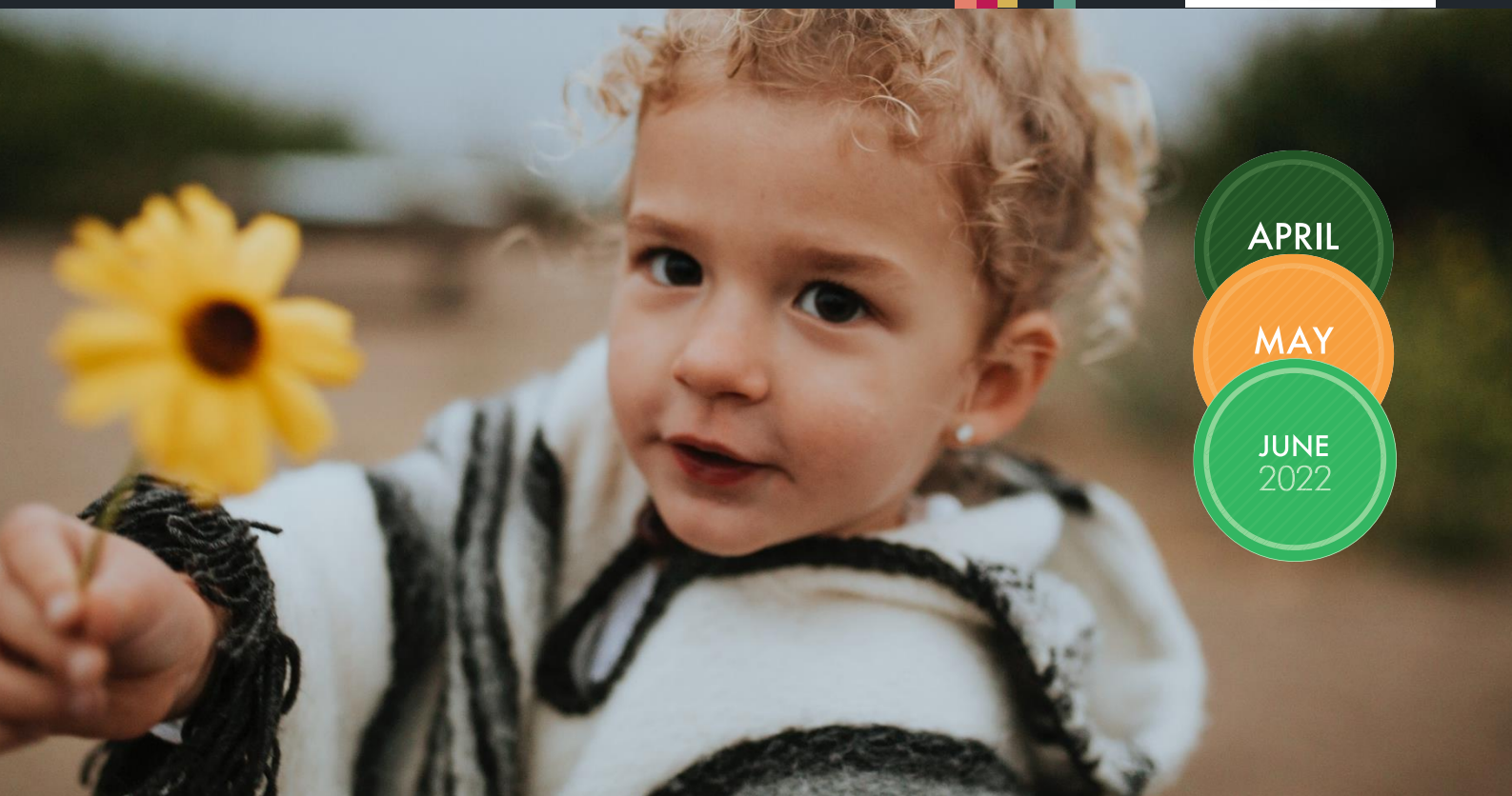


"IN THE LONG RUN, THE SHARPEST WEAPON OF ALL IS A KIND AND GENTLE SPIRIT." — ANNE FRANK

TO LIVE A CREATIVE LIFE, WE MUST LOSE OUR FEAR OF BEING WRONG - JOSEPH CHILTON PEARCE



APRIL

MAY

JUNE  
2022

## UPCOMING EVENTS AT BRIGHT BEGINNINGS FDCC

- School holidays (2/4 – 18/4)
- Public holiday – Good Friday (2/4)
- Public holiday – Queen's Birthday (14/6)
- School holidays (26/6 – 11/7)
- Professional development Meeting– 24/05/2022
- Australia's Biggest Morning Tea- 26<sup>th</sup> May @10am
- First Aid for Kids – Broadmeadows -TBA

