

DON'T LET WHAT YOU CAN'T DO, STOP YOU FROM DOING
WHAT YOU CAN DO. - JOHN WOODEN

Glen Dhu CHILDREN'S SERVICES



ON *this*
MONTH

- *National Sorry Day
- *Featured Podcasts
- *Road Safety Week

- *Cooking in the kitchen
- *Focus on: Sleep
- *Educator Updates

Director's Note:

Hi there, the last newsletter was about our new renovations starting, and it is very exciting to now walk around and see them starting to take shape. The new verandah is usable with a small minor adjustment to be made in the near future and it is proving to be a great asset to our service in all weather. Our team have enjoyed sitting out in the sunshine having a break. Our Baby room has got their roof on & we are just waiting for their all-weather blind to go up soon and then their walls will be finished off.

Our bathroom has started off with new sinks & more sustainable taps. This will be finished soon once our builder gets more time. We gave him too many jobs.

Our office has had a mini make over and we are loving the little bit of additional space we have created to enable more room for conversations, parents feeding, staff breaks etc.

Families Week was a hit and lots of fun in our photo booth. Thank you for participating, our children have enjoyed the dressing up, we have continued this for outdoors with a range of dress ups. If you have an old bag, scarf or shoes or men's small jackets or boots we happy to have a small selection to add to our pile!

Reconciliation Week has been our current focus-, Reconciliation is a journey for all Australians – as individuals, families, communities, organisations and importantly as a nation. At the heart of this journey are relationships between the broader Australian community and Aboriginal and Torres Strait Islander peoples. We all have a role to play when it comes to reconciliation, and in playing our part we collectively build relationships and communities that value Aboriginal and Torres Strait Islander peoples, histories, cultures, and future. This has been a week of celebrating culture & learning for our children.

Regards Mel

NATIONAL SORRY DAY – MAY 26

National Sorry Day is an Australia-wide observance held on May 26 each year. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities. The first National Sorry Day was held on 26 May 1998 – one year after the tabling of the report ‘*Bringing them Home*’ in May 1997. *The report was the result of an inquiry by the Human Rights and Equal Opportunity Commission into the removal of Aboriginal and Torres Strait Islander children from their families.* **Find out more about National Sorry Day here**

NO-BAKE CHOC COCONUT SLICE



PREP 15 min | COOK 15 min | SERVES 16

INGREDIENTS

- 1 cup (95 grams) rolled [traditional] oats
- 1 cup (80 grams) desiccated coconut, plus extra to serve
- 1/2 cup (170 grams) extra coconut
- 1/2 cup coconut + 1/2 rolled oats (together)
- 1/3 cup (35 grams) cacao
- 4 Medjool dates, pit removed
- 1/3 cup (80 ml) coconut oil, melted
- 1/4 cup (60ml) maple syrup
- 1 teaspoon vanilla bean paste [or extract]

METHOD:

Line a 20cm x 20 cm square tray with baking paper. Place the oats, coconut, almonds, cacao, dates, coconut oil, maple syrup and vanilla into the large bowl of a food processor. Blitz until finely chopped. With the motor running add 1-2 tablespoons of water and blitz until the mixture comes together. Pour mixture into the prepared tray, top with a sprinkle of coconut and freeze for 1-2 hours or until set and firm. Cut into 16 squares. Enjoy. X

Recipe and Image from My Lovely Little Lunchbox

Podcast Reviews

A few of the best podcasts for parents now!



PARENTAL AS ANYTHING

MAGGIE DENT | AUS

Maggie Dent, one of Australia's favourite parenting authors and educators gives you practical tips and answers to your real-world parenting dilemmas. Maggie talks to parenting experts from around the world to find practical solutions to the challenges every parent is facing today.

DAD POD: BEYOND SLEEPING IN

OSHER GÜNSBERG & CHARLIE CLAUSEN | AUS

DadPod is a weekly podcast documenting the new Dad adventures of Charlie Clausen and Osher Günsberg. Not just Dad jokes, two Dads talking unapologetically about what it is to be a parent.

