

IF YOU HAVE GOOD THOUGHTS THEY WILL SHINE OUT OF YOUR FACE LIKE  
SUNBEAMS AND YOU WILL ALWAYS LOOK LOVELY. – ROALD DAHL

“FAMILIES ARE LIKE BRANCHES ON A TREE. WE GROW IN DIFFERENT  
DIRECTIONS YET OUR ROOTS REMAIN AS ONE.” — ANONYMOUS



## UPCOMING EVENTS AT BRIGHT BEGINNINGS FDCC

- School Holidays 24/6 - 11/7
- School Holidays 16/9 – 3/10
- Compulsory Educator meeting - 19/07/2022
- Playgroup @ Bright Beginnings FDCC – Fortnightly
- Woolworths Discovery Tour 24<sup>th</sup> September @ 10am- **TBA**
- **Sausage sizzle at the park – 22/09/2022**

## COMMUNITY HOLIDAYS AND EVENTS

### JULY

NAIDOC Week	3-10
Eid Al Adha	9-13
World Population Day	11
Asalha Puja Day	13
National Pyjama Day	22
Schools Tree Day	29
International Day of Friendship	30
National Tree Day	31

### AUGUST

Homeless Persons Week	1-7
Dental Health Week	1-7
National Aboriginal & Torres Islander Children's Day	4
International Day of the World's Indigenous People	9
International Youth Day	12
World Elephant Day	12
National Science Week	13-21
Keep Australia Beautiful Week	15-21
Book Week	20-2

### SEPTEMBER

Wattle Day	1
Asthma Week	1-7
Save the Koala Month	1-30
National Flag Day	3
Father's Day	4
Child Protection Week	4-10
Early Childhood Educators Day	7
Indigenous Literacy Day	7
Talk Like a Pirate Day	7
International Literacy Day	8
World Rivers Day	25
World Maritime Day	29





## EARLY CHILDHOOD EDUCATORS' DAY - SEPTEMBER 7

Early Childhood Educators' Day recognises and celebrates the work of Australia's educators in early learning services for their wonderful contribution to the wellbeing and healthy development of the young children in their care.

It's a chance to say thank you to Australia's early childhood educators! FIND OUT MORE ABOUT EARLY CHILDHOOD EDUCATOR'S DAY

## SAVE THE KOALA MONTH - SEPTEMBER 1-30

September is 'Save the Koala Month'. Learn about the plight of koalas and help to make a difference. There are likely to be less than 80,000 koalas remaining in Australia today and it could be as low as 43,000. Much of their habitat has already been lost. This makes it vitally important to save what is left. Hold a bake sale, create some Koala inspired art, have a face mask night and chill out like the Koalas do! BE A HERO FOR THE KOALAS THIS MONTH

## BANANA CAKE



PREP 20 MIN | COOK 30 MIN SERVES 16

### INGREDIENTS

3 overripe <b>bananas</b> , <i>mashed</i> .	2 <b>eggs</b>
3/4 cup <b>olive oil</b>	1 cup Greek <b>yoghurt</b>
1/2 cup <b>brown sugar</b>	1/3 cup <b>pure maple syrup</b>
1 tbs <b>vanilla bean paste</b>	1 cup <b>buckwheat flour</b>
1 cup <b>plain flour</b>	1 1/2 tsp <b>baking powder</b>
1 tsp <b>cinnamon</b> , <i>ground</i>	1/2 tsp <b>nutmeg</b> , <i>ground</i>
1/4 tsp <b>ginger</b> , <i>ground</i>	pinch of <b>salt</b>

### Whipped Ricotta Maple & Chocolate Frosting

2 cups <b>fresh ricotta</b>	1/2 cup <b>pure maple syrup</b>
2 tsp <b>vanilla bean paste</b>	1/2 cup <b>cocoa powder</b>

### METHOD:

#### To make the banana cake:

1. **Preheat** oven to 180 C (350 F) and line a 20 cm x 20 cm brownie pan with baking paper. Set aside.
2. **Place** the mashed bananas, eggs, olive oil, yoghurt, sugar, syrup and vanilla and whisk to combine.
3. **Sift** the buckwheat flour, plain flour, baking powder, cinnamon, nutmeg, ginger and salt into the bowl and stir using a wooden spoon until just combined.
4. **Pour** the batter into the prepared tin.
5. **Bake** for 30-40 minutes or until a skewer inserted removes cleanly.
6. **Allow** the cake to cool completely. To speed up the cooling process, feel free to pop the cake into the freezer.