### APRIL

World Autism Day	2
Children's Book Day	2
Ramadan	2-May 1
Nature Play Week	6 - 16
International Day of Human Space Flight	12
Baisakhi Festival	14
Easter	15-18
Earth Day	22
Anzac Day	25
Pay It Forward	28

### MAY

Eid al-Fitr	1-2
Composting Awareness Week	1-7
International Star Wars Day	4
Play Outside Day	7
Mother's Day	8
Migratory Bird Day	14
National Families Week	15-21
National Sorry Day	26

### JUNE

Mabo Day	3
World Environment Day	5
World Oceans Day	8
Global Wind Day	15
National Refugee Week	19-25





### NATURE PLAY WEEK – APRIL 6 - 16

Nature Play Week celebrates initiatives of all shapes and sizes that reconnect kids with nature and the outdoors. The week was developed collaboratively by individuals and organisations involved in the Kids in Nature Network.

Getting your children involved in Nature Play doesn't have to be expensive or time-consuming, it can be as simple as a visit to the local park where kids can roam free. [Find out more here](#)

### ANZAC DAY – APRIL 25

Anzac Day goes beyond the anniversary of the landing on Gallipoli in 1915. It is the day on which we remember all Australians who served and died in war and on operational service past and present. The spirit of Anzac, with its qualities of courage, mateship, and sacrifice, continues to have meaning and relevance for our sense of national identity. [Visit your local council website for your local service.](#)

## BANANA BLUEBERRY CINNAMON CRUNCH COOKIES



### INGREDIENTS

- 1 cup (160 grams) **mashed bananas** (approx. 3 bananas)
- 2 cups (240 grams) **almond meal** (ground almonds)
- 1/3 cup (80 ml) **pure maple syrup**
- 1 teaspoon **vanilla bean paste** (or extract)
- pinch of **salt**
- 3/4 cup (75 grams) **blueberries** (fresh or frozen)
- 1 teaspoon **cinnamon**
- 3 tablespoons **demerara sugar** (or brown sugar)

### METHOD:

**Preheat** oven to 180 degrees Celsius. Line a cookie tray with baking paper and set aside.

**Place** the mashed bananas, almond meal, maple syrup, vanilla, cinnamon and salt into a large bowl and mix thoroughly to combine.

**Gently** fold through the blueberries.

**Take** heaped tablespoons of the mixture and shape into cookies. Arrange cookies on prepared tray and flatten slightly.

**In** a small bowl, place the cinnamon and sugar and mix to combine.

**Sprinkle** the top of each cookie with a little cinnamon sugar.

**Bake** for 14-16 minutes or until golden. Allow the cookies to cool completely on the tray. Enjoy x

*Recipe and image from [mylovelittlelunchbox.com](http://mylovelittlelunchbox.com)*

## App reviews

*Time to refresh those apps! Remove ones that are no longer being used and try some new ones*



### KHAN ACADEMY KIDS

#### Khan Academy

*Khan academy is thoughtfully designed by experts in early childhood education to guide young learners on a delightful journey through key skills in math, reading, phonics, writing, social-emotional development, and more.* It includes thousands of lessons, activities, books, and games that are age-appropriate for preschool through second grade. With catchy songs and yoga videos, your littles will also have fun moving, dancing, and getting the wiggles out.

### WELDON - EXPERT PARENT SUPPORT

#### Family Five Pty Ltd.

*There is a lot of parenting advice out there. Weldon cuts through the noise by connecting you directly with professional parenting experts and evidence-based advice for any parenting challenge.*

The curated community of child development experts includes psychologists, therapists, licensed clinical social workers, and top parenting coaches.

### GONODDLE GAMES

#### GoNoodle, INC.

*Kids love the GoNoodle Games app because it's a blast to play, and parents love it because it gets kids moving!* Active Screen

Time: The only way to play GoNoodle Games is to get off the couch and jump, stretch, and pose! Since every mini game requires movement, playing is a great opportunity for kids to wake up their bodies, engage their minds, and get active.