MEANINGFUL LIVING

HAYLEY HUBBARD & JESSICA DIAMOND | USA

Parenting is hard. And the thousands of decisions we're forced to make everyday can feel daunting. Should I listen to my paediatrician, my mother, this website? When am I going to find time to read this 500 page book on feeding? Consider Meaningful Living the “Cliff’s Notes” to parenting. Because when you remove the doubt, fear, and stress from everyday parenting choices, you create more time for the fulfilling moments.

Road Safety is highlighted in May as its National Road Safety Week

Pedestrian safety and road safety for kids

Until the age of 11-12 years, children need active adult supervision to help them safely navigate driveways, cars, roads and car parks. Even children who seem to know all the road safety rules won't necessarily remember to follow them.

Always holding your child's hand when around cars is a great first step. You can also teach your child about road safety, including how to be safe around parked cars and on footpaths and driveways.

Your child will learn about pedestrian safety by watching you, so use safe behaviour around cars, roads, footpaths and car parks.

For example, always stop, look, listen and think before crossing a road, and use pedestrian crossings wherever possible. Always cross at the safest point, even if you have to walk further out of your way. If you're crossing at the lights, wait for the green signal. And put away phones and other devices when you're walking around roads and cars.

A top tip for helping children learn about pedestrian safety and road safety is to describe what you're doing each time, so your child can understand why it's important.

Preventing driveway accidents

Young children are particularly at risk in driveways and yards. Toddlers and preschoolers might not yet realise that cars are dangerous. They can also move quietly and quickly. They get highly absorbed in whatever they're doing, including chasing a ball behind a car. They often don't stop, even if you ask them to. And it's not just toddlers – older children can get hurt this way too.

Here are some driveway safety guidelines:

- Before moving a vehicle in a driveway, check that no child is behind, in front of, or around the vehicle. Don't rely only on car cameras and sensors. **Always do a visual check** around the vehicle.
- Never leave young children alone to play near parked or moving vehicles in driveways.
- Separate your child's play areas from driveways. For example, you could fence off the driveway or garage so your child can't run towards it.
- Get into the habit of waving goodbye to people from inside your home or another safe spot – for example, on the front porch.
- Always hold your child's hand near cars, even if you're just near your driveway or walking to the letterbox. Explain why it's important for your child to hold your hand.

It's worth noting that **car parks are similar to driveways** in that reversing drivers find it very difficult to see small children behind their cars. You can use similar safety guidelines to keep your children safe.

Safety getting in and out of the car

If possible, **use the kerbside, rear passenger door** when getting your child into and out of their car seat. This way, your child will get used to always getting in and out of the car through the safest door – the one furthest away from traffic.

If you have a baby and a toddler, keep your toddler safe inside the car when you're getting your baby out. Once you're all out of the car, hold hands with your child and together work out where cars could come from before you walk away from the car.

When you go back to your car, help your toddler in first, because your baby is less likely to move out of sight.

Pedestrian safety: walking and crossing roads

You can help children develop pedestrian safety skills and road safety skills by giving them plenty of practice around real roads – for example, by walking with children to and from child care or school, around the block or to the local shops.

- check there are no cars coming. To help your child understand about when and where it's safe to cross, explain what you're doing.
- Stop at driveways and check there are no cars reversing or entering.
- Start talking about road safety while your child is still in the stroller. For example, 'Uh oh, car coming. We'll wait until it's gone before we cross'.
- Keep talking about road safety as your child gets older.

As you walk together or when you're near roads, you can ask your child **simple questions** to get them thinking about pedestrian and road safety:

- Where is the safest place to cross this road?
- What do we need to do before we cross the road together?
- Why do we hold hands to cross the road together?
- When is it safe to cross the road?
- What do we look for when crossing the road?
- What sounds are we listening for when we cross the road?



HEALTH & SAFETY: Sleep...

You know the scene. You're kicking back with your partner, glass of wine in hand, enjoying some quiet time at the end of the day, while your children slumber sweetly in bed.

You're serene in the knowledge that your children are getting the sleep their growing brains and bodies need and they'll wake up well rested and ready for the day ahead.

Or perhaps not. Instead, you might be one of the exhausted souls suffering the grinding misery of a child who doesn't sleep.

