive praise as a method of encouraging future desirable behaviour
- Addressing difficult behaviour through a 5-step method
- Communicating effectively with parents, including passing on difficult news and supporting home messages with consistent approaches
- Keeping communication clear and having consistent approaches to behaviour management within an educational setting with other staff

**Learning Outcomes:**

Upon completion of this course, participants will be able to:

- Understand that behaviour is a form of communication and be able to adapt instructions based on individual needs
- Use descriptive praise as a method of encouraging future desirable behaviour
- Address difficult behaviour through a 5-step method
- Communicate effectively with parents, including passing on difficult news and supporting home messages with consistent approaches

## **Establishing Routines in an Early Childhood Learning Environment (for 2-5 year olds)**

**Course Content:**

- The first step - Acknowledging children's feelings
- Reflection on your current learning environment
- Visual timetables – create a resource for your room
- Language to support using a visual timetable
- Focusing on a difficult times of the day – problem solve to improve outcomes and create a visual resource for your room
- Language to support using visual resources
- Descriptive praise – celebrating success
- Communicating routines to parents and visitors
- Summary
- Survey
- Certificate

**Learning Outcomes:**

- Engage with children to create routines and expectations in the learning environment using the problem-solving method;
- Develop visual resources which support your problem solving;
- Have a repertoire of language to support the visual aids that are developed;
- Communicate expectations and routines with parents and visiting staff;
- Praising descriptively to encourage future success.

## Problem Solving with under 5s

### Course Content:

- Introduction to the course and learning outcomes
- Understanding a child's behaviour
- Acknowledging feelings always comes first
- Alternatives to punishment strategies
- The problem-solving process – video example
- Your turn – work through the problem-solving process
- Reflection – who would benefit from this process right now?
- The after plan... what to do if it stops working
- Don't forget to praise! The power of positive reinforcement
- Summary
- Survey
- Certificate

### Learning Outcomes:

- identify ongoing issues that would benefit from the problem-solving process
- understand the problem-solving process and be able to effectively implement the 5 steps
- reflect and revisit the outcomes of the problem-solving process if required and understand that flexibility is required for any goals put in place for children



Click [here](#) for further information on Key to Kids

[www.keytokids.com.au](http://www.keytokids.com.au)



# Guiding Children's Behaviour

Offered as Inservice, Webinar or Online Training

## Guiding Children's Behaviour in Outside School Hours Care

*Quality Areas 5, 6, 7*

Guiding Children's Behaviour can be one of the hardest challenges in My Time Our Place framework within the Outside School Hours setting. This course is designed to give Educators an understanding of factors which impact on children's behaviour and simple strategies which support effective communication and response strategies to reduce the number of challenging behaviour situations within the services program.

The course will introduce information and response strategies which can be used by Educators to develop management plans and processes within the Outside School Hours Care setting.

### Learning Outcomes:

- Understanding Guiding Children's behaviour in OSHC
- Identifying normal childhood behaviours and an introduction to autism and ADHD;
- Duty of care implications;
- Understanding the impact that parents and family have on children's behaviour;
- Impact of sleep on children's behaviour;
- The impact of food and dehydration on a child's behaviour;
- The implementation of strategies to effectively implement boundaries for children's behaviour;
- Identifying tantrums and meltdown;
- Practical application of the RAVES behaviour management cycle;
- Practical application of self defence and vocalisation drills for employees;
- Improve and standardise workplace incident reporting and communication;
- The effective use of chill out areas.



# Guiding Children's behaviour - Back to Basics in the Early Years Sector

## Quality Areas 5, 6, 7

Guiding Children's Behaviour can be one of the hardest challenges in My Time Our Place framework within the Early Years setting. It is designed to give Educators an understanding of factors which impact on children's behaviour and simple strategies which support effective communication and response strategies to reduce the number of challenging behaviour situations within the services program. The course will introduce information and response strategies which can be used by Educators to develop management plans and processes within the early years setting.

