

You are never too old to set another goal or to dream another dream. – C.S. Lewis



**JANUARY**  
2025

**FEBRUARY**  
2025

**MARCH**  
2025

## ON *this* MONTH

### At Bright Beginnings Family Day Care

#### AROUND THE COUNTRY

##### January

Kid Inventors Day	17
Aboriginal Cultural Showcase	22 - 24
Australia Day	26
International Lego Day	28

##### February

World Wetlands Day	2
World Read Aloud Day	5
Safer Internet Day	11
Summer's Day	29

##### March

Clean Up Australia Day	2
St Patrick's Day	17
National Ride 2 School	21
Earth Hour	22
Eid Al Fitr	30-31

### Upcoming Events at Bright Beginnings

#### January

Term 1 commences	29
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#### February

Playgroup	11
Educator Meeting	19

#### March

Playgroup	6
Harmony Day	21





### AUSTRALIA DAY – JANUARY 26

Australia Day is a day to reflect, respect and celebrate the Australian spirit and the best of this country – our mateship, our sense of community and our resilience. We find optimism and hope as we look to the future.

### INTERNATIONAL LEGO DAY – JANUARY 28

International LEGO day celebrates the enjoyment and popularity of the LEGO hobby around the world. 28th January 1958 is the date that Godtfred Kirk Christiansen submitted his patent for the very first plastic LEGO bricks, so it seems a fitting date to celebrate the LEGO hobby every year! Lego is one of the most educational toys available also happens to be one of the most inviting!

Lego develops fine motor skills, encourages co-operative play and problem solving. Definitely a toy worth celebrating. With the *World's Biggest Lego* store right here in Sydney, there has never been a better time to celebrate!



## SWEET POTATO & FETA FRITTATA

PREP 30 mins | COOK 20-25 mins | SERVES 5

### INGREDIENTS

- 1 large, sweet potato, peeled and chopped
- 1 tablespoon olive oil
- Sea salt and freshly ground pepper
- 8 eggs
- 1 cup milk
- 120grams ham or pancetta, chopped
- 1 tablespoon fresh parsley, chopped
- ½ cup cheddar, grated
- ½ cup parmesan, grated
- 80 grams feta, crumbled

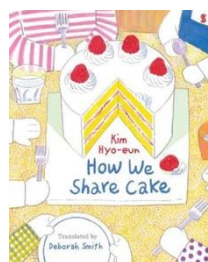
### METHOD

1. Preheat oven to 180°C. Place the sweet potato on a baking tray lined with baking paper, drizzle with olive oil and season with sea salt and pepper.
2. Roast for 20 minutes or until golden and cooked.
3. Meanwhile, place eggs and milk in a large bowl and whisk to combine. Add ham/pancetta, parsley, cheddar, parmesan and feta and gently stir to combine.
4. Place the cooked sweet potato in the bottom of a lined 20cm x 30cm pie/baking dish. Pour the egg mixture over the top of the sweet potato and bake the frittata for 20-25 minutes or until puffed and golden.
5. Allow to cool slightly before cutting into squares to serve.

Source: Image & recipe [‘My lovely lunchbox’](#)

## Book reviews

Fresh stories for the food lovers!



### HOW WE SHARE CAKE | HYO-EUN KIM

*Making sure you get your rightful share in a family of five siblings is never easy. Everything must be carefully calculated and precisely measured to make sure no one misses out.*

*How We Share Cake is a hilarious exploration of the timeless struggle for fairness and justice among brothers and sisters. This delightful story captures the very essence of family dynamics.*

### CHEESE | FELICE ARENA

*Did someone say cheese? Yes, please! Some Brie?*

*Mais oui! Ooh la la, how fancy! Don't forget the smelly ones: There are quite a few! Stilton, Limburger and Stinking Bishop, too. Cheese tastes delicious, but do you know that cheese names are also fun to say? Grab yourself a cracker and get stuck into this rhyming feast. It's enough to make anyone hungry for CHEESE!*

### OFF TO THE MARKET | ALICE OEHR

*Sunday is market day. We are looking for pumpkin, apples, eggs, and bread. What else will we find? Where did it come from? And what will we make with it? Learn all about produce in this delightful child's tour of a food market, full of fun facts, delicious new discoveries, and charming characters. A loving ode to the people who bring food to our table and connection to our community, from acclaimed artist Alice Oehr.*



# HEALTH and SAFETY: Summer Heat Safety

Summers in Australia can be very hot and long. We've put together some tips to keep you and your kids safe and cool over the summer.

## How can I stay well during hot weather?

The best ways to avoid heat-related illness is to: Drink water, even if you don't feel thirsty, because this can prevent you from becoming dehydrated. Avoid alcoholic, hot, or sugary drinks (including tea and coffee) because these can make dehydration worse. If you go outside, carry a bottle of water with you. Keeping as cool as possible can also help you prevent heat-related illness. Some ways to do this include.

