

TRADE YOUR EXPECTATIONS FOR APPRECIATION AND YOUR WHOLE  
WORLD CHANGES IN AN INSTANT – TONY ROBBINS

ALWAYS BELIEVE SOMETHING WONDERFUL IS ABOUT TO HAPPEN. –  
ANON



JANUARY

FEBRUARY

MARCH  
2021

### UPCOMING EVENTS AT BRIGHT BEGINNINGS FDCC

- School holidays (19/12 – 27/1)
- Public holiday – New Year's Day (1/1)
- Public holiday – Labour Day (8/3)
- Rhythm of life (African Drumming) –  
Campbellfield - 26 Jan @10 am
- Playgroup @ Bright Beginnings FDCC –  
Fortnightly
- Educator Meeting, March TBA

### COMMUNITY HOLIDAYS AND EVENTS

#### JANUARY

National Bird Day	5
Kid Inventors' Day	17
Australia Day	26

#### FEBRUARY

Sustainable Living Festival	1-28
World Wetlands Day	2
Safer Internet Day	9
Chinese New Year	12
National Apology Anniversary	13
World Day of Social Justice	20

#### MARCH

Japanese Girls Day	3
Schools Clean Up Day	5
Clean Up Australia Day	7
Harmony Week	15-21
St Patricks Day	17
Ride 2 School Day	19
Day of Happiness	20
Day of Forests	21
World Poetry Day	21
World Water Day	22
Earth Hour	27
Neighbour Day	28
Holi Festival Of Colours	28-29





## SUSTAINABLE LIVING FESTIVAL (NSLF) 1 - 28

In this age of environmental, social and economic disruptions it is vital that we don't lose sight of the bigger picture and keep our eye firmly focused on the mission to sustain our planet. In the wake of Australia experiencing unprecedented climate events,

the Festival will urge a groundswell of climate awareness and support for the urgent action we need. *In 2021, NSLF events will focus on these themes: 'Culture of Care', 'Emergency Lessons', 'Local Matters' and 'Reboot and Respond'.* Find out what events are happening around you [here](#)

## NATIONAL APOLOGY ANNIVERSARY – 13

February 13 marks the Anniversary of the National Apology to Australia's First Peoples – a sacred moment in our nation's history that must never be forgotten. There are 10 things you should know about the National Apology [read here](#)

## CUCUMBER SUSHI



PREP 15 min | COOK 15 min | SERVES 20

### INGREDIENTS

- 2 Lebanese cucumbers
- 50g chicken (cooked and shredded) OR ½ cup cooked and chilled jasmine rice
- ¼ avocado – cut into small pieces
- ¼ capsicum
- 1 carrot (trim vegetables to the same size as the cucumber pieces)

### METHOD:

1. **Slice** off both ends of the cucumbers and then cut each cucumber into 2 larger sections
2. **Remove** the centre of each cucumber half using an apple corer or teaspoon to scrape out the seeded centre. (Don't throw away the centres)
3. **Add** around 4 slices of capsicum or carrot (or a mix of both) to the centre of the cucumber.
4. **Stuff the cucumber** with either cooked chicken or cooked rice
5. **Add** a small amount of avocado to each cucumber centre
6. **Slice** each larger piece of cucumber into 'sushi' slices

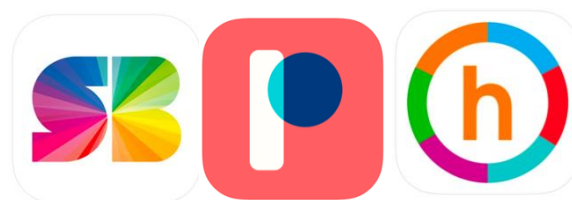
### Tips:

- You can use any type of cucumber, just make sure the cucumber is wide enough to remove the centre and stuff easily.
- You can use leftover rice, simply chill the rice and clump together.
- You can fill with different vegetables or proteins like tuna or chicken. As long as you properly fill the cucumber it should work well.
- If you do not have an apple corer you can use a teaspoon to scoop out the seeded flesh part. It just won't have such a clean look.
- **Keep this snack refrigerated, rice should be stored under 5 °c Enjoy x**

Recipe and image from [healthylittlefoodies.com/cucumber-sushi/](https://healthylittlefoodies.com/cucumber-sushi/)



*A few apps for the adults. Think clearer, feel better, smile more.*



## SUPER BETTER

**SUPERBETTER, LLC | FREE**

### *Resilience Training. Powered by the Science of Games.*

Join nearly a million people who have played SuperBetter so far to build resilience, achieve goals, and tackle challenges including anxiety, depression, stress, chronic pain, concussion recovery and more.

