



JULY
2022

Meet Our Team



DEEPMALA KAUSHIK
Nominated Supervisor



MAHALAKSHMI
Coordinator

ON *this* MONTH

AROUND THE COUNTRY

NAIDOC Week	3-10
Eid Al Adha	9-13
World Population Day	11
Asalha Puja Day	13
National Pyjama Day	22
Schools Tree Day	29
International Day of Friendship	30
National Tree Day	31

HEALTH/MEDICATION

- If your child becomes unwell while at the service, we will be contacted to collect your child as soon as possible and you must understand that your child will be cared for away from other children (where possible) until he/she is collected.
- If your child becomes unwell or shows symptoms of any transmittable infection/disease, you are aware that your child may be excluded from the service until the condition has been treated or a clearance has been provided.
- Educators will attempt to call you in the first instance should your child develop a high body temperature and become unwell. Should this attempt be unsuccessful you have to give permission for educators to administer paracetamol (Panamax Elixir) on your behalf to reduce your child's temperature.





NAIDOC WEEK – JULY 3 - 10

NAIDOC Week celebrations are traditionally held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

NAIDOC Week is celebrated not only in Indigenous communities, but by Australians from all walks of life. The theme for 2022 is **Get Up! Stand Up! Show Up!** To find our more go [HERE](#)

NATIONAL TREE DAY – JULY 31

National Tree Day started in 1996 and has grown into Australia's largest community tree-planting and nature care event. It's a call to action for all Australians to get their hands dirty and give back to the community. While every day can be Tree Day, this year National Tree Day will be on July 31. National Tree Day is a day to venture outdoors and get to know your community, and most importantly, to have fun! **FIND OUT HOW YOU CAN HELP!**

BANANA CAKE



PREP 20 MIN | COOK 30 MIN SERVES 16

INGREDIENTS

- | | |
|---|---------------------------------------|
| 3 overripe bananas , <i>mashed</i> . | 2 eggs |
| 3/4 cup olive oil | 1 cup Greek yoghurt |
| 1/2 cup brown sugar | 1/3 cup pure maple syrup |
| 1 tbs vanilla bean paste | 1 cup buckwheat flour |
| 1 cup plain flour | 1 1/2 tsp baking powder |
| 1 tsp cinnamon , <i>ground</i> | 1/2 tsp nutmeg , <i>ground</i> |
| 1/4 tsp ginger , <i>ground</i> | pinch of salt |

Whipped Ricotta Maple & Chocolate Frosting

- | | |
|---------------------------------|---------------------------------|
| 2 cups fresh ricotta | 1/2 cup pure maple syrup |
| 2 tsp vanilla bean paste | 1/2 cup cocoa powder |

METHOD:

To make the banana cake:

- Preheat** oven to 180 C (350 F) and line a 20 cm x 20 cm brownie pan with baking paper. Set aside.
- Place** the mashed bananas, eggs, olive oil, yoghurt, sugar, syrup and vanilla and whisk to combine.
- Sift** the buckwheat flour, plain flour, baking powder, cinnamon, nutmeg, ginger and salt into the bowl and stir using a wooden spoon until just combined.
- Pour** the batter into the prepared tin.
- Bake** for 30-40 minutes or until a skewer inserted removes cleanly.
- Allow** the cake to cool completely. To speed up the cooling process, feel free to pop the cake into the freezer.

To make the whipped ricotta maple and chocolate frosting:

- Place** the ricotta into the bowl of a food processor and blitz for 1-2 minutes or until smooth.
- Add** the maple syrup, vanilla and cocoa powder and blitz for 2-3 minutes (scraping down the sides of the bowl) or until the frosting is smooth and luscious.
- Smother** the cooled cake with a thick layer of frosting.
- Cut** into 9 or 16 squares. Enjoy x

Recipe and image from mylovelylittlelunchbox.com.

BEST BLOGS

Blogs that inspire and make you feel like you're not the only one!



