

OCTOBER
2022

Meet Our Team



DEEPMALA KAUSHIK
Nominated Supervisor



MAHALAKSHMI
Coordinator

ON *this* MONTH

AROUND THE COUNTRY

International Day of Older Persons -----	1
World Animal Day -----	4
World Space Week -----	4-10
World Smile Day -----	7
World Food Day -----	16
National Nutrition Week -----	16-23
Aussie Backyard Bird Count -----	17-23
Loud Shirt Day -----	21
Children’s Week -----	22-30
World Teachers Day -----	28
Day for Daniel -----	28
Grandparents Day -----	30

LKFDC QUARTERLY MEETING – 11/09/2022

at Londonderry Office

LKFDC Scheme discussed the different safe sleep practices for the varying ages, sleep needs, preferences for children and changes to service procedures with our educators.





INTERNATIONAL DAY OF OLDER PERSONS – OCTOBER 1

International Day of Older Persons aims to help eliminate ageism and age discrimination. The 2022 theme is: The Resilience and Contributions of Older Women. This theme serves as a hallmark

and reminder of the significant role older women play in traversing global challenges and contributing to their solutions with resilience and fortitude. **Celebrate the matriarchs of your family**

CHILDREN’S WEEK – OCTOBER 22 - 30

Children's Week celebrates the right of children to enjoy childhood. It is also a time for children to demonstrate their talents, skills and abilities. The Children’s Week Council of Australia strongly advocates for and promotes the United Nations Convention on the Rights of a Child. All Children have the right to a standard of living that supports their wellbeing and healthy development. **Find out how you can get involved**

GREEK INSPIRED LAMB MEATBALLS



PREP 10 min | COOK 8-10 min | SERVES 4

INGREDIENTS

- 1 cup chicken stock
- 1/2 cup couscous
- 500 grams lamb mince
- 100 grams feta
- 1/2 cup fresh mint & basil, roughly chopped
- 1 egg
- zest of 1 lemon

To serve, halved cherry tomatoes, fresh mint, zucchini ribbons and Greek yoghurt

METHOD:

Place chicken stock in a small saucepan, place over high heat and bring to the boil. Place the couscous in a small bowl cover with hot chicken stock and allow to stand for five minutes or until the stock is absorbed.

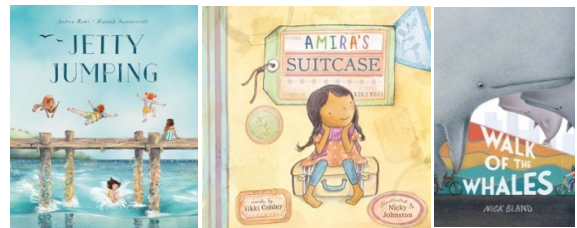
In a large bowl place the couscous, lamb mince, feta, fresh herbs, egg and lemon zest and mix to combine. Take heaped tablespoon amounts of the mince and shape into patties. Heat a non-stick frypan to medium-high heat, add a little olive oil and fry the patties for 3-4 minutes each side or until golden and cooked through.

Remove and place onto a plate lined with kitchen paper to absorb any excess oil.

Serve alongside a big dollop of Greek yoghurt and a salad of halved cherry tomatoes, fresh mint and ribbons of zucchini. Enjoy X.

Book reviews

CBCA Book of the Year Winners



JETTY JUMPING | Andrea Rowe

While Milla’s friends take big, brave jumps off the jetty, Milla stays on the blistering wood, scared of what lurks below. But when Milla accidentally falls off the edge, she discovers the beauty of the deep, dark sea – and her summer changes forever.

This story is beautifully written, a highly relatable tale about overcoming fears. The illustrations capture the imagination, tenderness and playfulness that surround Milla and her friends.

AMIRA’S SUITCASE | Vikki Conley

It begins with a tiny seed growing inside a suitcase. With Amira’s care, the tiny seed starts to sprout. Find out what happens when kindness flourishes...Amira’s Suitcase is a gentle, thought-provoking tale about friendship and hope.