# FOCUS: 5 ways to cope with the stressful news cycle

*(Each link in this article is an additional incredible resource to support you and your family. If the links aren't working for you follow the address in the source.)*

Russia invaded Ukraine in March, and the world seems to have shifted. Even after weeks of bracing for an attack amid speculation, global tensions and diplomatic attempts to stave off invasion — the reality of conflict is always a shock to the system.

There are still so many more questions than answers.

Perhaps among the first batch on your mind: How did we get here? What does this all mean? Or maybe, What does this mean for my life? What can I do about it?

We've been asking ourselves the same things. What we have to offer you is the simple truth that sometimes when you don't have all the answers, it's OK to look for what you can control and seek comfort where you can.

A few ways you can support people in Ukraine include making donations to or spreading the word on this non-exhaustive list of organizations: UNICEF, Médecins Sans Frontières'/Doctors Without Borders, Voices of Children, Sunflower of Peace and International Committee of the Red Cross. (Read more on ways you can help.)

While we wait for more information, don't forget to care for yourself in other ways:

**Breathe.** If you're feeling your body contracting or overheating, step away from whatever you're doing and take a deep breath. Here's a five-finger breathing exercise that can bring you back to the moment. Or if you want to take it a step further, try these meditation and mindfulness exercises for beginners.

**Get moving.** Do something that feels good for your body and helps you get out of your head. We've got lots of tools to help: whether that's deep cleaning or comfort decorating to create a cosier space, tips on learning a new skill or jump starting your exercise routine.

**Nourish yourself.** The kitchen is a safe space for a lot of us. Maybe this is the weekend that you finally re-create Grandpa's famous lasagne, or learn how to make a prettier pie, or maybe just lose yourself in some kitchen organization. Don't have every ingredient for that lovely Deb Perelman dessert? Don't stress — we've got you covered on how to make food substitutions, simple.

**Stay connected.** When the news is scary, it's easy to get lost in our own heads. Reach out to loved ones instead. That could look like sitting down to write an actual letter to a relative, spending time with neighbours, playing (or creating!) games with family, or



even taking the time to write down those generational stories. If your little ones are struggling to go to bed at the end of the day, try talking to them about the heavy news head-on.

**Or sign off.** Remember that it's OK not to be plugged into the news. By turning off your alerts or checking the headlines once or twice a day, you may be able to feel more grounded and prioritise yourself and loved ones.

In this turbulent time. It's important for all of us to stay informed citizens of the world, and also to remember: take it easy on yourself, and on each other.

## TOP TIP FOR PROCESSING NEWS WITH KIDS:

### Process your own emotions and make home a safe space.

Kids can see that we're on edge. They are naturally self-centred, and they'll assume your stress is about them. Be honest and tell them, "Dad/Mum is a little nervous about what's happening in the country." It's helpful for kids' social and emotional development to hear you naming your emotions. At the same time, it's not great for you or them to be mainlining the news 24/7, so try your hardest to turn off the TV or the radio, put away your phone and connect — especially over meals and other key moments during the day.

*"We can control the amount of information. We can control the amount of exposure,"*

**Ask: "What have you heard and how are you feeling?"** Give kids a safe space to reflect and share. And give yourself a chance to dispel any scary rumours or misinformation they may have come across. **And this is key: Your job, first and foremost, is to listen.**

Source: Tagle, Andee. (2022, February 25). 5 ways to cope with the stressful news cycle. Retrieved from <http://www.npr.org/2022/02/25/1083077194/news-anxiety-tips-self-care>

Life Kit (2021, January 15). Now Is A Good Time To Talk To Kids About Civics. Retrieved from <https://www.npr.org/2020/10/31/929578004/anxious-about-the-election-your-kids-can-tell-heres-how-to-talk-about-it>

**HOPSCOTCH.** It's a simple childhood game and an easy way to increase number recognition skills. Use chalk to draw a simple hopscotch board. Start with 1-6 and then build from there. Ask your child to say the numbers as they jump. You could count forwards on the way up, backwards on the way down.





