

JULY
2024



AUGUST
2024

From the Nominated Supervisor’s Desk *What’s going on....*

We acknowledge the traditional custodians of the ACT, the Ngunnawal people.

We acknowledge and respect their continuing culture and the contribution they make to the life of this city and this region.

Dear Families,

Kylie has been very busy processing the new enrolments for 2025. We are hoping to have them all done by the middle to end of September 2024. Talk about being organised!!!
Kylie will also be away on holiday from Tuesday 27th August and will be back on Thursday 5th September 2024.

The new parent Portal is going really well. Thank you to all for adapting to the new payment method. If you still haven’t made payments through the portal or B-Pay, please do so this fortnight. Any questions please speak with Kylie

There is still time to buy tickets for the Father’s Day raffle. Tickets are \$5 each and can be added to your account. Raffle will be drawn on Thursday 29th August 2024

There are number of incursions coming up:

We have the Recycle man coming tomorrow for a visit. He will visit the Banksia, Bluebells and Waratahs program. The Recycle man show educates children on the importance of recycling and ongoing sustainability. Children gain environmental awareness and learn how our recycling bin system works and what they can do every to help. The passion and excitement expressed by Recycle man coupled with the use of costumes, games and visual aids keeps the children engaged throughout the 40-minute sustainability show

Our Book week parade will be on Thursday 22nd August at 10.30. We can’t wait to see the children dressed up as their favourite book characters. We would love to see you there.

Healthy Harold will be attending our service on Thursday 29th August to visit the pre-school programs. Harold’s Big Feelings supports preschool children to develop and build social and emotional wellbeing skills and knowledge. This program focuses on emotional literacy, emotional regulation, friendship and connection and help seeking.

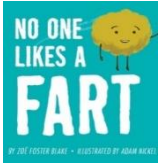
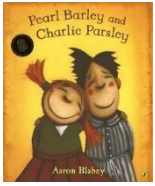
Wiradjuri Echoes will be here on Tuesday 28th August at 2.30pm. He will be performing for all programs.

The Banksia, Bluebells and Waratahs are loving Lucy Sparkles. She comes every Tuesday morning to teach the children music and dance.

Staffing for the next couple of weeks:
Rita will be back next Wednesday 28th August 2024
Jen will be away Wed 28th, Thurs, 29th and Friday 30th August
Yolanda will be away Friday 30th August
Ash will be away Monday 9th September
Jung will be back Monday 23rd September

Kelly and Kylie

Book reviews



PEARL BARLEY AND CHARLIE PARSLEY | AARON BLABEY

Pearl Barley and Charlie Parsley are the best of friends. But they are different in almost every way ... Pearl likes solving mysteries and moves rather fast in the world. Charlie likes taking baths and watching his garden grow. So how can Pearl Barley and Charlie Parsley be such good friends? A delightfully uplifting tale about self-belief, courage - and above all - the power of friendship.

NO ONE LIKES A FART | ZOË FOSTER BLAKE & ADAM NICKEL

Fart is desperate to make friends and have fun. But no one likes a fart -- not even a fart with a heart. With plenty of laughs and even more heart, this delightful picture book shows that even the smelliest among us can find a friend in this world.

BOY + BOT | AME DYCKMAN ILLUSTRATED BY DAN YACCARINO

One day, a boy and a robot meet in the woods. They play. They have fun. But when Bot gets switched off, Boy thinks he's sick. The usual remedies—applesauce, reading a story—don't help, so Boy tucks the sick Bot in, then falls asleep. Bot is worried when he powers on and finds his friend powered off. He takes Boy home with him and tries all his remedies: oil, reading an instruction manual. Nothing revives the malfunctioning Boy! Can the Inventor help fix him?

BEST BLOGS

GOOD INSIDE

www.goodinside.com

Good Inside focuses on the parent behind the parenting and the child behind the behaviour, helping families heal — bringing out the good inside everyone. Sturdy leadership, Parent-child connection, Deep thoughts, practical strategies, bite-sized learning and community are the foundations of Good Inside.