### Learning Outcomes:

- Learner will be able to discuss and identify guiding children's behaviour in the early years setting;
- Learner will be able to discuss the impact that parents, family and fellow staff have on children's behaviour;
- Learner will be able to evaluate the impact that food, dehydration and sleep have on children's behaviour;
- Learner will be able to understand strategies to effectively implement boundaries for children's behaviour;
- Learner will be able to identify tantrums and meltdowns;
- Learner will be able to implement strategies to implement standardised workplace incident reporting and communication;
- Learner will be able to design and introduce affective chill out areas





# Other Topical Training Available

## Dealing with Custody Disputes, Relationship Breakdowns, Family Law Court and Domestic Violence Orders in the Early Years Sector

### Offered as Inservice or Webinar

This course equips Educators with the skills needed to successfully deal with difficult situations. This includes custody disputes and the potential of conflict. This course also provides easy step by step [processes in dealing with court orders associated with these disputes over children.

#### Learning Outcomes:

- Understanding Federal, State and Civil law around court orders involving children and domestic violence;
- Communication and management strategies when dealing with conflict;
- Developing safe response practices within the early years environment to defuse any threat associated to access of a child;
- Responding to the emotional needs of children involved in these situations;
- Community and professional support available.

## Engaging Your Service Community Course

#### Learning Outcomes:

- Understanding - what is your community
- Identifying needs of a community
- Building Links within your community
- How children can participate
- Engaging parents to influence your community
- Community involvement in the services operation.



# Pricing: In Service Workshops

*In Safe Hands* are available to conduct in service workshops specifically tailored to your service.

We attend your work location and provide the training to your staff at a time that suits you – either during the day or in the evening after work.

Many services choose to complement their staff online training within service presentations to senior staff or management.

You are able to combine more than one service but conditions apply.

Please contact us to obtain a quote for a workshop. We pride ourselves on travelling anywhere in Australia at any time.

# Pricing: Webinars

*In Safe Hands* are available to conduct Webinars specifically tailored to your service.

We provide the training to your staff at a time that suits you – either during the day or in the evening after work.

Many services choose to complement their staff online training with webinar presentations to senior staff or management.

These webinars are live and not recorded sessions. This allows educators to still actively participate and ask questions.

Pricing listed below for each state include certificates and educator checklists.

<b>Number of Participants</b>	<b>Pricing &amp; Conditions</b>
Up to 25	\$600+GST - \$25+GST each participant there after
Up to 50	\$1100+GST - \$25+GST each participant there after
Up to 75	\$1600+GST - \$25+GST each participant there after

# Pricing: Online Courses

Course	Number of Users	Pricing
<b>Child Protection (per level)</b>	1 - 10	\$36.00 + GST
	11 - 30	\$32.00 + GST
	31 - 99	\$28.00 + GST
	100 - 149	\$24.00 + GST
	150 - 199	\$20.00 + GST
	200 +	\$16.00 + GST
<b>Short Courses for Early Years Sector</b>	1 - 14	\$24.00 + GST
	15 - 60	\$20.00 + GST
	61+	\$16.00 + GST
<ul style="list-style-type: none"> <li>Active Supervision in the Early Years Sector</li> <li>Safe Sleep Practices for Babies and Toddlers</li> </ul>		
<b>Food Safety with NAQ</b>	1 - 10	\$32.00 + GST
	11 - 30	\$28.00 + GST
	31 - 99	\$24.00 + GST
	100 - 149	\$20.00 + GST
	150 +	\$16.00 + GST
	<ul style="list-style-type: none"> <li>Early Years</li> <li>OSHC</li> <li>Tuckshops</li> <li>Aged Care</li> <li>Understanding Allergies &amp; Intolerances</li> <li>Safe Knife Skills</li> </ul>	
<b>Nutrition Requirements</b>	1 - 10	\$32.00 + GST
	11 - 30	\$28.00 + GST
<ul style="list-style-type: none"> <li>Early Years</li> <li>OSHC</li> </ul>		
<b>Feeding Kids in Childcare</b>	1 - 10	\$32.00 + GST
	11 - 30	\$28.00 + GST
	31 - 99	\$24.00 + GST
	100 - 149	\$20.00 + GST
	150 +	\$16.00 + GST
<ul style="list-style-type: none"> <li>Food Nutrition with Kids Dig Food</li> </ul>		
<b>Work Health &amp; Safety for Educators</b>	1 - 10	\$32.00 + GST
	11 - 30	\$28.00 + GST
	31 - 99	\$24.00 + GST
	100 - 149	\$20.00 + GST
	150 +	\$16.00 + GST
<ul style="list-style-type: none"> <li>Work Health &amp; Safety (WHS) for Educators</li> </ul>		
<b>WorkoutOHS</b>	1 - 10	\$32.00 + GST
	11 - 30	\$28.00 + GST
	31 - 99	\$24.00 + GST
	100 - 149	\$20.00 + GST
	150 +	\$16.00 + GST
<ul style="list-style-type: none"> <li>Manual Handling Risk Management in the Childcare Industry</li> <li>Practical Manual Handling Risk Management: The Do's &amp; Don'ts</li> <li>Assistive Technology Use In Early Learning Centres</li> </ul>		
<b>Workplace Bullying Awareness</b>	1 - 10	\$32.00 + GST
	11 - 30	\$28.00 + GST
	31 - 99	\$24.00 + GST
	100 - 149	\$20.00 + GST
	150 +	\$16.00 + GST

