

CHILDREN HAVE NEVER BEEN VERY GOOD AT LISTENING TO THEIR ELDERS,
BUT THEY HAVE NEVER FAILED TO IMITATE THEM. – James Baldwin

ADULTS ARE JUST OUTDATED CHILDREN –Dr Seuss



JANUARY
2024

FEBRUARY
2024

MARCH
2024

What's On this Term

At Bright Beginnings Family Day Care

January

New Year's Day	1
World Braille Day	4
Kid Inventors Day	17
Aboriginal Cultural Showcase	24-26
Australia Day	26
International Lego Day	28

February

World Wetlands Day	2
Safer Internet Day	6
World Read Aloud Day	7
Chinese New Year	10
Summer Day	28

March

Clean Up Australia Day	3
Ramadan	11-9 APR
St Patrick's Day	17
Harmony Week	18-24
National Ride to School Day	22
Earth Hour	23

Upcoming Events at Bright Beginnings Events

Family Fun Day BBQ (Shepparton Families)	January 9
Playgroup	January 17
Playgroup	February 14
Educator Staff Meeting	February 28
Educator BBQ	March 1
Playgroup	March 6





WORLD BRAILLE DAY – JANUARY 4

World Braille Day is celebrated on 4 January each year, in commemoration of the birth of Louis Braille in 1809. The United Nations has affirmed World Braille Day, asking its members to celebrate World Braille Day by promoting the use of braille as an important means of communication. When you first look at something written in braille, all you see (or feel) is a jumble of dots! However, like any other code, braille is based on a logical system. [Learn more and play some fun games here.](#)

ABORIGINAL CULTURAL SHOWCASE – JANUARY 24-26

Australia's the largest gathering of Indigenous country musicians are gearing up to take Tamworth by storm at the seventh Annual Cultural Showcase. Held as part of the iconic Tamworth Country Music Festival, the Annual Cultural Showcase brings together some of the best and brightest Indigenous musicians this side of the Black Stump. [Find out more here.](#)



SAFER INTERNET DAY – FEBRUARY 6

Celebrated in 170 countries, Safer Internet Day is designed to bring the world together to make the internet a safer, more positive place. The eSafety Commissioner (eSafety) is the official coordinator of the global Safer Internet Day effort in Australia. eSafety's campaign theme for 2024 is *connect, reflect, protect*. [Learn more here.](#) The official coordinator of the global Safer Internet Day effort in Australia. eSafety's campaign theme for 2024 is *connect, reflect, protect*. [Learn more here](#)

WORLD READ ALOUD DAY – FEBRUARY 7

Join millions around the globe as we celebrate the power of reading aloud with **World Read Aloud Day**, held annually on the **first Wednesday of February**! World Read Aloud Day has evolved into a global movement of millions of readers, writers, and listeners from communities all across the world coming together to honour **the joy and power of reading and sharing stories**, and continue expanding the definition and scope of global literacy. [Find out more here.](#)

CLEAN UP AUSTRALIA DAY - MARCH 3

Australia has a plastics problem. Australia now produces 2.5 million tonnes of plastic waste each year, equating to 100 kg per person. Of this, only 13% of plastic is recovered and 84% is sent to landfill. Those facts are horrific, you can help by taking part in a Clean Up Australia event or organise one yourself. Clean up Australia is 365 days a year. Refuse. Reduce. Reuse. Recycle. Compost. To do your bit daily! [Learn more here](#)

EARTH HOUR - MARCH. 23

Earth Hour has always been for everyone. Every year, the hour of no power turns individuals, schools, businesses and communities into a million-strong movement of people supporting nature through the symbolic action of switching off our lights. Join the movement and take part in Earth Hour by switching off at 8.30pm for 60 minutes as a symbolic

PRE-WRITING LINES

Pre-writing lines are lines and shapes that toddlers and pre-schoolers learn in a developmental sequence that help them to form letters later on for handwriting. **Lines down, across, cross shapes, circles, squares, and diagonal lines are all considered pre-writing lines.** Pre-writing lines are typically copied and traced on paper, however here are some fun, non-conventional ways to practice them. Try a paintbrush in sand, a finger in shaving cream, peeling stickers and tracing the pre-writing lines. Go to growinghandsonkids.com for a huge list of ideas!



