

WELCOME

2022
happy new year

Smiles and happiness are in our thoughts as we think of you. Thank you for all you do. Greetings of love are sent your way, and may your new year be great.

Thank You.

COMMUNITY EVENTS



Australia Day is the official National Day of Australia. Observed annually on 26 January, it marks the 1788 landing of the First Fleet at Sydney Cove and raising of the Union Flag by Arthur Phillip following days of exploration of Port Jackson in New South Wales.

KID INVENTORS' DAY – JANUARY 17



Television. Water skis. Earmuffs. The Popsicle. What do they have in common? All were invented by kids! 500,000 children and teens invent gadgets and games each year We celebrate to acknowledge past and present accomplishments of kid inventors and to encourage the creativity of future kid inventors everywhere. **Find out more at kidinventorsday.com**

Podcast Reviews

Road trip ready fun and informative family podcasts!



WOW IN THE WORLD

TINKERCAST

The first word in this podcast is key: Wow. This show looks at the most amazing stories in science, technology, and history, and delivers them with more energy and fun than a toddler on five slurpees.

Curious kids will be captivated, and you'll find it hard not to love it too.

STORY PIRATES

STRIKING VIKING STORY PIRATES

Winner of the 2020 iHeartRadio award for Best Kids and Family Podcast, The Story Pirates Podcast is one of the top three kids and family podcasts in the world. Downloaded over 40 million times and featuring songs and sketches based on stories written by kids, special guests include top talent like Julie Andrews, Kristen Bell, Billy Eichner, Lin-Manuel Miranda, Dax Shepard,

LITTLE YARNS

RUDI BREMER

Australia is full of diverse Aboriginal and Torres Strait Islander Nations. From the Bunuba to the Wiradjuri, the clans of the Torres Strait to the palawa people, every mob has its own language and unique culture.

Each episode will take you on a journey to a different Nation; to listen to the sounds of Country, share some language and have a little yarn.



FRIED SOYA CHAAP

Soya Chaap are packed with other essential nutrients, making them extremely important for people on diets, those who need to improve their overall health, and vegetarians and vegans throughout the world.

Recipe Cuisine: Indian / **Total Time (Minutes):** 30 / **Servings:** 4

Ingredients:

- Soya Chaap - 4
- Soya Chunks - Half Cup
- Curd - 1 Tbsp
- All-purpose flour - Half cup
- Water
- Oil

Instructions:

1. First take soya chaap & with the help of a knife, mark three cut across chaap.
2. Soya Crumbs: - Make a Coarse powder of soya chunks & keep it aside.
3. Marinate Batter: curd, ginger paste, garam masala, coriander powder, red chili powder, turmeric powder, salt. Mix all ingredients well. Now add soya chaap in this masala & coat all chaap with this masala very well. Keep it aside for 15 minutes.
4. Coating Batter: Take refined flour add water and make thin slurry. Add pepper & little salt.
5. Now, take marinated chaap & dip them into coating batter & then coat it with soya crumbs.
6. Fry soya chaap till golden brown and ready. Take out in a plate over tissue paper.
7. Serve hot with coriander chutney or tomato sauce

FOCUS: This One Thing is the Answer to a Good Life

From a young age, society tells us we need certain material things to be successful, to lead 'the good life.' To obtain the dream home, the respected career, the luxury vehicles, we need to constantly work harder, push harder, be more.

Truth be told, 'the good life' for many people means being caught in a vicious cycle of crazy-business. The question then becomes, what really keeps us happy and healthy as we go through life?

Empirical data from a longstanding Harvard study shows time and time again, one strong predictor of a happy and healthy life. For 75 years, the Grant and Glueck study has tracked multiple generations of people collecting ongoing data about their work, their home lives, and their overall health through blood samples, brain scans, and more...The study conclusion?

Robert Waldinger, director of the Harvard Study of Adult Development, states, "The clearest message that we get from this 75-year study is this: Good relationships keep us happier and healthier. Period." Not in the square footage of your home. Not the brand of clothes you wear. Not the type of car you drive. Not the different companies you worked for or how much is in your 401K.

The study shows the most influential empirical predictor of health and happiness in life is — connection.