You'll spend hours trying to settle them, only to have them wind up in your bed. They'll wake up tired and irritable, and get through the day fuelled by manic energy and meltdowns.

Sleep is very important to a child's health and development. A child's sleep is also important for their parents' health and relationships. It's just not always easy to come by.

The need for sleep varies with age. Infants require 12-16 hrs, Toddlers 11-14 hrs, Pre-schoolers need 10 – 13. A child in primary school generally requires between 10- and 12-hours' sleep at night, while a high school student needs between eight and 10 hours. An adult needs seven to nine hours a night. But you can't just pick the low end of the range and assume that's enough – an individual might well need sleep at the top end of the range, or they might need more than the guidelines.

A child who does not get enough healthy sleep may experience difficulties with concentration, memory, regulating their emotions, organising tasks and creative thinking. These children may be easily distracted, irritable, disruptive or generally hyperactive and restless. A lack of healthy sleep has been linked to mental health problems, poor growth, excessive weight gain, and reduced school performance. Studies as far back as 1980 suggesting some children who were diagnosed with ADHD, medicated and pulled out of mainstream school were merely sleep-deprived.

Good sleep habits

Have a regular sleep pattern. Your child should keep regular times for going to bed and waking up. These times should be the same or similar on weekends and holidays. The 24-hour body clock that controls sleepiness and wakefulness works best if there is a regular sleep routine.

Have a consistent pre-bedtime routine. This will help your child settle and prepare for sleep. It may include reading quietly, a warm bath or a warm milk drink. Avoid exercise or stimulating play in the hour before bedtime.

Did you know there are many sleep consultants in Launceston available to help families?

<https://www.facebook.com/babysleepbybec/>



Limit access to electronic devices (including TV, smart-phones, tablets and computer games) and bright light exposure in the one to two hours prior to bedtime. Exposure to bright light or the LED light from electronic devices can reduce the evening levels of the sleep promoting hormone, melatonin, making it more difficult to fall asleep. Electronic devices should remain out of the bedroom where possible.

Ensure the sleeping environment is quiet, dark and comfortable. Children should sleep in their own bed. If a night light is required, a red light is preferred. If background sound is required, soothing, gentle music is preferred. The bedroom should be used for sleep only and not study or play if possible.

Daytime exercise and natural light exposure may improve sleep at night. Children who are inactive through the day and/or are not exposed to natural sunlight, particularly early in the morning, may have difficulty falling asleep at night.

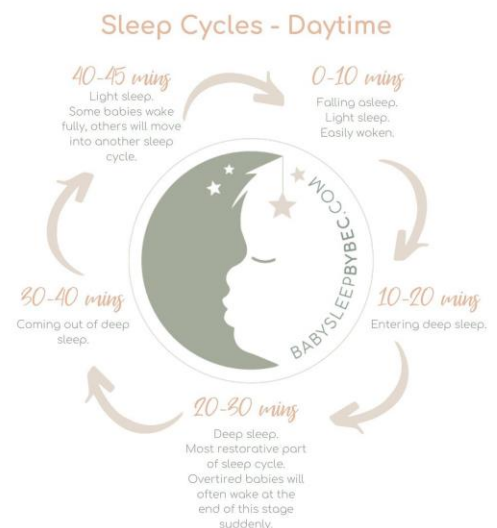
Limit caffeine intake. Caffeine is a stimulant that prevents sleep. Caffeine is present in tea, coffee, chocolate, energy drinks and some soft drinks. Caffeine is best avoided in children and certainly should be avoided after midday to avoid interfering with sleep.

Self-settling

It is important skill to learn for children in order for them to go back to sleep after waking in the night. Sleep however is a skill that needs to be taught and there are many ways to go about it. Consistency with anything is key! Below you will find a range of resources to help you teach self-setting as well as all the other important aspects of sleep hygiene.

kidshelpline.com.au/teens/issues/why-sleep-so-important
sleepfoundation.org/children-and-sleep
thesleepteacher.com.au/blog/
tresillian.org.au/advice-tips/settling/top-tips-videos/
www.racgp.org.au/afp/2015/december/sleep-problems-in-children/

Fitzsimmons, Caitlin. (2018). *The importance of sleep - and how to help your child get it.* Retrieved from www.smh.com.au
Children's Health Queensland Hospital and Health Service. (2021). *Healthy sleep - in children.* Retrieved



DO YOU COMPOST? START TODAY!