## PLAYFULLY BABY DEVELOPMENT APP

**BABY ACTIVITIES AND & MILESTONES, PLAYFULLY | FREE**

*Get personalized, daily, real-world play ideas for you and your 0-3 year old, backed by advice from experts.* Children learn best through play, taking a couple minutes to play every day builds a healthy family bond, sets your child up for long-term success, and creates meaningful memories for both you and your child.

## HAPPIFY: FOR STRESS & WORRY

**ACTIVITIES, GAMES & MEDITATION | HAPPIFY, INC. | FREE (IN APP PURCHASES)**

*Happify's science-based activities and games can help you overcome negative thoughts, stress, and life's challenges.*

Our techniques are developed by leading scientists and experts who've been studying evidence-based interventions in the fields of positive psychology, mindfulness, and cognitive behavioural therapy for decades.



## 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, mum 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.

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-laughs-at-discipline/>

### 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.

1. Set Expectations
2. Get to the Root of the Behaviour
3. Set your **Child** Up for Good Behaviour
4. Treat Your **Child** As You'd Want to Be Treated
5. **Take** Advantage of Your **Child's** Verbal Skills
6. Establish Absolute Ground Rules
7. Compromise When You Can
8. Discuss Options

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

Katherine, Lee (2020). *Effective Ways to Handle Defiant Children*. Retrieved from <https://www.verywellfamily.com/how-to-handle-defiant-children-620106>



## PLAYDOUGH NAMES

Children love playdough. It's a brilliant tactile material, great for developing fine motor skills. This simple activity is great for name recognition and spelling.

**You will need:** Homemade or store bought playdough, paper, marker.

**Set up:** Write your child's name quite large on a piece of paper. Show your child how to make snakes by rolling out playdough, then demonstrate how you can shape the snakes into letters. Allow your child to freely create their name. Ask them if they recognise the letters in their name.

You may like to add additional manipulatives like sequins, toothpicks and buttons. You child can use these to decorate each letter and further emphasise the shape of each letter.

Image and activity from <https://handsonaswegrow.com/play-dough-name-tracing/>





## HEALTH & SAFETY: Never leave kids in cars

Never leave your most precious valuables, your children, alone in the car. The *never leave kids in cars campaign* prompts parents to take their kids with them whenever they get out of the car, just as they do with their everyday valuables, to avoid potentially tragic consequences.

### WHAT ARE THE RISKS?

On a typical Australian summer day, the temperature inside a parked car can be 20 degrees C to 30 degrees C hotter than the outside temperature. The temperature inside a car can reach dangerous levels quickly; 75% of the temperature rise occurs within the first 5 minutes of closing and leaving the car. Large cars heat up just as fast as smaller ones. Leaving the windows down slightly has little effect on the inside car temperature. Tests conducted by RACQ have shown that when car windows are left open by 10cm, the inside temperature is only 5 degrees C cooler than with the windows closed.

Young children are more sensitive to heat than older children or adults as their body temperature can rise 3 to 5 times faster. This puts them at greater risk of heatstroke and other health risks as their body temperature reaches dangerous levels much soon

### HOT CARS SAFETY TIPS:

- If you have to leave the car, even to run a quick errand - take the children with you
- Never use the car as a substitute 'babysitter'
- Never leave children in a car without adult supervision for any length of time, not even a minute!
- Lock cars and secure keys when at home to prevent children playing inside the car
- Make 'look before you leave' a routine whenever you get out of the car
- When a child is missing, in addition to checking backyard pools and any other bodies of water, be sure to check inside the car and the boot of any nearby vehicles.



### SUMMER HOLIDAY TRAVELLING

- Provide plenty of cool water and fluids throughout the journey
- Dress kids in lightweight and easy fit clothing
- When planning a long journey, consider travelling in the cooler hours of the day
- Plan to stop every 2 hours so all passengers can have a rest from travelling
- If you need to protect babies or young children from sun through the car windows, use a visor or **sunshade on the vehicle glass**
- On every trip, check the fit of your child's harness, child restraint **tether straps and secure seatbelts to ensure they are correctly latched and firmly adjusted**

### WHAT CAN YOU DO IF YOU SEE A CHILD ALONE IN A CAR?

- If you notice that a child has been left unattended in a vehicle call 000 and ask for the Fire Brigade.
- Give your location, the vehicle registration number, the approximate age of the child and the condition of the child.
- If the car is unlocked, open the doors and shield windows with a blanket etc. and wait for emergency services – or – safely try to remove the child from the vehicle if you are concerned about the child's condition as every second counts!