RECIPE TIN EATS

www.recipetineats.com

Nagi is RecipeTin. Recipe Tin Eats reflects her philosophy on food and cooking — fast, creative, clever and fresh. That's fast meals for busy weeknights. Creative new ideas and fresh takes on favourites to shortcut preparation, cut down on cost and create food with style.

Recipes are cost conscious, made using everyday ingredients and (mostly) pretty healthy. You won't use a tub of cream or blocks of cream cheese in every sauce, and you will only deep fry when it is really worth it. Enjoy a huge range of recipes suited for the whole family.

Kids in the kitchen

BACON FRENCH TOAST

PREP 10 min | COOK 15 min | SERVES 6



INGREDIENTS

- 5 cups of bread, cut into 2cm cubes
- 3 rashers bacon -diced
- Oil spray

Egg Mixture:

- 3 eggs
- 1 1/4 cups milk
- 1 tsp sugar
- 2 pinches salt

METHOD:

Combine the Egg Mixture ingredients in a bowl and whisk until combined. Add bread cubes and mix well. *(If using fresh bread, set aside for 10 to 30 minutes in the fridge. If using stale bread, set aside for 20 minutes to overnight. If you're in a rush, use your hands to gently squeeze the cubes to help them absorb the egg mixture faster.)*

Preheat oven to 180C.

Spray a medium fry pan with oil spray and heat on high heat. Add the bacon and cook until just starting to brown. Remove bacon from fry pan and drain on absorbent paper.

Spray 6 holes in a muffin tin. Mix the bread-egg mixture to evenly disperse the egg mixture that will have settled at the bottom of the bowl.

Divide 1/3 of the bread-egg mixture between the 6 muffin cups. Sprinkle with half the bacon, then press the mixture down with medium pressure using the back of a spoon.

Top with the remaining bread mixture. Each muffin should be slightly mounded even after lightly compressing them. The bread cubes on top will puff back up when you bake it.

Sprinkle with remaining bacon. Bake for 15 to 20 minutes until the top is golden brown. Let rest for 5 minutes before removing from the muffin tin.

Serve with maple syrup, if using.

Recipe and image by Recipe Tin Eats

HEALTH & SAFETY: Sleep

Sleep plays a crucial role in the development of young minds. In addition to having a direct effect on happiness, research shows that sleep impacts alertness and attention, cognitive performance, mood, resiliency, vocabulary acquisition, and learning and memory. In toddlers, napping appears to be necessary for memory consolidation, executive attention, and motor skill development. Sleep also has important effects on growth, especially in early infancy.

What Happens When Children Don't Get Enough Sleep?

As every parent knows, a child that's short on sleep can swing between being grumpy and hyperactive, with effects that can mimic ADHD. Sleepiness can also affect your child's ability to pay attention, with ramifications for their performance in school. Even minimal sleep restriction can have effects on your child's day-to-day life.

According to the American Academy of Paediatrics (AAP), a quarter of children under the age of 5 don't get adequate sleep. This is worrying because poor sleep in early childhood has been linked to allergic rhinitis and problems with the immune system, as well as anxiety and depression. There is also emerging evidence that poor sleep in childhood may carry future cardiovascular risks in the form of obesity, diabetes and high blood pressure.

In adolescents, inadequate sleep can have long-term effects on academic performance and mental. The American Medical Association, the US Department of Health and Human Services, and the American Academy of Paediatrics consider chronic sleep loss in adolescents to be a public health problem. It is a risk factor for substance abuse and mental health problems, as well as more immediate problems such as car crashes and sports injuries.

Tips on How To Make Sure Your Child Gets a Full Night's Sleep

Sleep needs change as your child grows older, but whether you're dealing with a 2-year-old toddler or a stubborn teenager, research shows that a consistent bedtime routine is helpful for

making sure your child gets enough sleep. Whatever activities you choose, try to do the same ones every day in the same order so your child knows what to expect.

A typical bedtime routine might include: Turning off computers, TV screens, video games, and other bright lights, Putting on pyjamas and brushing teeth, reading a light book, singing a lullaby, or taking a bath, picking a stuffed animal or security blanket for the night for toddlers.