HOW TO BE A DAD

howtobeadad.com

"If you were looking for a website telling you how to be a dad... you didn't find it. I'm not an expert in "dadology." I'm not even sure such a thing exists. I'm just here to entertain you and maybe give you an "I'm not the only" sigh of relief.

THE INSPIRED TREEHOUSE

theinspiredtreehouse.com

The Inspired Treehouse is lead by paediatric occupational and physical therapists who are passionate about sharing information, tips, and strategies to help readers conquer the common developmental roadblocks that come up for kids.

They believe that the more parents, teachers, and caregivers know about child development and wellness, the better off kids are! Follow their website or Facebook for easy-to implement activities that are designed to promote all kinds of developmental skills for kids.

OH SO BUSY MUM

ohsobusymum.com.au/

Oh so busy mum is full of tasty recipes, family travel tips and mum topics. Cheree Lawrence (AKA Oh So Busy Mum) has been blogging since 2014 and her following continues to grow.

Here you will find a huge selection of lunch box inspiration as well as easy and fun ideas to get your child eating healthily. From budget tips to life as a mum of 4!



FOCUS: Teaching Kids About Healthy Boundaries

Setting healthy personal boundaries, and being able to recognise and heed others' as well, is paramount for building strong relationships on a foundation of respect. But maintaining boundaries can be complicated. And if you're unused to examining your own, it can feel uncomfortable to begin to do so as an adult. That's why it's so important to teach children about healthy boundaries from a young age. The earlier they learn about their own limits and see the importance of respecting other's, the easier it will be for them to navigate healthy relationships as adults.

What are personal boundaries? The term 'personal boundaries' covers a whole slew of interactions and relationships. Our boundaries will necessarily change depending on the setting, the people with whom we're interacting, and our own comfort. 'Personal boundaries' apply to a variety of situations as well. Boundaries govern our definitions of personal space, how comfortable we are with lending money, whether or not our opinions of ourselves can withstand external pressure, and more. To teach children the importance of personal boundaries, it's helpful to understand the many manifestations those boundaries have in our relationships.

Types of boundaries

Material - Our material boundaries govern how we approach lending money and other possessions. Even young children must be familiar with material boundaries, as parents teach them lessons about sharing or respecting other children's toys and items.

Physical - Physical boundaries affect how we define personal space and our comfort with physical touch. Bodily integrity, or the right to physical autonomy, is an incredibly important lesson for children to learn. Parents can show children how to respect physical boundaries, for example, by not forcing them to hug or kiss family members when they do not wish to do so. This reinforces the fact that people have the right to say 'no' to physical contact.

Mental - Also referred to as intellectual boundaries, mental boundaries allow us to form our own thoughts and help us to navigate discussions and debates. Healthy mental boundaries allow us to hold independent opinions, giving us confidence in our own stances. Too rigid of mental boundaries, however, may cause us to become set in our ways, unable to grow or change when presented with new information or a new perspective.

Emotional - Emotional boundaries are some of the most important to maintain but can also be the most difficult. Healthy emotional boundaries help us stay independent, allowing us to separate our needs, wants, and emotions from those of our friends and loved ones. They also prevent us from placing unwarranted blame on others for our own emotions or, conversely, accepting blame for others' emotions.

Teaching children healthy boundaries

Set a good example Like with many other lessons passed on from parents to children, teaching children about healthy boundaries is easier when parents can do so by example. Take stock of your



own personal boundaries and do an honest assessment. Start by asking yourself the following questions. Are you managing your boundaries consistently? Are the boundaries that you set healthy, rigid, or porous? When you have to enforce your boundaries with your children, do you have a discussion with them about why you are doing so? Check in with yourself periodically about the state of your personal boundaries, keeping them healthy, and your children will have a strong example to follow as they grow up.

