



JANUARY
2022

FEBRUARY
2022

MARCH
2022

UPCOMING EVENTS AT BRIGHT BEGINNINGS FDCC

- School holidays (18/12 – 30/1)
- Public holiday – New Year's Day (1/1)
- Public holiday – Labour Day (14/3)
- Child Protection- 25th of February @10 am
- Cultural Infusion- Indigenous storytelling through Art – Broadmeadows – 11th March @10:30 am
- Child safe standards ZOOM – 16th & 21st of March
- Harmony Fun day at the park – 19th March
- Playgroup @ Bright Beginnings FDCC – Fortnightly
- Educator Meeting, March TBA

COMMUNITY HOLIDAYS AND EVENTS

JANUARY

Kid Inventors Day	17
Australia Day	26

FEBRUARY

Sustainable Living Festival	1-28
Chinese New Year	1
World Wetlands Day	2
World Read Aloud Day	2
Safer Internet Day	8
National Apology Anniversary	13
World Day of Social Justice	20

MARCH

Japanese Girls Day	3
Schools Clean Up Day	4
Clean Up Australia Day	6
St Patricks Day	17
Holi Festival of Colours	19
Day of Happiness	20
Harmony Week	21-27
Day of Forests	21
World Poetry Day	21
World Water Day	22
Ride 2 School Day	25
Earth Hour	26
Neighbour Day	27



SUSTAINABLE LIVING FESTIVAL - FEBRUARY 1-28

Throughout its history, National Sustainable Living Festival (NSLF) has been a strong advocate for urgent climate action at a scale and speed that can match the escalating climate emergency.

In 2022, NSLF events will focus on these themes: 'Knowing Country', 'Reset & Repair', 'Local Matters' and 'Waste Not'. [Find local events here](#)

WORLD WETLANDS DAY - FEBRUARY 2

World Wetlands Day is celebrated each year on 2 February to raise awareness about wetlands. Australia has 63 Ramsar wetlands covering every state and territory. They cover more than 8.3million hectares. Kakadu National Park in the Northern Territory is one of those. Take part in the Global Celebration in your community. You can find events near you via the link below. Participate and share via [#WorldWetlandsDay](#) For more information [go to the website here](#).

BIRCHER MUESLI



PREP 10 min | COOK 10 min SERVES 4

Summer mornings call for easy breakfasts! Give this Bircher a try. Set and forget. Make a big batch and your breakfast is good to go. Here's how:

INGREDIENTS

- 4 tbsp hemp seeds
- 2 tbsp chia seeds
- 2 tsp cinnamon
- 1/2 cup Greek or coconut yoghurt
- 1/4 cup choice of milk
- 2 scoops vanilla protein powder (optional)

To serve:

- 1/2 cup fresh fruit: such as berries, banana, passionfruit, mango, grated apple
- Drizzle of pure maple syrup or raw honey (if needed to sweeten)

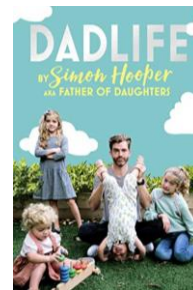
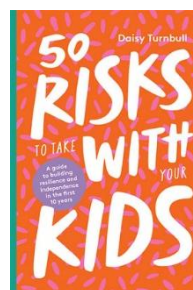
METHOD: The night before, **mix** the hemp seeds, chia seeds, yoghurt, milk and protein powder into a bowl or jar and allow to set in the fridge overnight. In the morning, serve with the fresh fruit and the sweetener. Store in the fridge for up to 3 days.

Love this recipe and want more? Go to [Jo Kate Nutrition](#)

*Jo's course **The Nourished Family** provides you with a realistic approach to nutrition, health and cooking and will teach you foundational principles to use for the rest of your life.*

Book reviews

The un-parenting parenting books you'll enjoy reading.



50 RISKS TO TAKE WITH YOUR KIDS

DAISY TURNBULL

A guide for parents and carers to nurture resilience and independence in kids as they learn to take their own risks.

50 Risks to Take with Your Kids, you'll find risks that build physical skills, social confidence and character development before kids enter those 'risky' teenage years. You'll also find some all-important parenting risks that will encourage you to step outside your comfort zone and think a little differently about raising children. It may sound counterintuitive to say that the more opportunities you give children to test boundaries, the better they will 'adult', but it's true. The more they are allowed to play in the mud, create games and find their own solutions to problems, the more they will thrive later in life.

DADLIFE: FAMILY TALES FROM INSTAGRAM'S FATHER OF DAUGHTERS

SIMON HOOPER

From uninitiated parents-to-be to those who know the ropes in families large or small, everyone will find something to relate to in Simon's hilarious and chaotic tales of his own home life.

'This is the story of my journey into parenthood, from being a 24-year-old man-child with no idea of what being a dad involved, to where I find myself today: the single male representative in a household of five women, or in other words, outnumbered. Our house is now known as "the place where silence came to die". It's also where you'll find carpets that are made up of 50% glitter and where there are more pink stuffed animals than at a colour-blind taxidermy specialist. But I wouldn't change a thing. These people are my life.' Enjoy the laugh.