#### To make the whipped ricotta maple and chocolate frosting:

1. **Place** the ricotta into the bowl of a food processor and blitz for 1-2 minutes or until smooth.
2. **Add** the maple syrup, vanilla and cocoa powder and blitz for 2-3 minutes (scraping down the sides of the bowl) or until the frosting is smooth and luscious.
3. **Smother** the cooled cake with a thick layer of frosting.
4. **Cut** into 9 or 16 squares. Enjoy x

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

## App reviews

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



## THINKROLLS SPACE

AVOKIDDO \$7.99 | 4+

*Thinkrolls Space is a child-friendly puzzle game that's out of this world. Colourful heroes boldly roll where no Thinkroll has rolled before, in over 200 mazes set across seven unique planets.*

A cast of oddball aliens will make you grin from ear to ear. But you'll need brains and nimble fingers to reach your goal—and catch the waiting UFO that will beam your Thinkroll to the next fun-filled planet.

## PERFECT PITCH TODDLER

EAR TRAINING FOR INFANTS \$5.99 | Under 5

*Perfect pitch is impossible to learn as an adult but studies have shown that you can teach it to a child while they are still in their language learning phase of development.* Perfect Pitch Toddler is a collection of games that use animals teach children to listen to notes on a piano and identify them.

## PATTERNS & SHAPES: IBBLEOBBLE

KIDS PRESCHOOL MATCHING GAME \$2.99 | 3+

*Patterns with Ibbleobble is an exciting preschool shape matching game that helps children learn pattern sequences.* This app will help them decipher sequence problem-solving, understand repetition and familiarity, allowing them to recognise and make predictions.



# FOCUS: How to Talk to Kids about Food and Health

Teaching our kids about food and health is one of the many roles of a parent. In today's age of social media, this message can be lost among the noise of friends, celebrities and health influences online. With the number of children with eating disorders rising, we need to find ways to balance all these negative body image messages our children are getting. I am often asked about how to talk to kids about food and health. Helping your kids to have healthy eating habits when they are older is not just about the words that you use, but the things that parents do around food in front of their children. Teaching children about nutrition and food is not just about talking to your kids about food and health but also how your own relationship with food as a parent.

As a society we often place too much value in food. We use words like "healthy" and "unhealthy" or clean food or we use food as a reward for good behaviour or punish with food for bad behaviour. These messages we are giving our kids, means that food has too much value. No food is bad or good (unless it will cause food poisoning), yet the messages our kids get around food is all about food being good or bad. Schools are still teaching our kids about healthy and unhealthy foods, but to many kids, these words don't mean anything. It also means that food is black and white, it is either healthy or not, but in real life, food is not that black and white. Although parents have to be careful about how they talk about food, we know from studies that talking about nutritious foods is OK. A study published a few years ago showed that parents who talked with their older kids about food and health had kids who were less likely to diet and use unhelpful weight control practices like bingeing and purging. If parents talked to their kids about their child's weight instead then the child was more likely to start dieting and binge eating. The message is clear that parents should avoid talking about weight and diets with their child but focus on talking about food and health instead.

**Talk About the Properties of Food** If you want to start teaching your child about food, talk to them about parts of the food and what they can do for their body. Carrots are orange and they help you to see better; or eggs help to make your muscles strong so that you can play soccer well. Talking about the food and making it about your child can help to make this message mean even more to a child. When it comes to foods that you would call unhealthy. You can say that these foods don't help us to grow as much which is why we don't eat these foods every day. It is also good to let your child know that they don't have to like every food that they are given. I always say to my kids that they don't have to eat anything they don't want to. I like when my kids take a tiny taste of a new food. If they don't like the food ask them what it is, they didn't like. Was it the taste or how it felt in their mouth? If they do like a food avoid over praising the child or saying things like *"I knew you would like it"*. Again, thank them for trying the food and ask them what they liked about it.

**Avoid Placing Too Much Value in Foods** We also unconsciously place too much value in foods around our kids. How often have you used food as a reward? I often hear parents told to use smarties or M&Ms for when a child is toilet training as a reward for going to the toilet. How about when kids go to the doctor as they get a lolly for being good when they get a needle. How about the dessert bargain, when we say that a child can have dessert if they finish the vegetable on the plate? What about when we call a food a treat food? All these messages teach our children that these are special foods and that they want to eat these foods over every other food. All of these

strategies may work in the short term, but eating is about the long-game not the short game. This is about setting your child up for healthy eating habits when you are no longer around to guide them. If you want to reward your child, stick with non-food rewards, it may not work as well in the moment, but this will help your child so much more with their eating in the future.