PROTEIN PANCAKES

PREP 10 min | COOK & SERVE as



INGREDIENTS

2 cups milk (I use coconut or almond milk)
 2 cups flour (I either do 2 cups spelt or 1 cup tapioca and 1 cup oat flour, but you could play around with different options)
 4 tsp baking powder
 4 eggs
 6 tbsp protein powder*
 2 tbsp hemp or chia seeds

**Optional nutra organics makes a great family protein powder try vanilla in this recipe.*

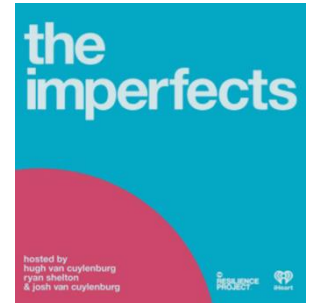
METHOD:

Simply blend all of the ingredients together and store in a jar! I cook ours in butter in a cast iron pan and they never stick. Serve with berries, banana, Greek or coconut yoghurt, pure maple syrup or raw honey, cinnamon etc! Or as one of my kids loves - peanut butter!

SO WHAT ARE THEY GETTING? Good fats, fibre, protein, omega 3's, calcium, iron and fresh fruit, all before they leave the house for the day!

Recipe by Jo Kate Nutrition

Podcast Reviews



The Lazy Genius Podcast | Kendra Adachi

Part systems expert, part permission giver, Kendra Adachi, The Lazy Genius, is here to help you be a genius about the things that matter and lazy about the things that don't.

Kendra Adachi is a *New York Times* bestselling author, nationally ranked podcaster, wife, and mother (no awards for those last two). Her lifelong attempts at perfection have thankfully been tempered by age and therapy, and now she empowers people to get their stuff done without turning into a tired robot.

The Imperfects | Hugh Van Cuylenburg, Ryan Shelton & Josh Van Cuylenburg

We're all imperfect. On this podcast, founder of The Resilience Project Hugh van Cuylenburg, his good friend Ryan Shelton, and only one of their brothers, Josh van Cuylenburg, talks to a variety of interesting people who vulnerably share their own struggles and imperfections, or expertly pass on their wisdom on the subject of imperfection.

Whether it's in The Vulnerabilitea House, The Academy of Imperfection, or with psychologist, Dr Emily, The Imperfects are here to find some valuable takeaways we can all apply to our own imperfect lives.

CALENDARS



Learning about calendars with your child helps toddlers learn and become familiar with temporal concepts, new vocabulary, number sequencing and patterns.

You can talk about each month in the year, which are summer months, which are Winter. When is your birthday, when is your sibling's birthdays? Write in special dates and count-down to big events. You might even like to create your own, you can use a WORD template or create one and have it printed through VISTA print.

Image: Vista Print



FOCUS: How to create an inviting play space

“EEEEKK! My kids are running around like crazy people and there is STUFF everywhere!

Been here?

Yep! I have too. WAYYYY too often. It seems like no matter what you say the entire house becomes a playground full of kids toys, craft and stuff!

I don't know about you but I find this so challenging and frustrating, and frankly having a mess everywhere stresses me out.

So, I went on a mission to find a solution, and today I'm sharing my 6 top tips that helped create a play space that saved my sanity and will hopefully save yours!

OK, are you ready? Here goes.

STEP 1: Choose a location that works for you. There are countless areas where you can set up a play space, but think about a convenient place that works for you, and gives your kids a chance to play independently, a space where you can perhaps read a book or keep an eye on your children whilst making dinner. For me it was the corner of the lounge room.

STEP 2: Designate the space with a rug or play mat and make it cosy Knowing that this is a space for play, mess and toys will help keep your stress levels down and all the “stuff” in one area.

Placing a rug or play mat down helps show your little one the boundaries without the need to put up a gate. Adding soft cushions or a tent can make the space feel safe and cosy. I used a rug and a single arm-chair so I could sit but not necessarily be part of the play.