## HEALTH & SAFETY: Why Play is Important

Play is **central to your child's learning and development**. When your child plays, it gives them many different ways and times to learn. **Play also helps your child:** build confidence, feel loved, happy and safe, understand more about how the world works, develop social skills, language and communication, learn about caring for others and the environment, develop physical skills.

*It's important for children to have plenty of different types of play experiences. This includes unstructured and structured play, indoor and outdoor play, solo and group play, craft and creative play, and so on. When children get variety, it's good for all aspects of their learning and development – physical, social, emotional and imaginative.*

### Different types of play: unstructured and structured

**Unstructured**, free play is unplanned play that just happens, depending on what takes your child's interest at the time. Unstructured, free play is particularly important for younger children because it lets them use their imagination and move at their own pace. **Examples of unstructured play might be** creative play alone or with others, including artistic or musical games, imaginative games – for example, making cubbyhouses with boxes or blankets, dressing up or playing make-believe, exploring new or favourite spaces like cupboards, backyards, parks, playgrounds and so on.

You can be part of your child's unstructured play. But sometimes all you'll need to do is point your child in the right direction – towards the jumble of dress-ups and toys on their floor, or to the table with crayons and paper. At other times, you might need to be a bit more active. For example, 'How about we play dress-ups? What do you want to be today?'

**Structured play** is organised and happens at a fixed time or in a set space. It's often led by a grown-up. Older children are more likely to enjoy and benefit from structured play. **Examples of structured play include:** outdoor ball games like kicking a soccer ball, water familiarisation classes for toddlers or swimming lessons for older children, storytelling groups for toddlers and pre-schoolers at the local library, dance, music or drama classes for children of all ages, family board or card games, modified sports for slightly older children, like Cricket Blast, Aussie Hoops basketball, NetSetGO netball, Come and Try Rugby and Auskick football.

**How play develops with children** As your child grows, their attention span and physical skills develop and the way they play will change. Your child will get more creative and experiment

more with toys, games and ideas. This might mean they need more space and time to play. Also, children move through different forms of play as they grow. This includes playing alone, playing alongside other children and playing interactively with other children.

### Toddlers: play ideas to encourage development

Here are some ideas your toddler might enjoy: Large and light things like cardboard boxes, buckets or blow-up balls can encourage your child to run, build, push or drag. Chalk, rope, music or containers can encourage jumping, kicking, stomping, stepping and running. Hoops, boxes, large rocks or pillows are good for climbing on, balancing, twisting, swaying or rolling. Dress-up games with scarves, hats and so on are good for imagination and creativity. Hills, tunnels or nooks can encourage physical activities like crawling, climbing and exploring. If you put on some favourite music while your toddler plays, they can also try out different sounds and rhythms. You might also like to sing, dance and clap along to music with your child.

### Pre-schoolers: play ideas to encourage development

Here are some ideas to get your pre-schooler's mind and body going: old milk containers, wooden spoons, empty pot plant containers, sticks, crumpled-up paper, plastic buckets, saucepans and old clothes are great for imaginative, unstructured play. Simple jigsaw puzzles and matching games like animal dominoes can improve your child's memory and concentration. Playdough and clay help your child develop fine motor skills. Favourite music or pots and pans are great for dancing or making music. Balls can encourage kicking, throwing or rolling. When you're encouraging your child to kick or throw, see whether you can get them to use one side of their body and then the other. School-age children: play ideas to encourage development

### Your school-age child can have fun with the following objects and activities:

Furniture, linen, washing baskets, tents and boxes are great for building cubbyhouses. Home-made obstacle courses can get your child moving in different ways, directions and speeds. Games like 'I spy' are great for word play. They also develop literacy skills. Simple cooking and food preparation activities are great for developing science, numeracy, literacy and everyday skills. Your child's own imagination can turn your child into a favourite superhero or story character. If your child is interested, you could think about getting them into some sports or team activities for school-age children. Other possibilities include after-school or holiday art and craft activities.

Source: Raisingchildren.net.au. (2022). Why play is important. Retrieved from <https://raisingchildren.net.au/guides/first-1000-days/play/why-play-is-important>



### EASTER EGG FOIL ART

It is that yummy time of year when there is lots of nicely wrapped chocolate scattered around our home. Instead of throwing out the foil, recycle it. It doesn't matter if it has been unwrapped neatly or torn it can all be used.