Data from the study demonstrates that having someone trustworthy to rely on when life gets tough helps your brain stay healthy, helps your nervous system relax, and reduces both physical and emotional pain. The research also shows people who are isolated or who feel lonely are more likely to see physical health decline earlier in mid-life, brain function decline, and live shorter lives overall.

Waldinger explains, "It's not just the number of friends you have, and it's not whether or not you're in a committed relationship," but rather, "It's the quality of your close relationships that matters."

In other words, you don't need to be a social butterfly with a big



"It might be something as simple as replacing screen time with people time or livening up a stale relationship by doing something new together, long walks or date nights, or reaching out to that family member who you haven't spoken to in years."

In other words, make time for the people who matter most to you.

Find a simple way to show 'your people' they are important — send a "remember when" text to a friend, give your partner a hug and don't let go until after they do, make eye contact with your kids at dinner time, try that new yoga class your friend has been mentioning to you, send a good old fashion snail-mail greeting card to someone with a short handwritten note. Small acts of kindness go a long way.

In the end, this 75-year scientific study confirms what you already know deep down — "the good life is built with good relationships."

"When you connect with people who are good for you, you feel it. This is a big deal. Don't forget to acknowledge how great it is to be around someone who lights you up. Tell them, even if you feel a little weird. Your people love your weirdness."

— Author Unknown.

WRITE TOGETHER

Receiving personal notes around the holidays is very special. Our children see us writing cards and letters and want to copy what we are doing. This activity may require a little patience from you, but the result is well worth it.

Begin by reading some cards or letters you have already written to your child. Then choose a few special people in your children's life who you/they intend to send a card to. Let your child choose a card for each.

The goal here isn't 'perfection' it is 'personal'. Adapt the activity to your child's ability/independence level. For young children, ask them what they would like to say and transcribe for them onto the card. No practise run throughs just straight into it. You will get the most authentic responses here. Follow the same process for older children but write their response onto a white board or piece of scrap paper and allow them to write onto the card



HEALTH & SAFETY: Button Batteries



Since 2013, three Australian children under three have lost their lives after swallowing a button battery; four-year-old Summer Steer, 14-month-old Isabella Rees and three-year-old Brittany Conway. In addition to these tragic deaths, it is estimated that one child in Australia needs to be hospitalised every day because they have swallowed a button battery. Of these kids, one child a month is also seriously injured, with some sustaining lifelong injuries. All because of a button battery.

Button battery warning

Many people are unaware that these batteries are so dangerous if swallowed. But they are – once ingested, they start to attack from the inside, affecting the bowels, oesophagus, nose and ears. *New safety standards were introduced on 21 December 2020, they will be mandatory on 22 June 2022. You can read about these [here](#).* There are some button battery safety tips that all parents need to know, especially with the lead-up to Christmas.

Safety tips

- 1. Store safely** - Keep **new and used button batteries out of sight and out of reach** of small children. High shelves, locked cupboards – places your kids cannot get to. Even old or spent button batteries can retain enough charge to cause life-threatening injuries.
- 2. Opt for button-battery free products** - When choosing gifts, go button battery-free, if you can! This eliminates the risk. So many products (and Christmas gifts) have button batteries – watches, remotes, toys, torches, but there are alternatives.
- 3. Check the compartments** - Check that the product does not release the battery and it is difficult for a child to access. If the battery compartment does not close securely, stop using the product and keep it away from children.

5. Know the symptoms of button battery ingestion - It takes two seconds for a child to find one on the floor, ingest it, and keep on playing. Many parents are not aware their children have swallowed a battery. Three-year-old Brittany went 8 days before it was discovered she swallowed a battery through an X-ray.

This is why it's important to know the symptoms: **gagging or choking, drooling, chest pain (grunting), coughing or noisy breathing, food refusal, black or red bowel motions, nose bleeds, spitting blood or blood-stained saliva, any unexplained vomiting, fever, abdominal pain or general discomfort.**

If you suspect a child has swallowed or inserted a button battery, you should ask for an X-Ray from a hospital emergency department to make sure. If you know they have swallowed a button battery, call 000 immediately.