Course	Number of Users	Pricing
<b>Key to Kids</b> <ul style="list-style-type: none"> <li>Engaging Cooperation with 2 - 5s</li> <li>Dealing with Difficult Behaviour 2 - 12s</li> <li>Establishing Routines for 2 - 5s</li> <li>Problem Solving with under 5s</li> </ul>	1 - 10 11 - 30 31 - 99 100 - 149 150 +	\$32.00 + GST \$28.00 + GST \$24.00 + GST \$20.00 + GST \$16.00 + GST
<b>Guiding Children's Behaviour</b> <ul style="list-style-type: none"> <li>Guiding Children's Behaviour in OSHC</li> <li>Guiding Children's Behaviour - Back to Basics in the Early Years Sector</li> </ul>	1 - 10 11 - 30 31 - 99 100 - 149 150 +	\$32.00 + GST \$28.00 + GST \$24.00 + GST \$20.00 + GST \$16.00 + GST
<b>Emergency Procedures</b>	1 - 10 11 - 30 31 - 99 100 - 149 150 +	\$32.00 + GST \$28.00 + GST \$24.00 + GST \$20.00 + GST \$16.00 + GST

Set up and ongoing use of the online portal is free. Each participant requires their own course and certificates issued upon completion.

*Please note: there is a minimum time set for each course. If Educators rush through the course without reading the course material, their certificate will not be available for download.*

If courses are not used or started within three months of assigning, credits for unused courses can be issued and the course/s can be reassigned at a later date.

For further information on these courses, or if you have further questions please do not hesitate to contact us. We look forward to the opportunity of providing training to your service.



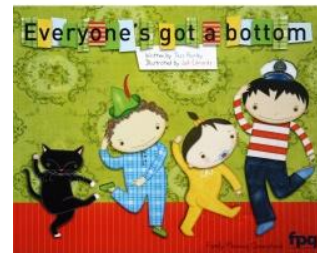
# Resources Available

[Click here](#) to purchase any book now!

## Everyone's Got a Bottom

We all have bodies and we all want to keep them safe. A colourful storybook for parents and carers that helps gently start conversations about personal safety with children aged 3-8. Winner of the 2007 Child Protection Week Award for an Education Initiative. More than 20,000 copies sold.

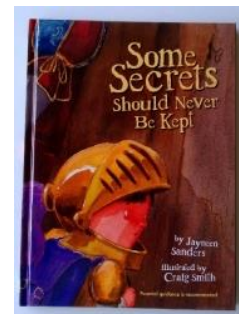
\$30.00



## Some Secrets Should Never Be Kept

*Some secrets Should Never Be Kept* is a beautifully illustrated picture book that sensitively broaches the subject of keeping our children safe from sexual interference.

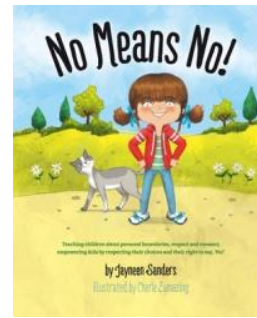
\$25.00



## No Means No!

**No means No!** is a 26 page full colour children's picture book about an empowered little girl who has a very strong and clear voice in all issues, especially those relating to her body and personal boundaries. This book can be read to children 3 to 9 years.

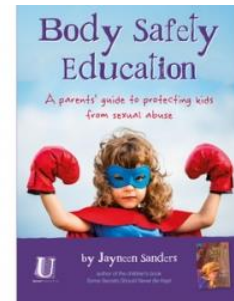
\$15.00



## Body Safety Education

A Step-by-step guide for parents and carers on how to protect children from abuse through personal Body Safety Education. This guide contains simple, practical and age-appropriate ideas, as well as important information on how abusers groom. Body Safety knowledge empowers children.