Sleep Hygiene Tips for Kids: Daytime habits also affect sleep. You can promote restful slumber in your children by following basic sleep hygiene rules:

- Arranging a balanced schedule with interspersed periods of rest and play
- Keeping a regular bedtime
- Making the bedroom, and especially the mattress, a no-screen zone, even during the
- Providing a healthy diet
- Setting the thermostat to a slightly cooler temperature
- Using dark curtains to block out light, or a nightlight if they're scared of the dark
- Keeping the bedroom quiet, or using a white noise machine to mask outside sounds
- Avoiding caffeine, large meals, and sugary treats before bedtime, opting for a healthy bedtime snack if necessary

It's important to give your child regular exercise, but don't fall into the trap of exhausting your child to have them sleep better at night. More often than not, this will make them overtired and actually make it harder to fall asleep. Learn to recognize the special level of hyper that means your toddler is too tired, so you can put them to bed before things turn sour. For more information about sleep and your child **follow the QR code.**



Read the article via the QR code.

Source: Sleepfoundation.org (2023, April). **Children and sleep** Retrieved from sleepfoundation.org

SNOWBALL THROW ALPHABET GAME

Paper, tape and ping-pong balls OR ball pit plastic balls are all you need for this game of "snowball" throwing from **Mom Inspired Life**. Tape a bunch of letters to a wall, call out the sounds and have your kids throw the snowball at the letter represented. As an added bonus, kids get to work on their coordination as well as their alphabet.

Source: **Mom Inspired Life**



FOCUS: Parenting Children Ages 2-6: When My Child Hits

Take a moment to picture this scene: Your four-year-old son wants to show you the block tower he's made, but before you're able to come look, his baby sister comes over to play and knocks the tower down! You arrive just in time to see your son push his sister away, and your daughter falls and bursts into tears on the floor. Oh boy, not good! So, what do you do?

It's not an unusual thing for kids to do at this age, in fact, it's pretty normal and common, but of course you want him to know that it's not okay! You probably want him to learn to take responsibility, make amends, and do better in the future. With emotions running high all around, it can be a tough spot to be in as a parent!

But how we respond, rather than react, to situations like this can either help or make things worse in the long run. This is one area of parenting where it's really important to remember: as we build healthy RELATIONSHIPS with our kids, they will be more open to our correction! We need to build connection, and THEN we can more effectively direct and correct our kiddos' behaviour.

Of course, this doesn't mean letting your kids get away with things like pushing! But it's helpful to keep that big picture in mind as we set boundaries, keep everyone as safe as possible, and help our children understand that violence is not acceptable. The key here is when they feel connected to you, they'll be more open to learning other options for handling those strong feelings and tough situations!

Here's a few basic tips that can help you with those goals:

1. Keep in mind that your child probably isn't TRYING to be bad or mean. They're still learning to understand and regulate their feelings, and they don't have a lot of problem-solving experience yet. So, when they hit or push, it's probably their way of expressing themselves and asking for help and getting their needs met! That doesn't make it okay, of course, but it's important to remember that they probably WANT to get along with others and figure out better ways to handle hard emotions. They just don't know HOW, sometimes! They need your help to learn. It takes time and a ton of practice for kiddos to learn how to use their words or find other ways to problem-solve in high-emotion situations. Try to be patient with them, and with yourself. Remind yourself that learning these skills is a process, and it will go better if you try to look at things from their perspective.

2. PREVENT problems when you can. For example, when your child is tired or hungry, it's probably not the best time to have them play with other kids. Think about it: when YOU'RE tired and hungry, it's hard to respond well when people aren't nice to you! Right!? So, it's probably even harder for your kiddos to do so!

Things like cutting playdates short or packing some extra snacks for long outings can help.