STEP 3: Set up shelves and storage tubs at their level

When you are selecting items to put out for your little one, put them at a level at which they can independently retrieve them. You want to minimise their need to rely on you, thus fostering their independent choice and child-led play. Keep things on the floor or on low, open shelves. Then, at the end of an activity, (if they are old enough) get them to help you put everything away in the storage tubs. By having a place for everything, your little one knows where to find it and where to replace it. Tubs and baskets without lids seemed to work best for me.

STEP 4: Display 6-8 toys at a time, and rotate the rest each month

Keep a few toys and books in your play space and a few more in your storage tubs. Then hide the rest away. Having only a few toys to choose from will help your little one focus as they play. An uncluttered environment helps them build an internal sense of order and calm. With the

burden of overstimulation lifted, they are free to learn from and appreciate each toy they endeavour to engage with. This really was the key to success and it made pack up so easy.

STEP 5: DO A CLEAN OUT and aim for open-ended toys This is really the big one. We get given so much stuff, especially when our babies are just born or for their birthdays. Once a year, aim to do a clean out. When surveying toys, consider whether they inherently provide opportunities for your baby to use their imaginations, creativity or problem-solving skills — or if, conversely, they essentially do the “work” for them. Many toys capture kids’ attention at first because they are flashy and make noise, but after just a few minutes, they’ll get tossed aside because there is not much else to do with them. Let these ones go.

Blocks and stacking toys, kitchen play, dolls, arts and crafts, nature-based toys, and puzzles are some examples of open-ended toys that tend to provide for more learning experiences and extended periods of quality play. I literally donated 3 bags of toys to our local Toy Library of plastics and what I call “quick fix” toys - those that do the work for them. Providing my kids with only open-ended toys has made play much deeper and more creative.

STEP 6: Set up invitations to play

Whenever possible, set up invitations to play in your play space. You could do this when your little one is having a nap or ready for when they first wake up in the morning.

This gives them something to look forward to and also fosters some time for independent play. I still play our play every morning even though my kids are older. It is a saving grace as I know I am giving them the 10 minutes of undivided attention they need each day to feel loved, valued and seen.

Creating this designated play space was a real game changer for me and my family. I found the kids soon got the hang of packing away at the end of the day and they enjoyed feeling responsible and proud of their space. They also knew where to find everything so there was a lot less “MUM, Help!”



Read the article via the QR code.

Source: Gualtieri, Bianca. (2021, September 25). **How to Create an Inviting Play Space**. Retrieved from <https://happylittlepeople.co/blogs/resources/how-to-create-an-inviting-play-space>

MAKE A RECYCLING GAME

If you already have separate bins for trash and recycling, turn recycling into a sorting game. Designate different boxes for paper products, plastic, cans, and glass — you can even print off or create your own signs to put on the boxes, with pictures of common items that would go in each one. Get sorting!



FOCUS: It's NOT Funny! What to do if your child laughs at discipline

We love humour. But...when disciplining our kiddos humour isn't funny. When our child smirks and busts a gut during a serious moment, we feel as if fireworks in our chest are ready to explode.

That grin. That giggle. OH! It feels like mocking. *Let's consider some things before lighting the fuse.* Humour usually brings people together. Humour is a great deflector and distractor. Humour is a positive way to get attention. humour can be a way to gain or regain control. Humour can be used to manipulate. Humour is an action. But laughter is a reaction.

Laughter is a physical response to an emotional trigger. Have you ever said, "If I don't laugh, I'm going to cry?" Sometimes kids get the giggles or act silly when they feel uncomfortable or nervous. They may laugh or act like a jokester to reconnect or reaffirm the parent-child relationship. When mum or dad express anger, it is possible the child is attempting to make things better with joke to defuse the situation. It's also likely he is scared or uncomfortable and that a laugh is his reaction rather than to fight or take flight.

Observe your child. Give him the benefit of the doubt. Perhaps his reaction is due to fear. Maybe it is a way to re-establish the relationship. No matter the reason, mom and dad must not ignite the wick. Stay in control.