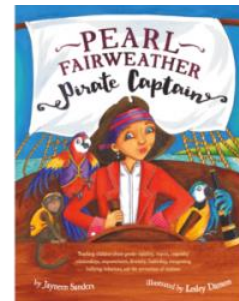
\$16.00



## Pearl Fairweather, Pirate Captain

Pearl Fairweather, Pirate Captain – Teaching children about gender equality, respect, respectful relationships, empowerment, diversity, leadership, recognizing bullying behaviours, and the prevention of violence.

\$15.00



## No Difference Between Us

A book to empower children and teach them from the earliest of years about gender equality, respectful relationships, feelings, choice, self-esteem, empathy, tolerance, and acceptance. Suitable for children 3-9 years.

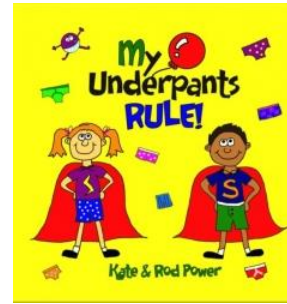
\$15.00



## My Underpants RULE!

The FUN, EASY way to keep kids SAFE! Written for everyday parents, carers and educators, this book empowers children to understand “What’s under my pants belongs ONLY to ME! Protecting your kids is CHILD’S PLAY!

\$21.00



## My Body! What I Say Goes! (Book & Activity Book)

A book to empower and teach children about personal body safety, feelings, safe and unsafe touch, private parts, secrets and surprises, consent, and respectful relationships.

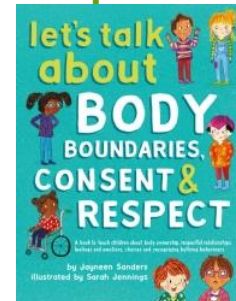
\$15.00



## Let’s Talk About Body Boundaries, Consent and Respect

Teaching Young Children about body boundaries, both theirs and others, is crucial to child’s growing sense of self, their confidence and how they should expect to be treated by others.

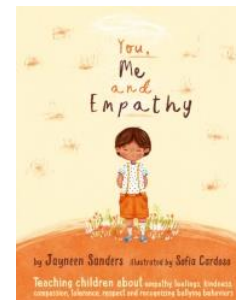
\$15.00



## You, Me and Empathy

This charming story uses verse, beautiful illustrations and a little person called Quinn to model the meaning of empathy.

\$15.00



## How Big Are Your Worries Little Bear?

Little Bear is a worrier. He worries about everything! But with Mama Bear's help, he soon learns his worries are not so big after all. Through this engaging story children will learn that everyday worries and fears can be overcome. Discussion questions and extra hints to help children manage anxiety are included.

\$14.00



## Body Safety Education Preschool Teachers Resource Kit

This comprehensive Teacher's Resource Kit has been carefully designed to make the teaching of Body Safety, respectful Relationships and Gender Equality to teach children in preschool simple, age-appropriate and empowering.

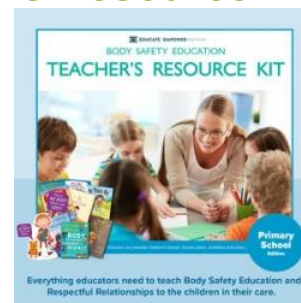
\$170.00



## Body Safety Education Primary School Teachers Resource Kit

This comprehensive Teacher's Resource Kit has been carefully designed to make the teaching of Body Safety, respectful Relationships and Gender Equality to teach children in primary school simple, age-appropriate and empowering.

\$180.00



## Resilience

Meet Emmi! She is resilient, independent and courageous. She always tries her best, and even when the going gets tough, Emmi never gives in. This charming story uses verse and beautiful illustrations to model resilience, persistence, and the ability to face challenges with tenacity. Children who are resilient are brave, curious, confident and problem solvers.

\$15.00

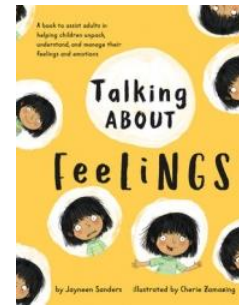




## Talking About Feelings

This book encourages children to understand and manage their changing feelings and emotions, and to talk confidently about how they are feeling. Providing children with the skills and the words to express their feelings is the key helping them move forward in a positive manner.