3. Take ACTION without insult. Sometimes you'll need to physically intervene to keep people safe, maybe grabbing or blocking the child to protect someone. Be careful what you say when you do so! Rather than telling them that they are bad or mean, give information that teaches your values, such as "It's not okay to hit!", or strongly express your feelings, such as "It makes me sad when you hurt your sister!" Focus on the BEHAVIOUR without attacking your child's CHARACTER. This will help you maintain a healthy connection with them and help them be more open to correction.

4. Help your child calm down and feel safe. This can include you making eye contact with them and taking some deep breaths together to bring their heart rate back to normal and help clear their mind. Or maybe you hold them or take them to another room where they can have some quiet time for a few minutes. It's important to not try and teach our child a lesson when they are experiencing strong emotions. Remember: emotions must be understood before behaviour can be improved.

5. TEACH your child and SHOW them how to be kind. Acknowledge their feelings by saying something like, "Even though you know there's no pushing allowed, it can be frustrating to have little sisters ruin something you worked hard on. You were really mad at her for knocking down your tower, right?" Then, work together to come up with ideas for making amends to whoever they hurt and for other ways they might solve similar problems in the future. For example, you might say something like, "I think your sister was pretty sad when she was knocked down. What do you think you could do next time when you get frustrated with her, instead of pushing or hitting?"

There's a lot that can be said about this tricky parenting subject, but these tips are a great place to start!



Read the article via the QR code.

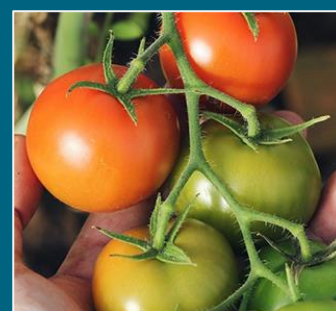
Source: Schramm, Dave (2022). When My Child Hits. Retrieved from www.dr.daveschramm.com



RE-GROW VEGGIES FROM SCRAPS

Did you know that there are lots of vegetables out there you can regrow from scraps and leftovers? And it doesn't matter if you don't have a garden; many of these veggies will regrow from your balcony or windowsill too. Regrowing your veggies is a fun and free way to get your kids excited about healthy food. Why not try turning it into an experiment to see which veggies grow the fastest? Or challenge your kids to making a recipe using their own home-grown produce.

Follow [this link](#) to find the instructions to grow a range of different veggies.



FOCUS: It's NOT Funny! What to do if your child laughs at discipline



We love humour. But...when disciplining our kiddos humour isn't funny. When our child smirks and busts a gut during a serious moment, we feel as if fireworks in our chest are ready to explode.

That grin. That giggle. OH! It feels like mocking. *Let's consider some things before lighting the fuse.* Humour usually brings people together.

Humour is a great deflector and distractor. Humour is a positive way to get attention. Humour can be a way to gain or regain control. Humour can be used to manipulate. Humour is an action. But laughter is a reaction.

Laughter is a physical response to an emotional trigger. Have you ever said, *"If I don't laugh, I'm going to cry?"* Sometimes kids get the giggles or act silly when they feel uncomfortable or nervous. They may laugh or act like a jokester to reconnect or reaffirm the parent-child relationship. When mum or dad express anger, it is possible the child is attempting to make things better with joke to defuse the situation. It's also likely he is scared or uncomfortable and that a laugh is his reaction rather than to fight or take flight.

Observe your child. Give him the benefit of the doubt. Perhaps his reaction is due to fear. Maybe it is a way to re-establish the relationship. No matter the reason, mum and dad must not ignite the wick. Stay in control.

During the moment mirror his non-verbal behaviour: "You are smiling." Ask, "Are you feeling uncomfortable?" After the event inquire, "Why do you think you smiled when I was speaking with you?"

Discuss more typical responses to anger or fear. Talk about how a smile during a serious moment can be misunderstood. Once the behaviour is verbalised it is easier for the child to draw up a more appropriate response. If your kiddo uses humour as a tool to alleviate discomfort come up with a different strategy. Commend him on how he has been blessed with a sense of humour. Talk about the right time and place for his antics. You may even want to use a visual or tactile cue to encourage appropriateness. "Put on your left brain, logic hat. It's time for us to talk about....." - "My touch is a sign that this is important but not scary."

