

EDUCARETM

First Aid and Childcare Courses

Specialising in courses for: • Domestics • Parents • Childcare Workers • Au Pairs

HOW PRODUCTIVE IS YOUR DOMESTIC WORKER?

Taking care of a household is a complex and huge responsibility. These days many of our domestic workers are employed to take care of our children as well. Efficient and effective time and energy management can make this task much more manageable and rewarding. Tips, advice and useful hints can save one a lot of time, trial and error and communication could also help improve the relationship between employer and employee and thus increase her productivity and pride in her household tasks.

It is always best to have detailed task instructions, together with an order of importance.

A duty schedule would be divided into daily, weekly and monthly tasks.

- Daily task eg: washing dishes, putting washing on and hanging it out and making the beds.
- Daily task eg: beating the rugs, cleaning out the fridge and washing the windows.
- Re-packing cupboards, defrosting the freezer and cleaning and sorting out grocery cupboards would be monthly duties.

If your domestic worker's duties involve childcare and housework, it will require one to be even more organized. The jobs that require attention to detail or are a possible danger to the child, will have to be done while the child is having his/her nap. Eg: cooking, ironing or working with chemicals

She may also have to take her meal breaks during that same period or at a time when the child is playing happily and requires less attention.

HELPFUL HINTS: To help your domestic cope with childcare and housework:

- Put a load of washing in the night before that will be ready to hang out first thing the next morning,
- Try to minimize ironing by hanging washing on coat hangers on the line
- Have a daily duty schedule for her so that she knows exactly what is expected. It's a good idea to set aside 'play' time in the schedule which can include stimulation activities and free play.
- Prepare baby meals for the week that can be heated/defrosted

Healthy food makes healthy babies, who grow up into healthy children and adults. Home made baby food is not only nutritious but can also save a lot of money. Making purees in small quantities can be difficult and time consuming.

Teach your domestic worker to make enough for a few meals, and the excess can be frozen in bottles, small containers or ice-trays. Food may be frozen for up to two months.

Purees are not only for babies! Older children may enjoy a puree as a dip or a pasta sauce. A diluted puree may make a delicious soup and pureed fresh or stewed fruit make a lovely dessert on its own or over ice-cream!

Delicious Apricot and Pear Puree Recipe

1. Roughly chop four to six dried apricots and put them into a pot with two ripe peeled pears, cored and cut into pieces.
2. Cook while covered over a low heat for three to four minutes.
3. Puree in a blender.
4. Alternatively, use four fresh, ripe apricots, peeled, stoned and chopped.

Educare offer a variety of First-Aid and childcare courses. These include House-keeping, Cooking and nutrition for babies and children, Basic childcare and Developmental Stimulation. All courses are suitable for anyone involved in infant and child-care; Moms, Dads, Nannies, Teachers and Grannies.

For bookings or more information, please contact the closest franchise to you.