Emphasise confidence and emotional intelligence Healthy boundaries often require us to be confident in our own opinions, desires, and needs. In order to build that confidence, children need to learn how to identify what they need, where their limits are, and the types of interactions with which they are comfortable. Parents can help children build emotional intelligence through open and honest discussion. Talk about emotions frequently in age-appropriate terms, and encourage them to bring up their feelings without shame. Once your child is old enough, ask questions that will help them gain a better understanding of their motivations and reactions. You can begin with questions like: How did that make you feel? *Why do you think you felt that way? Would you do anything differently next time?*

Teach them that it's okay to say 'No' Being able to say 'no' is a basic skill every child should learn as it's applicable to personal boundaries of all types. Whether it's declining a request to lend money, refusing to accept unwarranted blame, or enforcing your personal space, saying 'no' is a necessary part of many human interactions. But despite its basic nature, saying 'no' can still cause many of us discomfort, and that discomfort can take some getting used to. Practice early and often with your child. Run through different scenarios—saying no to a family member asking for a hug, for example, will sound different than saying no to a friend's peer pressure—and emphasize that a simple 'no' is sometimes more than sufficient. Healthy personal boundaries are essential for healthy relationships, and parents should begin teaching their children about them from a young age. Help them build confidence in their own emotional health by having conversations about the different types of boundaries and why they help us.

Source: *Our Family Wizard*. (2022). Teaching Kids About Healthy Boundaries. Retrieved from ourfamilywizard.com.au/blog/teaching-kids-about-healthy-boundaries

To read article in its entirety follow the link [here](#)

ACTIVE UNO. Grab your UNO deck and get ready to move! Assign each colour a movement (hop, touch toes, etc.). As kids draw the cards, everyone completes the movement the correct number of times. Skip and Reverse work as usual, but anyone who gets Draw Two has to draw two more cards and complete the actions on their own while others cheer them on.



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, too!** 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.

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



REMEMBERING YOUR REUSABLE BAGS

Gone are the old thin disposable plastic bags, but the 'new' reusable ones are everywhere and are too often becoming disposable. Remembering your bags is key to not having to buy more.

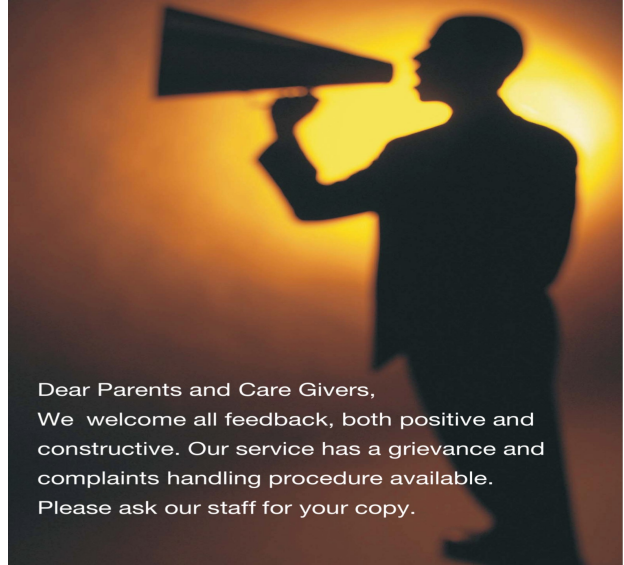
How do you remember yours? Put them by the door? Scrunch them into one bag and throw them in the boot? What if there was a trick that meant they could fit into your handbag/backpack/baby bag?

Try folding your reusable bags this way and keep multiple in your bag or in the car. See more detailed instructions [here](#)



I WAS TODAY YEARS OLD WHEN I LEARNT THAT...

1. Screwdriver handles are designed to put a wrench on it to help loosen tight screws.
2. Loofahs are FRUITS.
3. How long owl's legs were.
4. Field mice like to crawl inside flowers to eat the pollen and sometimes fall asleep.



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?

5 Minute MOVES

Hot potato

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

This physical activity will get giggly! Simply get a soft ball (not a softball!!) or a rolled-up sock and toss it to your child. Tell them toss it to someone else as quickly as possible. Everyone repeats this. When does this game end? Who knows? Just get rid of it!