**Talk About Your Child's Appetite** Part of helping your child to learn about food and eating is to also talk to them about their appetite. Asking your child to *"finish everything on their plate"* or to *"have one more bite of a food"* is over ruling their hunger and fullness cues. Yes, I know that sometimes kids say they are full when they mean they don't like the food but pushing them to eat the arbitrary "one more bite" will work in the short term but is not teaching your child to honour their hunger. This may lead to overeating when a child gets older.

I like to talk to my kids about eating until they are not hungry any more, rather than eating until they are full. Hunger and fullness are signals in our brain that come from hormones in our stomachs. There is a delay in us being full in our stomach and those signals getting to our brain saying that we don't feel like any more food. Asking our kids if they are full doesn't account for this delay in these hormones getting to our brain. I like to talk to my child about not being hungry anymore and that is when they stop eating, rather than eating until they are full. I know this is a subtle difference but an important one.

Just to note, that all of us have different hunger and fullness signals and for some people these fullness signals don't work as well as they should. A lot of this has to do with genetics. If your child is one that is hungry all the time then place some limits on the timing of meals and snacks. Be open about when they can eat and if they want some food out of these time frames, then they have to wait until the next meal. Also talk to your kids about the reason they are hungry, ask is it because they are bored or are, they truly hungry.

**Conclusion** Teaching your kids about food and healthy is a lifelong process and one that can be hard for parents in the age of social media. We do know that talking to your kids about food and health will be good for your kids when they are older. Always avoid mentioning your child's weight or putting them on a "diet". There are a few keys phrases you can use when talking about food and always remember that teaching your child eating habits is about the long-game and not the short-game.

## Top Tips for Talking to your Kids about Food and Health

- Avoid using the term healthy or unhealthy to describe a food
- Talk about the properties of a food and how it can help your child's body and mind
- Avoid rewarding with food or using the dessert bargain
- Avoid pressuring your child to eat a food
- Ask your child to eat until they are not hungry any more
- Eat together as a family, the same meal
- Expose your kids to a wide range of nutritious foods at home

There is more to read at the link below!

Source: Cohen, Dr Jennifer. (2019) How to Talk to Kids about Food and Health. Retrieved from <https://www.drjennifercohen.com/talk-about-food-and-health/>

## PRE-WRITING LINES

Pre-writing lines are lines and shapes that toddlers and preschoolers learn in a developmental sequence that help them to form letters later on for handwriting. Lines down, across, cross shapes, circles, squares, diagonal lines are all considered pre-writing lines. Pre-writing lines are typically copied and trace on paper, however, here are some fun, non-conventional ways to practice them: Use a paintbrush in a sand tray, Use a finger in shaving cream, Peel stickers and trace the pre-writing lines, Use fine motor tweezers and use pom-poms, Use playdough to form pre-writing lines...Read about these activities in detail [here](#).



## HEALTH & SAFETY: 5 lessons to teach your child about getting lost

If your child is separated from you for some reason, there are a few ways to ensure you can be reunited as soon as possible. Losing sight of your little one, no matter how momentarily, brings a feeling of dread and panic. And if it's bad for you, imagine how frightening it is for them. Before you head out, there are a couple of risk management steps you can take to ensure that if your child is separated from you for some reason, you can be reunited as soon as possible.

### Teach your children your information

Children, often as young as three, should know your full name (not just Mum or Dad), and be able to memorise your phone number. If you have concerns that they won't remember, and you are heading to a populated area e.g. holidays or a theme park, write down the information and tuck it away in a secure place such as a shoe or pocket and let them know it is there if they need it. There are also companies who provide disposable ID bracelets with your information that are useful for very young children.

### Have a safety plan in place

There are steps – outlined below – that children should undertake if they get lost. If they do these steps and still can't find you, having a safety plan in place gives them an ultimate step to do in order to be reunited with their family as quickly as possible. A safety plan, which ideally you should discuss every time you head out with your children, might be choosing a landmark to meet at, or a specific uniform to look for to ask for help. This will change from place to place, so should be emphasised clearly each time. Before actioning the safety plan, kids should know to try the following five things first.

### 5 things to teach your children to do if they get lost

**STOP:** If your child has found themselves separated from you or their carer, teach them to immediately stop what they are doing and stand still. Whether they are walking, or playing they should stop what they are doing and give you a moment to come and find them.