ADDITIONAL SAFETY TIPS DURING THE FESTIVE SEASON

Of course, button batteries are only one of the many hazards to watch out for at Christmas. Battery World has some great **general battery safety tips** for you to keep the kids safe at Christmas, especially around Christmas lights.

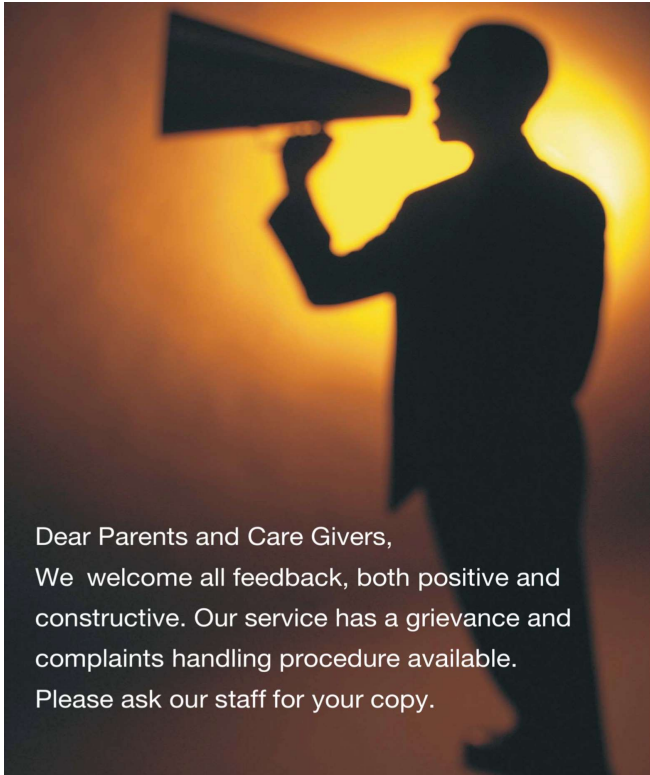
- Before you start setting up your Christmas decorations, make sure you check the cables for any cracks, exposed wires or frayed ends.
- Make sure your batteries are new if they have been stored away for the past year.
- Indoor and outdoor Christmas lights are different, with the cables built for different purposes and conditions, so don't use indoor lighting outside!
- When shopping for outdoor lights, make sure the ones you get are durable and have waterproof battery packs.
- For any length of cord not used, make sure to tape it down, as the last thing you want is preventable tripping leading to rather disgruntled relatives!
- Place your lights away from any flammable materials like gas bottles, and avoid confining the cables by placing them under rugs, mats and into tight spaces where they can overheat and cause damage.
- When you're heading to bed, turn your lights off to make sure they don't overheat or cause any damage while you're out.
- Store them safely when you're done in a tightly sealed container with cables neatly piled away to avoid any deterioration, poor storage conditions or nasty pests chewing on the cables.



WRAPPING PAPER

Do you have a stockpile of your little artist's creations that you are ready to part with? These beautiful drawings and paintings can become this year's wrapping paper. Ask your child if they can pick out some artworks especially for grandparent's and friends presents. Family and friends will feel extra special receiving presents wrapped in art.





Dear Parents and Care Givers,
We welcome all feedback, both positive and constructive. Our service has a grievance and complaints handling procedure available. Please ask our staff for your copy.



Governance is for the GOOD of all adults and children

Governance means we follow the rules, better known as the regulations, that the government has put in place. Governance means we don't allow people not to follow the rules and regulations. Governance is for the GOOD of all adults and children. What do you do when an educator isn't following the regulations?



Has there been any changes that have occurred to either yours or your child's enrolment details since initial enrolment paperwork was submitted?

- ❖ Contact Phone numbers
- ❖ Immunisation
- ❖ Work place contact details
- ❖ Authorised people to collect
- ❖ Significant medical information
- ❖ Doctor
- ❖ Contact email
- ❖ Childs allergies
- ❖ Dentist
- ❖ Home address
- ❖ Court orders
- ❖ Emergency and authorised to pick up details and emails

The changes could be any on the list above and will need to be updated with Learning Kids Family Day Care Coordination Office either by phone 02 4505 1920 or email learningkidsfdc@gmail.com and update your Educator with any new changes to your details as well.