**Materials needed: Easter foil wrapping, Permanent Marker, Clear contact, Scissors.**

1. Collect all of your left over foil wrapping.
2. Before peeling off the back of the contact ask your child for some picture ideas. Draw it for them on the non-sticky side with permanent marker.



3. Peel off the backing and show your child how to stick the foil onto the contact. Allow them to finish their artwork.
4. Once they finished stick another piece of contact over the back or stick it onto a piece of cardboard ready to display.

Source: [coockleancraft.com/2013/03/easter-egg-foil-art-tutorial/](http://coockleancraft.com/2013/03/easter-egg-foil-art-tutorial/)



# Australia's Biggest Morning Tea

The aim of Quality Area 6 under the National Quality Standard is to recognise that collaborative relationships with families are fundamental to achieving quality outcomes for children and that community partnerships that are based on active communication, consultation and collaboration are also essential.

On the 26th May, BBFDCC teamed up with over 26 small local businesses to raise funds for the Cancer Council Foundation.

We all dug deep, played a few games, won a few gifts, ate some delicious foods, drank some refreshing tea and donated a generous amount towards helping those effected by any type of cancer.





## 5 WAYS TO PRACTICE GRATITUDE WITH YOUR KIDS

*This article is written by Maryam Abdullah, Ph.D. She is the Parenting Program Director of the Greater Good Science Centre. She is a developmental psychologist with expertise in parent-child relationships and children's development of prosocial behaviours.*

### 1. DISCOVER WHAT GRATITUDE MEANS TO YOU

Gratitude can be a difficult concept for adults to grasp let alone little ones. **Maryam says gratitude is really about recognising goodness outside of ourselves.** Goodness can be big things, like happiness, love, family, and health. It can also be small things, like hugs, green lights, and ice cream. It's up to *you* to decide the goodness you want to recognise. Once you understand how gratitude aligns with your own values, you can start talking about it with your kids.

### 2. SHARE HOW GOODNESS MAKES YOU FEEL

Practicing gratitude doesn't always have to be a formal act of recognition. It can be as simple or easy as thanking your child for a hug or kiss.

### 3. ASK YOUR KIDS ABOUT THEIR GRATITUDE

Kids aren't always great at describing their feelings. **Maryam recommends sparking conversations based on four parts that make up the gratitude experience.** What we **NOTICE** in our lives for which we can be grateful. How we **THINK** about why we have been given those things. How we **FEEL** about the things we have been given. What we **DO** to express appreciation in turn. Asking Notice-Think-Feel-Do questions is a simple way to scaffold your child's understanding or perception of something that's good in their life.

### 4. ENCOURAGE YOUR KIDS TO DOCUMENT THEIR GRATITUDE

Try a **Gratitude Journal**: Recognising goodness in writing can be a ritual in the morning when they wake up or in the evening as a reflection about how the day went.

**Photo Essays**: If writing isn't the right activity for your child, they could take pictures of things that they're grateful for and build up a library of photos of the good things and gifts in their lives.

### 5. PRACTICE TURNING GRATITUDE INTO A HABIT

Each time you demonstrate and talk about gratitude with your kids, you're helping them build valuable skills for their emotional toolbox.


Bradley, Cailyn. (2020). *5 Ways to Practice Gratitude with Your Kids*. Retrieved from [www.kiwico.com/blog/2020/11/19/5-ways-to-practice-gratitude-with-your-kids/](http://www.kiwico.com/blog/2020/11/19/5-ways-to-practice-gratitude-with-your-kids/)

## OUR NEW GARDEN AT BRIGHT BEGINNINGS!

NQF Quality Area 3: Physical environment 

Backyard blitz just happened at our BBFDCC's office!

We used this space to promote safe, inclusive outdoor play experiences during our playgroups.

Bring on some delicious veggies and herbs 

Thank you to our gardeners— Mario and Rachel.

Below, the children enjoying their gardening time during their playgroup session.



## 5 Minute MOVES

### Bubble Pop

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

You will need a bottle of bubbles and a bubble wand.

It doesn't matter what age you are bubbles are always enjoyable and a fun way to engage children. Begin this activity by blowing some bubbles and ask your child/ren to pop all the bubbles they see. They will have to run and jump to catch all the bubbles.

Once you think they have exhausted bubble catching, ask your children to lay down. Blow bubbles over them and ask them to pick a bubble and watch it drift and glide until it eventually pops all on its own.