### A few tips for staying cool

- Stay out of the sun.
- Drink cold drinks and eat cold meals, such as salads and fruit.
- Wear light-coloured and loose-fitting clothes made from natural fibres such as cotton.
- Take cool showers or baths.
- Apply sunscreen and wear a hat, if you must go outside.
- Plan your day around the heat — avoid being outdoors between 11am and 5pm.
- Minimise physical activity.

Babies and children are more prone to dehydration due to their smaller bodies and fluid volume. They also sweat less, generate more heat while moving around and may not be able to express effectively when they feel hot and distressed. These factors can make it difficult for them to regulate their body temperature, which can lead to heat related illness like heat exhaustion or heatstroke.

Heat exhaustion and heatstroke can have negative impacts on a child's health. Heat exhaustion can reduce their cognitive abilities, affect their mood and impact their social engagement. Heatstroke results in a child's body not being able to regulate temperature. It is a medical emergency and can be life-threatening.

## Signs and symptoms of dehydration or heat-illness

Mild symptoms include:

- darker urine and fewer wet nappies
- dry mouth and skin
- headaches and nausea in older children

Severe symptoms include:

- more irritable
- less alert, confused or increased drowsiness
- pale skin or skin that feels cold
- body is floppy or limp
- no tears when crying
- refuses to drink or is extremely thirsty

If your baby or child has mild signs and symptoms of dehydration or heat-illness, or you are worried, visit your local doctor or call Health Direct on 1800 022 222. **If your baby or child has severe signs and symptoms of dehydration or heat-illness, call triple zero (000).**



## Kids in hot cars

### Always check for your baby in the back.

Leaving a child in a car, even for a few minutes, can cause life-long effects and can be fatal. The risk of heat exhaustion is higher for babies and children than adults. There is no safe amount of time to leave a baby or child in a car.

### A 'quick' errand can be fatal

The body temperature of babies and young children rises three to five times faster than older children or adults, so running a 'quick' errand, a grocery shop, dropping-in to the office or doing school pick-up is too long to leave your little one in the car. Although taking babies and young children with you to run quick errands can take extra time, it can be lifesaving.

It may seem safe enough to leave children in the car for an errand as the engine and the air-conditioning has been on and the car seems cool. Once the engine is turned off, even a cool car rapidly heats up. Cars are not well insulated, and sunlight exposure will quickly heat the car temperature by up to 30 degrees higher than the outside temperature.

Within the first five minutes of closing your car doors, the temperature inside can increase by as much as 75 per cent. Leaving the windows down slightly has little effect on the inside car temperature with large cars heating up just as fast as smaller ones.

### Always check the back seat before leaving the car.



More information via the QR code.

Source: [Healthdirect.gov.au](https://www.healthdirect.gov.au). (2024). Retrieved <https://www.healthdirect.gov.au/hot-weather-risks-and-staying-cool>

## Shaving Cream Words

Shaving cream is such an amazing sensory activity! Your kids will be so excited to use shaving cream for a learning activity, it won't even feel like they are learning! **First**, spray foam shaving cream on an art tray. **Then** Spread it out so the shaving cream is all over the tray! Write their name or a sight word that you are working on in the shaving cream and ask your child if they know what the word says. Ask them to copy their name or the word in the shaving cream. Repeat this process over and over again! Let your child erase the words so they get a chance to play in the shaving cream! Find this and more activities [here](#).



# FOCUS ARTICLE: New Year's Rituals for Families

*"Tomorrow is the first blank page of a 365-page book. Write a good one." - Brad Paisley*

Children are fascinated by the passage of time, which seems magical to them. They LOVE the idea of a new year, a new beginning, a celebration of life. And so do adults! We can all use the momentum of a fresh start.

## 1. Say goodbye to 2024 with love and appreciation.

Even in hard times there is so much to be grateful for. Go around the table and have each person in the family say what their favourite thing about the old year was, savouring together with gratitude the best moments from the past year. Also ask your kids what they appreciated in the past year about themselves, about each other, and about their lives.

## 2. Leave the past behind as you greet the future.

If you're like most people, you're carrying some baggage you don't need, whether it's exhaustion, self-judgment, recurring emotional patterns of fear or anger, or simply clutter. Ask everyone in your family what one burden they might be able to leave behind as the year turns.

(If your child says she wants to leave behind "my brother" or "homework" you can respond by validating while not blaming the brother or the homework. So, for instance, you might empathise: *"You are really having a hard time with your brother lately, aren't you?"* -- and then promise to work with your child to help them make what seems like a burden into a better part of their life in the coming year.)