New beginnings, simple pleasures and hope symbolised in a growing plant and a blossoming girl are themes in this book. When Amira arrives with her suitcase to a new home she is timid, but through play she nurtures herself and heals, showing bravery, resourcefulness and kindness.

WALK OF THE WHALES | Nick Bland

When all of the whales in the ocean leave their home to walk around on land, people don’t quite know what to think.

But soon shopkeepers go out of business, farms are flooded with water and salt, and people shout horrible, anti-whale words.

That is, until, a smart little girl decides to ask the whales what everyone can do to help.

The magic and mystery of childhood imaginings are combined with the grand possibilities of illustrations, and a profound message about humanity’s interconnection with the planet.



FOCUS: How to Raise a Generation of Body Confident Kids

Start With Healing Your Body Image As parents, we can only take our children as far as we have come ourselves. If you feel insecure in your own body or struggle with poor body image, it's important that you take the time you need to heal. When you can live in your own body confidence and positivity, that will naturally exude to your own children.

Yes, this can seem like an overwhelming task - but you don't have to do it alone. If you are struggling with poor body, connect with professional help. A mother's (parents) negative body image creates a ripple effect for her own children. Heal your own body image, and you are creating an unstoppable tsunami that brings down generational walls. You can turn the tide for your children by healing your own relationship with your body. It's not enough to tell our children that they are beautiful no matter what.

Although they need to hear these messages too, what is impacting them the most is **the relationship they see us have with our own bodies**. If that is a toxic relationship, this is what our children are going to be more likely to model.

Recognise Your Children As More Than Their Appearances As a society, we've become conditioned to praise people for their appearance, looks, and bodies. "Wow, you look great! Did you lose weight?", or some version of this. In this environment, our children are learning that positive reinforcement or anything worthy of achievement stems from the way our bodies look.

Help your children learn that they are more than the way they look. Teach them how amazing their bodies are, regardless of how it looks. What personality qualities or character strengths do you admire? To help our children become body confident, we must help them recognise that their worthiness is not attached to their appearance or looks whatsoever. That they deserve affection and love no matter their body size or shape. When kids can understand that their appearance is the least important thing about them, **they are empowered to be who they were meant to be (not what anyone else thinks they should be)**.

Celebrate Body Diversity Our society and dieting culture at large celebrates a beauty ideal that is far from attainable and realistic. Yet when these images that are curated to feed this ideal, our

perception of what is normal suffers. The idea that thinner is better continues to be reinforced when all we see are images of thin people who are both glamorised and objectified. If we want our children to break free from this tunnel vision view, we have to teach them that there is no bad way to have a body. We have to help them understand body diversity and to smash the stigmas associated with bigger body types. **Celebrate the body diversity around you by elevating all body types, not just the one that our society says is acceptable.**

Keep Your Language Neutral The way we talk about ourselves and others matter. If we are degrading our own body or other people's bodies, our children will internalise these messages and learn to scrutinize their own body in the same voice. If you're not at a place where you can speak positively about your own body, make it a goal to move the needle toward a neutral place. Excessive talk about weight or body image can bring these topics to the forefront of a child's mind or make them hyper aware of their own body.

Practice Intuitive Eating to Honour Your Body A mother who models intuitive eating teaches her children the importance of trusting, honouring, and listening to their bodies. A mother who is not at war with food is demonstrating body kindness, to herself and to her children. A mother who can view food through a neutral lens and respond appropriately to her hunger and fullness cues and teach her children to do the same shows body respect. The intuitive eating principles are in essence, a framework for honouring your body on a deeper level that goes beyond appearance. Intuitive eating is a groundwork for body respect, no matter what your size or shape. Being grounded in these principles and being able to teach your children to do the same gives them permission to be at home in their one and only body, to be respectful to it, and to cherish it with a lifelong commitment.