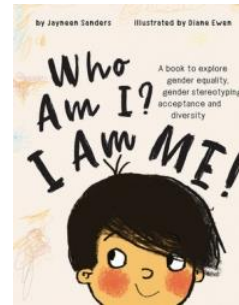
\$15.00



## Who Am I? I Am Me!

Frankie loves dress-ups, playing soccer, visiting Grandpa, cooking pancakes, and so much more. Frankie loves what Frankie loves! The choice is always Frankie's. Allowing your child to do the things they love and simply be themselves is one of the greatest gifts you can provide.

\$15.00

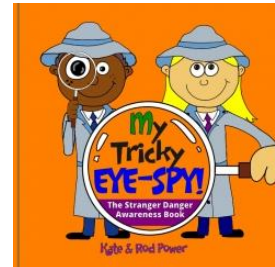


## My Tricky Eye-Spy

Bright, lively, fun and engaging, this book teaches children to be confidently aware and reinforces the need to check with a SAFE adult before they do anything with a stranger.

"The catchy, Tricky EYE-SPY rhyme will stay with them for life"

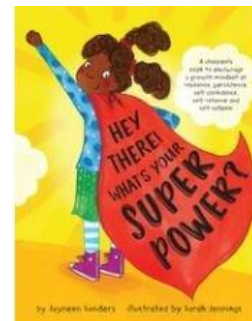
\$21.00



## Hey There! What's your Super Power?

Follow Becky's journey as she tries lots of exciting new things to find her amazing superpowers! This engaging and interactive children's book provides a number of simple and very achievable 'tasks' to help kids to develop a growth mindset of resilience, persistence, self-confidence, self-reliance and self-esteem

\$15.00



## The Not-So-Perfect Princess and the Not-So-Dreadful Dragon

Princess Petal is NOT what you would expect the 'perfect' princess to be. In fact, she is quite the opposite. Her princess dresses are torn and scruffy, she wears an old woolly hat instead of a golden crown and she is very (very) loud. So when Princess Petal meets a fire-breathing dragon while out hiking in the forest, both are in for a bit of a shock!

\$15.00



## Be The Difference

This engaging book provides over 40 powerful ideas on how kids and the people who love them can make a difference. Using kid-friendly text and beautiful illustrations, the focus is on three key areas: empathy and kindness, racial and gender equality, and caring for the environment.

\$15.00

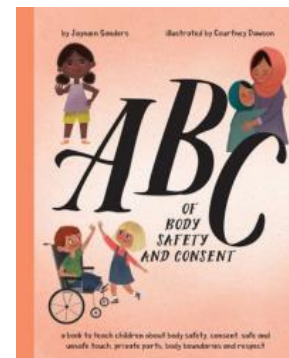


## ABC of Body Safety and Consent

The 26 'key' letters and accompanying words will help children to learn and consolidate age-appropriate, crucial and life-changing body safety and consent skills. Designed as a 'dip in and dip out' book, the text, the child-centred questions and the stunning illustrations will reinforce key skills such as consent, respect, body boundaries, safe and unsafe touch, Early Warning Signs, Safety Network, private parts, and the difference between secrets and surprises. Also included are Discussion Questions for parents, caregivers and educators.

Suitable for children 4 to 10 years.

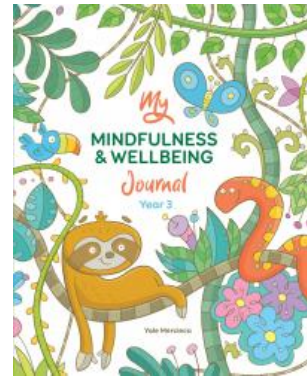
\$15.00



## My Mindfulness & Wellbeing Journal Year 3

My Mindfulness & Wellbeing Journal Year 3 - This Journal is just for you! Write as much as you like. Draw Pictures and colour the pages. Journaling is a great way to express all your feelings - big and small! Make this Journal your own because you matter, A LOT!