During the moment mirror his non-verbal behaviour: "You are smiling." Ask, "Are you feeling uncomfortable?" After the event inquire, "Why do you think you smiled when I was speaking with you?"

Discuss more typical responses to anger or fear. Talk about how a smile during a serious moment can be misunderstood. Once the behaviour is verbalized it is easier for the child to draw up a more appropriate response. If your kiddo uses humour as a tool to alleviate discomfort come up with a different strategy. Commend him on how he has been blessed with a sense of humour. Talk about the right time and place for his antics. You may even want to use a visual or tactile cue to encourage appropriateness. "Put on your left brain, logic hat. It's time for us to talk about....." - "My touch is a sign that this is important but not scary."



In finding out the WHY of the chuckles you will be better equipped to deal with the anger inducing laughter during a serious moment.

8 QUICK TIPS

If your child is like most kids and has occasional periods of defiance, there are things you can do to make things easier.

- Set Expectations.
- Get to the Root of the Behaviour.
- Set your **Child** Up for Good Behaviour.
- Treat Your **Child** as You'd Want to Be Treated.
- **Take** Advantage of Your **Child's** Verbal Skills.
- Establish Absolute Ground Rules.
- Compromise When You Can.
- Discuss Options.

Each of these eight tips are elaborated in full [here](#)

Wildenberg, Lori. (2020). *It's NOT Funny! What to do if your child laughs at discipline*. Retrieved from <https://herviewfromhome.com/its-not-funny-what-to-do-if-your-child-laugh-at-discipline/>



Read the article via the QR code.

Source: Wildenberg, Lori. (2020). **It's NOT Funny! What to do if your child laughs at discipline**. Retrieved from herviewfromhome.com

UNO NUMERACY AND MORE

1. COLOUR RECOGNITION. Let toddlers **divide Uno cards by colour**. It will enhance their knowledge of basic colours (yellow, red, blue, green). Age 2+.

2. NUMBER RECOGNITION USING UNO CARDS. Picking the same number, colour is irrelevant.

3. SORTING UNO CARDS BY COLOR AND NUMBER.

A little bit more enhanced: Sorting by both colour and number.

4. GO FISH. Shuffle the cards, deal each of the players 5 cards, other cards face down on the table. One player calls out the card he / she has in hand (example: "Do you have red No.1?"). Other players check their hands, if they have it, they collect both cards, and if they don't, they draw another card from the pile. A player who collects most cards is the winner.





Being Environmentally Responsible

Sustainability is more than gardening, worm farms or composting. As educators, we have to think beyond these green activities. Sustainability has shifted away from being just about environmental education to thinking about it as education for sustainability (Davis, 2010). Although both education threads are separate, they are certainly not isolated. Education for sustainability is about linking the 'about' with the 'doing'. - Yvonne Paujik Curriculum Lead Teacher Campus Kindergarten University of Queensland

Within our Service children:

- **Connect with the natural world** Children use their senses to explore their surroundings through free play and guided discovery.
- **Learn to care for the environment through** Play and directed activities. This may be sorting items into their correct bins, caring for 'injured' wildlife, planting gardens, observing wildlife.
- **Observe sustainable practise** through modelling from our educators and daily practise.

Being environmentally responsible is neither a subject nor an 'add on', it is a way of thinking, a way of practice. Education for sustainability is interdisciplinary and involves different members of the community with different expertise and knowledge collaborating together to tackle issues that affect sustainability.

We hope children think of sustainability as being broader than the environment, to thinking about how people and change can influence every living thing. Encourage and support your child and the next generation at home by being environmentally responsible in every possible way.

National Quality Framework | Quality Area 3:
Physical Environment Element 3.2.3 Environmentally responsible



TWISTER

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

Check your games cupboard for this oldie! Physical games such as Twister help to strengthen core muscles, improve balance and strength, as well as improve their hand-eye coordination. It also encourages focusing with their brains while undergoing physical exertion – further strengthening the bond between their body and brain.

Set it up and play a few rounds together. If you don't have twister you can use chalk and draw a similar gameboard on a driveway or deck and use think [link](#) as your spinner!