**BE SAFE:** Teach your child to stop and check if they are in a safe place. A safe space is an area where an accident is less likely to happen. If they find themselves in a busy pedestrian path, or in the way of machinery, or traffic, or are close to a large body of water or unstable ground, let them know to move to the nearest safe space and wait.

**CALL FOR YOU:** Let your children know that they won't get in trouble for yelling your name if they are lost. Whether they are outdoors or in a library, if they are lost it is OK to stand tall and



shout for you in their loudest voice. Teach them to call out your real name, not 'Mummy' or 'Daddy'. More often than not, you will be closer than they think and can be reunited very quickly.

*Sidenote: A child making a loud fuss is less of a target to a predator, who generally target children who can be led away quietly.*

**LOOK FOR A SAFE ADULT:** Statistically, the safest person for your child to approach is a mother with children. Teach your child to look for a mother and child, or another safe adult such as a Police Officer. They should approach them and tell them clearly that they are lost and ask them to call you, using your full name when they do. They can either tell them, or show them your number.

**USE THE SAFETY PLAN:** If your child can't identify a safe adult nearby and they have tried all of the above steps and are still lost, now is the time to follow the safety plan you organised earlier.

**THE BEST THING YOU CAN DO:** As soon as you discover your child isn't where they should be is to **start shouting your child's name, too!** It doesn't matter where you are, and don't worry about being polite. With both of you shouting for the other, you'll likely find that anyone within earshot will be eager to help you both find each other.

Source: Wylie, Rebel. (2022). 5 lessons to teach your child about getting lost. Retrieved from <https://www.bountyparents.com.au/expert-advice/teach-child-about-getting-lost/>



### 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!





## CREATE TOGETHER

*The benefits of art are tremendous. We think of creativity as the ultimate long term side effect of art, but the more immediate and obvious benefits are equally important. We also think that the biggest benefit of art is that it's FUN. Art helps kids develop both fine and gross motor skills. It helps children develop their problem-solving abilities. Importantly art helps kids connect with others.*

Creating art with your child doesn't need to be result driven, encourage your kids to simply create their own thing as they explore art materials, art techniques, their own capabilities, and their current ideas and interests. There is a lot of enjoyment in the process, as well as learning and communication, that takes place as they experiment and create.

**Try this:** Find a large piece of paper or piece of cardboard and place it in a 'paint safe' space on the floor, you could even go outside and paint on the lawn. Choose 2 colours of paint and squirt some of each onto a plate, now get out some kitchen utensils you don't mind getting paint on and get creating!

Experiment together, see what patterns you can create. Will you work together? What happens if you mix the two colours together? Can you paint small patterns and large patterns?

Keep the dialogue open and enjoy this time being created with your child.

# FUN DAY AT THE PARK

We aimed to unite our Educators at a local community park and offered our children the opportunity to meet other children that are being educated within our FDC just like they are. And what a day we had! So many fun games were played, faces painted and delicious sausages were eaten! We shared many stories with educators in a more relaxed setting and had the opportunity to engage with children at another level and in a different setting than what they're used to. This encouraged participation and socialising between all ages:)

We had a planned scavenger hunt for pre-schoolers and a more challenging one for the older school aged children. I must admit... some adults found the riddles a little tricky to figure out 🤔 so the children had to help them out... just a little though.

Our wonderful and friendly staff dedicated their public holiday to interact with the family here at BBFDCC. We are so grateful to have had such a wonderful turnout and people behind the scene that helped make this day a memorable one.

Feedback has determined that hosting events like these are a successful way of keeping the BBFDCC community feeling appreciated and valued. We'd like to unite and celebrate differences and diversity more and strengthen communication so that the children can watch, learn, grow then become—live in harmony while maintaining social etiquettes, good morals and valuing relationships ❤️ BRIGHT BEGINNINGS FAMILY DAY CARE CENTRE IS A PLACE OF BELONGING.

@xlentevents, thanks for making the star appearance of the year! We loved the way you engaged with your audience and the communication you held throughout our event (and the funky dance moves 🕺)

A great big THANK YOU to our staff, Educators and children for participating and having made this sausage sizzle such a great event!

Bring on the next one 🍔



## 5 Minute MOVES

### Making Bridges

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

Core strength activities can be fun. Show your child how to make a bridge by lying on your back, keep knees and feet together while lifting the buttocks off the ground. This exercise strengthens the muscles around the hips and back, which are all part of the core. Ask your child to hold the bridge position for a few seconds. Increase the time, or the number of repetitions, as your child improves. Make it fun by driving toy vehicles under the "bridge" or have a bridge challenge.