In finding out the WHY of the chuckles you will be better equipped to deal with the anger inducing laughter during a serious moment.

8 QUICK TIPS

If your child is like most kids and has occasional periods of defiance, there are things you can do to make things easier.

1. Set Expectations.
2. Get to the Root of the Behaviour.
3. Set your **Child** Up for Good Behaviour.
4. Treat Your **Child** As You'd Want to Be Treated.
5. **Take** Advantage of Your **Child's** Verbal Skills.
6. Establish Absolute Ground Rules.
7. Compromise When You Can.
8. Discuss Options.

Each of these eight tips are elaborated in full [here](#)

Katherine, Lee (2020). *Effective Ways to Handle Defiant Children*. Retrieved from <https://www.verywellfamily.com/how-to-handle-defiant-children-620106>

Read the article via the QR code.

Source: Wildenberg, Lori. (2020). *It's NOT Funny! What to do if your child laughs at discipline*. Retrieved from <https://herviewfromhome.com/its-not-funny-what-to-do-if-your-child-laughs-at-discipline/>



HEALTH & SAFETY: 5 lessons to teach your child about getting lost

If your child is separated from you for some reason, there are a few ways to ensure you can be reunited as soon as possible. Losing sight of your little one, no matter how momentarily, brings a feeling of dread and panic. And if it's bad for you, imagine how frightening it is for them. Before you head out, there are a couple of risk management steps you can take to ensure that if your child is separated from you for some reason, you can be reunited as soon as possible.

Teach your children your information

Children, often as young as three, should know your full name (not just Mum or Dad), and be able to memorise your phone number. If you have concerns that they won't remember, and you are heading to a populated area e.g. holidays or a theme park, write down the information and tuck it away in a secure place such as a shoe or pocket and let them know it is there if they need it. There are also companies who provide disposable ID bracelets with your information that are useful for very young children.

Have a safety plan in place

There are steps – outlined below – that children should undertake if they get lost. If they do these steps and still can't find you, having a safety plan in place gives them an ultimate step to do in order to be reunited with their family as quickly as possible. A safety plan, which ideally you should discuss every time you head out with your children, might be choosing a landmark to meet at, or a specific uniform to look for to ask for help. This will change from place to place, so should be emphasised clearly each time. Before actioning the safety plan, kids should know to try the following five things first.

5 things to teach your children to do if they get lost

STOP: If your child has found themselves separated from you or their carer, teach them to immediately stop what they are doing and stand still. Whether they are walking, or playing they should stop what they are doing and give you a moment to come and find them.

BE SAFE: Teach your child to stop and check if they are in a safe place. A safe space is an area where an accident is less likely to happen. If they find themselves in a busy pedestrian path, or in

the way of machinery, or traffic, or are close to a large body of water or unstable ground, let them know to move to the nearest safe space and wait.

CALL FOR YOU: Let your children know that they won't get in trouble for yelling your name if they are lost. Whether they are outdoors or in a library, if they are lost it is OK to stand tall and shout for you in their loudest voice. Teach them to call out your real name, not 'Mummy' or 'Daddy'. More often than not, you will be closer than they think and can be reunited very quickly.

Sidenote: A child making a loud fuss is less of a target to a predator, who generally target children who can be led away quietly.

LOOK FOR A SAFE ADULT: Statistically, the safest person for your child to approach is a mother with children. Teach your child to look for a mother and child, or another safe adult such as a Police Officer. They should approach them and tell them clearly that they are lost and ask them to call you, using your full name when they do. They can either tell them, or show them your number.

USE THE SAFETY PLAN: If your child can't identify a safe adult nearby and they have tried all of the above steps and are still lost, now is the time to follow the safety plan you organised earlier.

THE BEST THING YOU CAN DO: As soon as you discover your child isn't where they should be is to **start shouting your child's name, and what they are wearing.** It doesn't matter where you are, and don't worry about being polite. With both of you shouting for the other, you'll likely find that anyone within earshot will be eager to help you both find each other.