Most importantly, it starts with us. We need to be the change we want to see for our children. May we never forget that the boys and girls watching us today will be the men and women of tomorrow. May we inspire them to be brave, bold, and courageous in their one and only, beautiful bodies and lives. May we empower them to use their bodies as powerful instruments for change and not be limited by their appearances and body sizes. May we advocate for them to embrace diversity as something that makes us wholly ourselves rather than differences that divide us. It all starts here and now, with us.

Source: Karges, Crystal. (2019, January 15). 5 Powerful Ways to Raise a Generation of Body Confident Kids. Retrieved from crystalkarges.com/blog/5-powerful-ways-to-raise-a-generation-of-body-confident-kids

READING AND BOOK-BASED ACTIVITIES

Reading with children develops their vocabulary, ability to listen and understand, and ability to connect sound and words. It also helps children learn about the world around them.

- Try books with rhyme, rhythm and repetition. Many young children enjoy books like *Ten little fingers and ten little toes* by Mem Fox, *Hairy Maclary* by Linley Dodd and *The Gruffalo* by Julia Donaldson.
- Encourage your child to turn the pages and talk about what they see. Use your finger to guide your child's eyes from left to right across the page as you read and point out certain words or phrase
- Encourage your child to act out the story that you're reading. For example, you can ask your child to hop like the kangaroo in the book.

Follow your child's lead with reading. Encourage your child, but don't push them. Experiment with different books to see what your child likes, and just have fun! **FIND OUT MORE HERE**



HEALTH & SAFETY: Anxiety and how to deal with it: tips for parents

Dealing with anxiety: why it's important

Raising children is a big and important job. It's natural to feel anxiety and worry about it sometimes. But worry or anxiety can be a problem if it gets in the way of your health, your daily life, or your relationships with your partner or children. So keeping on top of anxiety is good for you, good for your children, and good for your family.

Symptoms of anxiety

Some common symptoms of anxiety are:

- finding it hard not to worry
- feeling restless
- having trouble relaxing or sleeping
- having trouble concentrating
- getting frustrated
- feeling your heart racing.

It's common to have some of these symptoms from time to time. But if you're feeling a lot of these symptoms and it's making it hard for you to get on with your daily life, it might be time to find ways to deal with anxiety.

Dealing with anxiety: everyday tips

There are a few things you can do **if you have a situation or problem that's causing you anxiety:**

- Break things into small tasks or steps. For example, 'It's the doctor's job to check on my child's health. Right now I just need to focus on getting a doctor's appointment.'
- Give yourself time to calm down before responding to a situation. For example, if your child comes out of school and tells you someone is being mean to her, talk with your child when you get home. If you're still worried the next day, make an appointment to see the teacher.
- Use positive self-talk. For example, 'I can handle this. I've been in situations like this before', or 'It's OK if I do this differently from the way other parents do it. This way works for me'.

You can also take some **simple steps to cope with anxiety more generally:**

- Talk to someone about how you're feeling – your partner, a family member or trusted friend.



- Join a local parents group or playgroup to connect with other parents who might be in a similar situation and can share advice from their own experiences.
- Keep a diary or journal to record your feelings. You might be able to see a pattern in the things that upset you.
- Try breathing exercises, muscle relaxation or mindfulness.
- Do some regular physical activity and eat healthy food. Being fit and well is good for your overall wellbeing.

If these everyday tips for dealing with anxiety don't help, **seeking professional help** is important. Making an appointment with your GP or a local counsellor to talk about things is a great first step.

You might sometimes compare yourself with other parents and worry that you're not doing a good job. It might help to know that if you're raising your children in nurturing, warm, sensitive, responsive and flexible ways, you're giving your children what they need to grow and thrive.

raisingchildren.net.au. (2022). Anxiety and how to deal with it: tips for parents Retrieved from <https://raisingchildren.net.au/for-professionals/mental-health-resources/parent-mental-health-and-wellbeing/parent-mental-health-problems/anxiety-tips-for-parents>



AUSSIE BACKYARD BIRD COUNT

Most children have a fascination with the environment and the things they find living in it. Giving children opportunities to explore and interact with their local environment develops respect and appreciation for the natural spaces and animals.