## 3. Finish by asking what everyone is looking forward to in the New Year.

Anticipating happy events makes us happier -- and it enhances brain development!

## 4. Let the kids stay up until midnight.

If that's a recipe for disaster for little ones the next day, you can always change the clocks to midnight at a more reasonable hour. Toast the New Year with sparkling apple juice in plastic goblets and open the front door to let the good luck in. Take the kids outside to blow horns with you before tucking them into bed.

## 5. Every New Years Day, take a family photo.

Don't obsess to make these perfect. They're intended to be a slice of life. Frame them and put them on your wall. As they grow up, your kids and their friends will love admiring the way everyone has changed over the years -- but not as much as you will!

## 6. Discuss and model how to make actual change.

Most New Years resolutions fail because they're goals that are tough, and even the momentum of the new year isn't enough to keep us on track. If you only know vaguely where you're headed, and you don't have a plan to get there, you're bound to end up somewhere else. So start small and specific. Have a plan to measure your success. Give yourself the support you need to actually keep your resolution.

**7. Take a few private moments to lavish a blizzard of appreciation on yourself** - for all the things you've done right this year. Forgive yourself for the times you missed the mark and let them go. From that place of self-love, say thank you for all the large and small miracles in your life. Open yourself to receiving more in the coming year.

May your New Year be filled with every blessing for you and your family. I'm sending you love and appreciation for all the love you create in the world, just by being you.



Read the article via the QR code.

Source: New Year's Rituals for Families. (2024). Peaceful parent happy kids. Retrieved from [www.peacefulparenthappykids.com/read/new-years-rituals-for-families](http://www.peacefulparenthappykids.com/read/new-years-rituals-for-families)



## NEW YEAR CLEAR OUT WITH UPPAREL

*Next time you do a cupboard clear out use UPPAREL. Textile waste needs radical intervention now. We need to dramatically extend product life and stop textiles from going to landfill. We need to move mountains, not make more.*

*So what happens with your unwanted textiles? Everything is reused, re-purposed or recycled within the Upparel operational eco-system. Nothing gets sent to landfill.*

*You can go to UPPAREL and book your pickup or drop your unwanted clothes at a participating partners store like H&M or Macpac.*

*Find out more at [upparel.com.au](http://upparel.com.au)*



## JOBS TOGETHER

*Toddlers love to mimic those around them. They learn from watching others and doing what they are doing – most especially they love being like their parents. Give your little one a broom, or a mini-tool and get busy together. Spend some time sweeping the patio, or “fixing” the wooden blocks together. You will be surprised at how involved they become in these activities.*

### **Try washing up:**

Washing up is a fun activity to do together, there will be water everywhere and dishes may not actually get clean but there it will be fun.

### **Laundry:**

Put the washing in the machine and let your child press the buttons and turn the machine on. When it comes to hanging it out why not do that together too. Using pegs is also a great fine motor skill too.

### **Gardening:**

Rake the leaves, pull the weeds, hose the garden. There are so many gardening activities you can do with your child they may even invent some of their own.

### **Making the bed:**

Yep, even the daily mundane activity of making the bed can be an activity your child will love being a part of. Pull up the sheets together, hide under the sheets, let your child lie under the sheet as you throw the sheet up and they watch it float down.

### **Preparing dinner:**

Besides the huge range of benefits preparing meals together have it is also lots of fun.



## PLAYDOUGH

Squishing, rolling, sculpting, modelling . . . young children love to play with playdough. Add some props from around the home and playdough play becomes a powerful way to support your child’s learning.

This simple preschool staple lets children use their imaginations and strengthen the small muscles in their fingers—the same muscles they will one day use to hold a pencil and write. Using playdough with you, a friend, or siblings supports your child’s social skills such as sharing, taking turns, and enjoying being with other people. Playdough also encourages children’s language and literacy, science, and math skills—all at the same time!

### **Around-the- house Playdough Props**

- Birthday candles
- Blocks
- Bottle caps
- Combs
- Cookie cutters
- Feathers
- Leaves, twigs, pebbles
- Rolling pin or bottle
- Straws
- Small toy people and animals

When children use playdough, they explore ideas and try different approaches until they find one that works. They compare and contrast objects, actions and experiences. In their experimenting, children come up with their own ideas, satisfy their curiosity, and analyse and solve problems.

Source: Naeyc. (2023). Playdough Power. Retrieved from <https://www.naeyc.org/our-work/families/playdough-power>



## Timed Scavenger Hunt

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

Hide five tennis balls around the house and write five different exercises on four different pieces of paper and place it under each tennis ball, such as 20 jumping jacks or 10 push-ups. When the child finds the tennis ball, they must complete the exercise and bring the tennis ball back to “home base”, which is wherever you are. They have five minutes to bring all five tennis balls back to the home base.