Read the article via the QR code.

Source: Wylie, Rebel. (2022). 5 lessons to teach your child about getting lost. From <https://www.bountyparents.com.au/expert-advice/teach-child-about-getting-lost/>



WHERE TO NEXT?

Short simple activities to get some active minutes in the day.

HOW TO PLAY: This game is best played outdoors, in an open area with different landmarks or locations that children can run to. On small pieces of paper write down the names of different landmarks in the vicinity, i.e., the fence, goal post, a tree, swing... Put the pieces of paper in a small bag that can be carried as you run. One child pulls out a piece of paper and reads the location. Then they all have to run to that location. Once everyone reaches the destination, a different child pulls out another piece of paper, and you all run again.



ART AND CRAFT

Art is a natural activity to support this free play in children. The freedom to manipulate different materials in an organic and unstructured way allows for exploration and experimentation. These artistic endeavours and self-directed explorations are not only fun, but educational as well. Art allows youth to practice a wide range of skills that are useful not only for life, but also for learning. So why is art so important for pre-schoolers?

Skills youngsters practise when participating in art activities include:

Fine motor skills - Grasping pencils, crayons, chalk and paintbrushes helps children develop their fine motor muscles. This development will help your child with writing, buttoning a coat and other tasks that require controlled movements.

Cognitive development - Art can help children learn and practice skills like patterning and cause and effect (i.e., "If I push very hard with a crayon, the colour is darker."). They can also practice critical thinking skills by making a mental plan or picture of what they intend to create and following through on their plan.

Math skills – Children can learn, create and begin to understand concepts like size, shape, making comparisons, counting and spatial reasoning.

Language skills – As children describe and share their artwork, as well as their process, they develop language skills. You can encourage this development by actively listening and asking open-ended questions in return. It is also a great opportunity to learn new vocabulary words regarding their project (i.e., texture). In addition to helping youth develop important skills, free expression is also good for overall health and well-being. Giving your child a creative outlet can help relieve stress and work through things happening in their lives. By encouraging artistic expression, you can help facilitate learning.

Source: <https://montessorirocks.org/importance-art-preschoolers/>

National Quality Framework | Quality Area 1:
Element 1.1 – *Program*. The educational program enhances each child's learning and development.



WATER PLAY

Water is an important natural material that provides hours of absorbing fun and a **multitude of wonderful development and learning opportunities**.

What are the benefits of Water Play?

Energy Release – Children can find water play both calming or invigorating depending on the activity being presented.

Therapeutic Water Play – Water play doesn't have to be loud and busy; it can be a tranquil activity where children are quietly absorbed. A bit like losing yourself in a colouring page, children benefit from the relaxing and repetitive nature of scooping, pouring and running their hands through the water.

Motor Skills – Water play gives many opportunities to develop gross and fine motor skills across the age ranges. **Fine motor skills and hand and eye coordination are constantly refined** as children scoop and pour water and fill and empty containers in a multitude of different ways. **Gross motor skills and large muscle strength is developed and stretched** as children are encouraged to carry and pour larger and heavier pots and buckets of water.

Social Skills - It is a great way for children to **learn to share and take turns** as they share the physical space and the play items in the water.

Language and Communication - Water play is so versatile you can add pretty much any play items to it, be it dinosaurs and mud for a swamp or cars, sponges and bubbles for a car wash, the possibilities are endless! Of course, **each new way of playing with water brings with it new vocabulary choices** for all the play items and play scenarios involved, as such, it is a fantastic resource for building new vocabulary and communicating with peers as they play.

Source: <https://kidscraftroom.com/benefits-water-play/>



NINJA WARRIOR

Short simple activities to get some active minutes in the day.

Create a Ninja Warrior obstacle course in your backyard! Your home is full of objects you can use for the course, buckets, ladders, play equipment, heavy cans, ropes, hula hoops. You can also mix the obstacle race with a treasure hunt. Include obstacles that involve agility, jumping, balancing, climbing, crawling, strength and teamwork. Check for safety and have fun!