This October take part in the Aussie Backyard Bird count, discover the huge range of birds living right above you. Last year Australia counted 4.6 million birds in 7 days!

To complete the Aussie Backyard Bird Count, spend 20 minutes standing or sitting in one spot and noting down the birds that you see.



You will need to count the number of each species you spot within the 20-minute period. For example, you might see 4 Australian Magpies, 2 Rainbow Lorikeets and a Sulphur-Crested Cockatoo. You can record your results online or simply download the app. The app can also be used as a field guide/ bird finder. aussiebirdcount.org.au





PRETEND PLAY

Young children learn by imagining and doing. Have you ever watched your child pick up a stone and pretend it is a zooming car, or hop a Lego across the table as if it were a person or a bunny? Your child is using an object to represent something else while giving it action and motion. But this pretend play is not as simple as it may seem. The process of pretending builds skills in many essential developmental areas.

Language Skills - Pretend play helps your child understand the power of language. In addition, by pretend playing with others, he learns that words give him the means to re-enact a story or organize play. This process helps your child to make the connection between spoken and written language — a skill that will later help him learn to read.

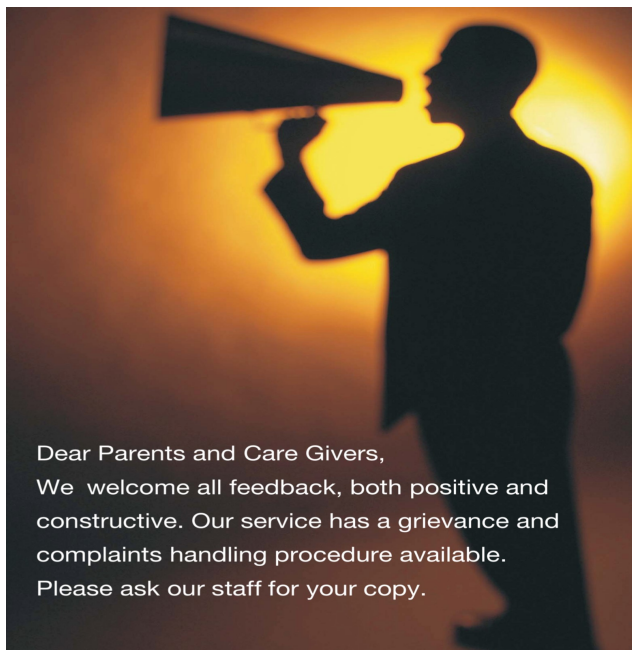
Social and Emotional Skills - Through cooperative play, he learns how to take turns, share responsibility, and creatively problem-solve. When your child pretends to be different characters, he has the experience of "walking in someone else's shoes," which helps teach the important moral development skill of empathy.

Thinking Skills - Pretend play provides your child with a variety of problems to solve. Whether it's two children wanting to play the same role or searching for the just right material to make a roof for the playhouse, your child calls upon important cognitive thinking skills that he will use in every aspect of his life, now and forever.

Nurturing the Imagination - *Let them lead* - When you pretend-play with kids, try not to guide them. If they ask you for help or for ideas, you can suggest prompts. But as a general rule, let your child take the lead and figure out what and how you'll play.

Follow this link for 8 ideas that promote pretend play [here](#)

Scholastic. (2022). *The Importance of Pretend Play*
Retrieved from <https://www.scholastic.com/parents/kids-activities-and-printables/activities-for-kids/arts-and-craft-ideas/importance-pretend-play.html>



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?



Freeze Dance

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

It's an oldie but a goodie! Dance until the music stops, freeze, dance and freeze again. You can control the music yourself or find one on you tube. **Fire and Ice Freeze dance is a fun one to try!**