\$13.00



## Hope

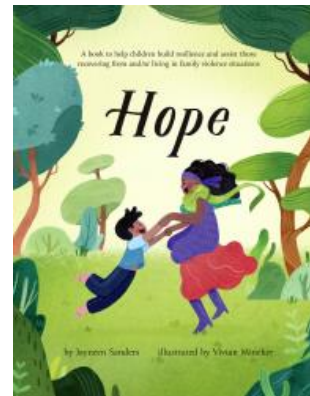
Hope Jonathon's home was not a happy one. Sometimes there was shouting and sometimes there were tears. But hope soon arrived when Auntie Edie came to stay. She brought with her joy, happiness, a cat called Magic and the wonderful possibilities of hope.

This book is dedicated to all those children who feel sad right now. As Jonathon knows, there is always hope that things might change.

The development of this book was supported by family violence experts.

Discussion Questions and a Safety Plan are included.

\$16.00



## Little Big Chats – Hard cover

The Little BIG Chats series has been written to assist parents, caregivers and educators to have open and age-appropriate conversations with early learners around crucial, and yet at times, 'tough' topics.

There are **TWELVE** hard-cover books included in the Little BIG Chats series!

- Empathy: Exploring the meaning of empathy and kindness
- I Always Try: Developing a growth mindset of resilience and persistence
- Feelings: Understanding different feelings and emotions
- Everyone is Equal: Introducing the importance of gender equality and diversity
- Around the World: Celebrating the importance of racial equality and diversity
- Mindfulness: Exploring the importance of mindfulness and learning calming skills
- Families: Celebrating diversity in families
- ... and more!

Suitable for ages 2 to 6.

\$110.00

**Please note: Postage charges apply**



# Testimonials

## **Kara Parata, Head of Victoria, Oxanda Childcare Pty Ltd**

In Safe Hands has been an invaluable resource for our business. Making sure all of our Educators are up to date with the most relevant and detailed training is so important in the Early Education Industry and In Safe Hands consistently deliver this.

From setting up the training, calling for assistance or even the liaising from our Centre Managers to their support staff was all easy, time efficient and trouble free. I would highly recommend this company to any individual or business seeking workshops, webinars or targeted training.

## **Duncan Lloyd, Training Manager, Queensland Police-Citizens Youth Welfare Association**

As the Training Manager of Queensland Police-Citizens Youth Welfare Association I am writing this letter to demonstrate my support for In Safe Hands.

The nature of the relationship has been that In Safe Hands is engaged to deliver online training services and support for many of our employees. The standard of service and support provided has been of a high quality.

## **Peter Elmore, Rector, Padua College**

Padua College partners with In Safe Hands for all of our Student Protection requirements. Teachers, general staff, coaches and volunteers all complete individually tailored, online and self-paced learning modules to compliment the annual face to face delivery of legislative understanding and updates. The online modules have been written to personally meet the needs of our diverse community. The immediate feedback and self-management platform provide an easy and effortless capability to ensure capacity development amongst staff and volunteers. Most impressive though, is the personal support offered by the team at In Safe Hands around staff engagement and advice on student related issues. Working with In Safe Hands has certainly provided a level of confidence and assurance in working towards the protection of our students.

## **Robert Wight, Education Coordinator, Professional Health Network, an Australian Government Initiative**

Michael delivered a highly engaging and practical presentation to general practice staff on practical solutions for aggressive behaviours. Michael's experiential approach reinforces learning and gives participants skills to take back to their own workplace. We received excellent feedback from all participants who attended this education session.

# Our Community Engagement

## Charity Partner

In Safe Hands are very proud to be a major sponsor of “The Good Choice Project”, a charity that is making a difference in young people’s lives by providing valuable life lessons around safety and wellbeing.

Read more at [www.thegoodchoiceproject.org.au](http://www.thegoodchoiceproject.org.au)



## SPONSORSHIP

In Safe Hands Proudly Sponsor the below sporting clubs

- Ferny Districts Cricket Club
- Toombul Districts Cricket Club
- QLD Confraternity Shield Competition
- Padua College sports
- Ferny Grove State High School FAST Program
- West Brisbane Panthers Women’s Rugby League Team
- Various local charities

### Previous sponsorship

- West Arana Junior Rugby League Club
- Brisbane A Grade Rugby League
- West Mitchelton Junior Rugby League Club

## IN SAFE HANDS EDUCATORS IN SAFETY PTY LTD

3/1147 South Pine Road, Arana Hills, Qld, 4054

[www.insafehands.net.au](http://www.insafehands.net.au)

1300 794 644

[enquiries@insafehands.net.au](mailto:enquiries@insafehands.net.au)