FOCUS: 4 Things to Say Instead of “Because I said so”

Whether we’re talking about closing the front door, making a replica of the Alamo out of salt dough, or cleaning poor Goldie’s dirty tank, we all know it shouldn’t take threats, bribes and every-three-minute “reminders” to get our kids to complete their responsibilities. So why does it? One thing is for sure: **“Because I said so” doesn’t motivate this generation of savvy-yet-stubborn kids.** And millions of parents are at their wit’s end trying to figure out how to get the cooperation they’re looking for.

Yes, you are the parent and while sometimes kids just have to do what they are told, the truth is, the authoritarian “Because I said so” method of parenting is on its way out. Collaboration and respect are replacing the top-down dominance of the previous generation. Just like it would seem archaic for husbands to “demand” dinner on the table when they walk in the door from work and today’s bosses wouldn’t berate their employees for walking in five minutes late, **parents shouldn’t depend on pure authority to get kids to toe the line.** We can attribute these changes to big societal shifts, seen everywhere from cable TV to social media, and they’re not changing back anytime soon. Our kids **see us respectfully negotiating** with other adults all over the place, from the dinner table to the doctor’s office to the business calls we take at home.

The reign of *cooperation* has changed everything when it comes to parenting our kids, which is why “You’ll do it because I told you to” and “Just wait until your father gets home!” is more likely to invite a power struggle rather than getting won’t get our kids to jump into action. What’s more, teachers and coaches treat kids with respect, and in turn, children perceive that this type of communication should be the norm – even at home. Because of these societal changes, **demanding compliance and depending on “Because I said so” will fuel more power struggles than most parents ever bargained for.** The good news is we can still help kids clean up their acts as long as we shift our **parenting techniques.**

4 Phrases to Use Instead of “Because I said So”

1) “When...Then...” The good news is we *can* get our kids to do their jobs in a timely manner—before their favourite show, for instance—without barking orders. Instead, phrase your requests by saying, **“When you’ve brought me your plate, then you may enjoy your media time for the day.”**

Then—and this is the most important part—completely ignore the grumbling to avoid a power struggle. Say it the same way every time (**“When you’ve finished picking up these toys, then you can go outside with your friends.”**) Soon your kids will leave the couch in a more timely manner and actually complete their responsibilities.

2) “Anything you can do to...” If there’s one thing that drives kids crazy, it’s being bossed around, and can’t we all relate? Instead, *invite cooperation* by sticking to respectful phrases when you could use a hand raking leaves or packing for the beach—the type of thing you’d say to your co-worker. Say, **“Anything you can do to help**



us get ready for our beach trip would really be a huge help,” or, **“Who can help me rake all these leaves into a giant pile before it rains?”** Although you’re not always guaranteed to get the help you’re looking for with these types of phrases, when your kids do pitch in they’ll feel much better about contributing on their terms, and will be more likely to do so in the future.

3) “What’s your plan for...?” Why does it always seem that we’re more concerned with the Big Banana project due on Friday than our kids are? To ward off a week’s worth of nagging about it, instead simply ask, **“What’s your plan for getting your project done in time?”** In addition to being more encouraging (it assumes they have a plan in place), this puts the ball firmly in their court—and gets them thinking about ways to get the job done, no nagging necessary.

4) “Asked and Answered.” This tool, from Lynn Lott, MA, MMFT and co-author of the *Positive Discipline* series with Jane Nelsen, EdD, effectively stops **whining** in its tracks. When kids whine about your decision not to allow them to roller skate in the living room, for instance, respond with, “Have you heard of ‘asked and answered?’” Then briefly review the question and answer (**“Did you ask me if you could roller skate in the living room?” “What was the answer?”**). Next, ask, “Do I seem like the kind of parent who would change her mind when you ask me the same thing over and over?” At this point, the child will probably protest, roll her eyes, walk away, or a combination of these. Ignore it. From now on, anytime your child repeats a question you’ve already answered, simply say **“Asked and answered.”** She’ll quickly get the point and stop whining so much.

Final Thoughts: Even though we’re living in a more cooperative age, remember that you still hold the authority as parent. **You’re simply more likely to get cooperation rather than pushback if you seek solutions and invite cooperation rather than handing down orders.** And when you do have to put your foot down? It won’t feel as heavy if you haven’t already done so a dozen times that day. Enjoy the new era, and try out some of these phrases on your kids today. Chances are, everyone in your home will be happier—and more cooperative—without “Because I said so!” ever crossing your lips.

Source: McCreedy, Amy. (2022, January 3). **4 Things to Say Instead of “Because I said so”** Retrieved from positiveparentingsolutions.com/parenting/updating-because-i-said-so-four-things-to-say-instead

THE HUMBLE NURSERY RHYME

Nursery rhymes are important for young children because they help develop an ear for our language. Both rhyme and rhythm help kids hear the sounds and syllables in words, which helps kids learn to read!

Nursery rhyme experiences, awareness, and knowledge were found to be positively related to accomplishment in early phonological and print-related skills. So, practise them in the car, on a walk or before bed. Sing them high, sing them low, say them using funny voices. It’s fun to rhyme, and so good for your little one’s early literacy skills.