Better Health Channel (2019). *Our valuables should never be left in the car*, retrieved from [betterhealth.vic.gov.au/campaigns/never-leave-kids-in-cars?viewAsPdf=true](https://betterhealth.vic.gov.au/campaigns/never-leave-kids-in-cars?viewAsPdf=true)



### EGG HEADS

**Gardening is a great way to keep children busy, whether you have a large garden, a small patio or even an apartment without a balcony, you can always find a way to do some planting and bring a bit of nature into your children's lives.**

All you need is some empty egg cartons (even egg shells), a bit of soil, some seeds... You don't need much to have a good time! Simply fill the cartons with a little soil, add your seeds and water.

Choose fast-growing seeds. Radishes, fava beans, dried beans, lentils and chickpeas, etc. are all ideal for planting with children, because their journey from seed to shoot to plant is fast and they require little care - just a little water and you'll be seeing progress every day. Some flowers, such as nasturtiums and marigolds, grow quickly and can be used to decorate salads or desserts.



Image & Activity Source: [klorane.com/au-en/content/tips-eco-friendly-school-holiday-activities](https://klorane.com/au-en/content/tips-eco-friendly-school-holiday-activities)





## MUSIC AND DANCE

If you've ever witnessed pre-schoolers grooving to music, you can't help but smile. They obviously love the feeling of moving to the tunes we play for them. But music and dance are much more than just fun activities for children. In fact, it's very beneficial for pre-schoolers to participate in these "performing arts". Here's why:

**Music and dance engage the brain:** Children learn new things, like sounds, words and patterns through music. And with dance, they can explore and control their body movements. These activities are great for development and stimulate connections in the growing brain.

**It helps cultivate communication skills:** Bringing together kids with songs, rhymes and actions lets them discover how to interact and connect with others. They develop listening and social skills that will give them self-confidence and better prepare them for school.

**Music and dance allows kids to express themselves-** Happy, nervous, tired? Engaging in creative activities lets kids release their emotions and express their feelings. It's a fantastic opportunity for children who aren't yet able put their thoughts into words.

**It helps foster physical skills:** Young musicians and dancers learn skills like balance, control and coordination. Singing and movement is also good aerobic exercise- linked to stress reduction, physical fitness and overall good health.

**Music and dance contribute to creativity and imagination.** With children spending more time in front of screens rather than physically playing, music and dance encourages them to be curious and imaginative. This creative outlet can also give them opportunities to learn about other cultures through the arts.

Source: <https://www.nvrc.ca/notices-events-blog/active-living-blog/5-benefits-music-and-dancing-preschoolers>

**National Quality Framework | Quality Area 1:**  
Element 1.1 – *Program*. The educational program enhances each child's learning and development.

## AFRICAN DRUMMING @ BBFDCC

On the 26<sup>th</sup> of January 2021 Bright Beginnings Family Day Care welcomed educators and children to join Mohamed Camara and The Rhythm of Life team to learn about African drumming and culture. Mohamed introduced children to traditional West African instruments including the djembe hand drum, dun dun bass drums, kora (African harp), and African xylophone. The children all took turns in playing the drums. Children also had the opportunity to learn a traditional African song and dance they also learnt about the importance of music and dance in West African culture.

Rhythm of Life African Drumming share their passion and experience of traditional African percussion to educate, inspire and develop cultural awareness.

Combining Mohamed Camara's extensive understanding of Guinean music and culture with Anna Camara's knowledge and experience of both Western and Guinean percussion traditions, Rhythm of Life provide a complete educational and cultural experience.

The benefits of African drumming for children cross over into all areas of learning, as it engages both right and left-brain learning, encourages creativity, and promotes communication and confidence. The workshops are engaging, educational and fun, with a strong focus on participation and self-expression.



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

Say to a child "I'll time you" and it evokes a crazy competitive drive to beat that time over and over and over again! Why not join in?

It could be a run around the house. 10 jumps or skipping to a location. It doesn't matter. Choose a movement activity and time one another completing the activity. See if you can beat one another! Of course, the real time doesn't matter, have fun with it.