May highlighted International Compost Awareness week! ICAW aims to improve awareness of the importance of compost, a valuable organic resource. We can compost to help scrap carbon pollution by avoiding landfilling organic materials and helping to build healthier soils. **Better Soil, Better Life, Better Future.** Learning how to compost isn't difficult, Costsa Georgiadis ICAW ambassador has a very simple video explaining the steps to take to start composting at home. Find the video here <https://youtu.be/Uw5JVZSzMUA>

Enter the **#CelebrateICAW Photo Competition 2021** by sharing how you have supported Compost Week this year by sending a photo of your compost at home or at work to info@core.asn.au





Adventurous Play / Risky play

Risky play is thrilling and exciting play where children test their boundaries and flirt with uncertainty. Risky play provides opportunities for challenge, testing limits, exploring boundaries, and learning about injury risk.

Risky play is important because:

- It provides children with the opportunity to assess risk and manage sticky situations.
- It gives kids a sense of accomplishment and fun.
- Swinging, climbing, rolling, hanging and sliding are not only fun for children but are also essential for their motor skills, balance, coordination, and body awareness.
- Developing less fear.

What are the benefits of risky play?

Children need and should take risks in order to explore limits, have new experiences, and develop their capacities. A strong motivation to respond to challenges involving a risk of injury helps them learn how to walk, climb stairs, and ride bicycles. As they grow and develop they will have to make choices about what is safe to attempt and what is not.

Develops self-confidence and well-being. It becomes a source of pleasure for the child as they foster new learning experiences. Importantly, it aids them to when interacting with children of different age ranges.

National Quality Framework | Quality Area 3:
Physical Environment Element 3.2 The service environment is inclusive, promotes competence and supports exploration and play-based learning.

Educator Updates:

- ❖ We recently said farewell to **Elly** as she headed off to Victoria on her new adventure.
- ❖ We have welcomed **Rosie** to our team in a casual capacity; Rosie will be mostly doing casual work with us on a Monday. Being a mum of two, I'm sure she will be enjoying the return to the work force, Rosie is a qualified Educator with many years of experience in a local service.
- ❖ **LONG SERVICE LEAVE** – Wow **Lou** has been here 10 years, congrats Louise on this special milestone, Lou is taking her 8 weeks leave in August/September & we hope she enjoys a well deserved break
- ❖ **Jules** – Is on leave for end May/June for 3 weeks
- ❖ **Barsha** – is returning after her maternity leave in a few weeks and will be joining the baby room one day a week for 2 months, then returning to her original position late August. We are looking forward to seeing her again.

Early Childhood Teacher Position:

We are very excited to welcome **Maddi** to our team as our new Pre school teacher in the Waratah room. Maddi has recently relocated from Victoria where she spent time teaching in an Early Learning Centre while she was studying for her Bachelor of Early Childhood. She then spent the last 1 & ½ years teaching in a Victorian 3 year old Kinder (same as our pre school program in Tasmania) so we are very excited to have her join us in our pre school program.



We also have some other exciting news.. We are welcoming **Mel Hall** back to our team., Mel is returning after finishing with us last year to commence studying her masters of research, due to covid that has been put on hold and we are very excited to have her back part time.

Some Room Educator changes...

Bluegums – (cubs) – Will be welcoming Lou to their team, Lou had been holding the fort in the pre school room until we found a new ECT so she is heading to join Jade, Gemma, Bishnu, Ruby & Barsha

Banksia Room – (marines) – Will be welcoming Bishnu to their team. She will join Emma, Steph, Jules, Michelle, Rohani, Ruby, Allira & Luke

Waratahs – (pre school) – Maddi & Mel Hall will be joining Georgia, Luke, Gemma, Michelle, Ruby & Allira

So a little bit of staffing shuffles, its so good to have a full team again



Our Educators..



Feedback 
 is always welcome