HEALTH & SAFETY: 5 Ways to Practice Gratitude with Your Kids

This time of year, we're frequently reminded to give thanks for the good things in our lives. But when decorations come down and school starts back up, the prompts to practice gratitude fade away. So, how can we rewire our brains to recognize goodness year-round? To find out, we collected tips from gratitude guru and fellow parent Maryam Abdullah.

1. Discover what gratitude means for your family.

Gratitude can be a difficult concept for adults to grasp — let alone little ones. Maryam says **gratitude is really about recognizing 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 recognize. 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. Maryam says since children aren't necessarily able to verbalize things, parents should show their kids how to practice gratitude by doing it themselves.

"Parents can start demonstrating gratitude with babies before they speak their first word. And then once they become verbal, I think it's important to practice saying thanks to one another as a family. And not just saying thanks but actually describing how you feel."

Talking about how goodness makes us feel can help us better understand and manage our emotions. Maryam shared a simple example of how parents can show gratitude after a moment of goodness.

Goodness: Your neighbour came by and dropped off some tomatoes.

Recognition: I feel so thankful that she's our neighbour and that she's someone who shares with us. I feel so happy to be able to receive these gifts from her.

3. Ask your kids about their gratitude. Kids aren't always great at describing their feelings, so 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



Maryam says 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.

NOTICE: I noticed that grandma brought you this new book.

THINK: What do you think about that?

FEEL: How does that make you feel?

DO: Is there something you want to do, to show them how you feel about receiving this new book?

4. Encourage your kids to document their gratitude. Along with prompting conversations, Maryam tells us parents can encourage their children to practice gratitude on their own through activities or rituals. Here are some easy ideas:

Gratitude Journal "Recognizing 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 Essay** "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. Maryam suggests trying to work gratitude into your family's daily rituals with activities.

"At the dinner table, have each family member talk about three good things they experienced that day. This can spark conversation between parents and children in ways that may be just really sweet and tender. It also could be a way for parents to get a glimpse of what's meaningful to their child."

Creating good habits is easier said than done. So be kind to yourself through the process!

Source: Abdullah, Maryam. (2021, October). 5 Ways to Practice Gratitude with Your Kids. Retrieved from <https://www.kiwico.com/blog/parent-tips/5-ways-to-practice-gratitude-with-your-kids>



LET'S RE-FOCUS ON REDUCING

Has COVID-19 changed your sustainable focus? Amid understandable concern over health and hygiene during the pandemic, the problem of disposable plastics has taken a back seat. Demand for products such as disposable wipes, cleaning agents, hand sanitiser, disposable gloves and masks is at a record high. Unfortunately, they're also being thrown out in unprecedented volumes.

So what can you do now that the immediate threat is beginning subside? reuse what you have, and try to store rather than throw out items for donation or recycling.



Try to re-engage your old routines.

1. Remember your reusable coffee cups (if your local café allows it).
2. Use your own shopping bags, if need be wash them or use bags on rotation allowing 3 days between uses.
3. Purchase bulk fruit and vegetables from local growers.

<https://theconversation.com/using-lots-of-plastic-packaging-during-the-coronavirus-crisis-youre-not-alone-135553>





STEM

STEM is an acronym for science, technology, engineering, and math. Skills developed by students through STEM provide them with the foundation to succeed at school and beyond. young children learn through active exploration—and the drive to observe, interact, discover, and explore is inherent in their development.

During the earliest years, infants and toddlers develop 700 neural connections every second,” Buchter said. “These biologically driven neurological processes and natural curiosity of how the world works make early childhood an optimal time to introduce children to scientific inquiry.”

What does STEM look like in Early Learning Settings?

- Cooking activities
- Nature walks
- Challenging building activities
- Grocery store exploring
- Water play

National Quality Framework | Quality Area 1:
Educational Program and Practice

1.1 The educational program enhances each child's learning and development.

1.2 Educators facilitate and extend each child's learning and development.

University of Nevada. (2020, January 15). The Issues: Why STEM Education Must Begin in Early Childhood Education
Retrieved from <https://www.unlv.edu/news/article/issues-why-stem-education-must-begin-early-childhood-education>



“Child Protection” “Legal & Practical Response to Child Abuse”

Course Description: This course assists early years educators, organisations and individuals to comply with their legislative requirements under the National Quality Framework and meet duty of care obligations regarding Child Protection. It is designed to be used for induction of new staff, and as a foundation or refresher course for those currently working in the early years education and care sector. Upon successful completion, participants will be equipped with basic Child Protection skills sufficient to enable them to appreciate the importance of Child Protection, understand their legal obligations in relation to providing Child Protection, recognise indicators of child abuse, and notify concerns appropriately.



Simon Says

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

This is a very simple fitness activity using the basic ‘Simon Says’ framework. Take turns being Simon and setting the fitness challenges. Here are a few examples to get you started:

Simon Says: Shake your whole body, jump up and down, spin around, walk like a bear on all 4s to the clothes line, hop like a frog, pretend to sit on an invisible chair 5 times, hop on your left foot, jump as far forwards as you can then jump back again.