

# MONTHLY NEWSLETTER

## June 2026



## Welcome new families!

Power/McAlister,  
Jenkins/Cook, Scipilliti,  
Elliott/Corowa,  
Hutchinson/Ussher-Kinnear,  
Pearce/O'Toole, Quabba,  
McAlister/L'Hotellier,  
Cowan/Cutter, Simpson/Green,  
Rose/Knibbb, O'Brien/Crocker,  
Read/Ryland, Garland/Wood



## WE WANT YOU+

ON OUR MANAGEMENT COMMITTEE

- Call for Volunteers – Join the Management Committee
- Are you passionate about making a difference? Do you want to help guide the direction, growth, and success of our organisation? This is your opportunity!

We are inviting enthusiastic, committed, and forward-thinking members to join our Management Committee.

For more information contact us!  
[admin@bowencollinsvillefamilydaycare.com.au](mailto:admin@bowencollinsvillefamilydaycare.com.au)

## STATE SCHOOL HOLIDAYS

**27 JUNE – 12 JULY**



Please let the Coordination Unit know if you have school aged children attending for vacation care so we can ensure that the child has a timesheet, and that the child had a CSS enrolment.

**All children MUST have a CCS enrolment in place BEFORE care is provided.**

## Date claimers

5<sup>th</sup> – World Oceans Day

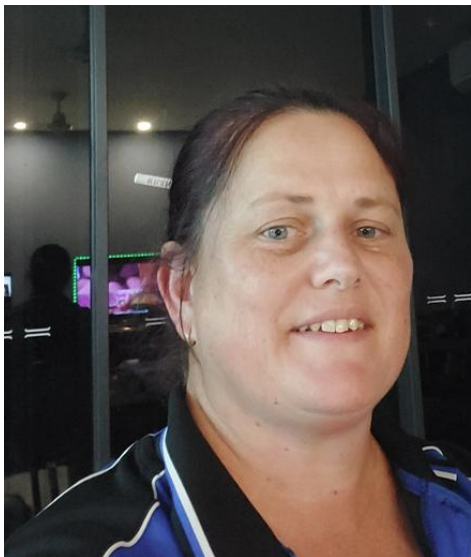
5<sup>th</sup> – World Environment Day

16<sup>th</sup> – National Vegemite Day

22<sup>nd</sup> – 28<sup>th</sup> – Insect Week

# WELCOME!

Bowen Collinsville Family Day Care has welcomed Kerry and Kirstin aboard the team!



*Kerry is from Murray  
Upper and is  
operating Little  
Bears Family Day  
Care!*



*Kirstin is from  
Ingham and is  
operating Kirstens  
Family Day  
Care!*

Small changes in support can make a big difference





# The Regulation Ladder

Based on Polyvagal Theory (Porges)

The Regulation Ladder helps you understand how a child moves from calm and settled to overwhelmed. Children's behaviour changes depending on how regulated they feel. When they are calm, they can think and listen. When they are overwhelmed, they cannot. This is based on how the brain responds to stress.

www.SocialWorkersToolbox.com

## The Levels

1	<b>Calm and Regulated</b> Thinking brain is in control		The child feels safe and settled. They can listen, learn, talk and solve problems.	You might see... <ul style="list-style-type: none"> <li>• Calm body</li> <li>• Focused</li> <li>• Listening</li> <li>• Cooperative</li> <li>• Engaged</li> </ul>	What helps: <ul style="list-style-type: none"> <li>• Teach skills</li> <li>• Set boundaries</li> <li>• Talk it through</li> <li>• Give praise</li> <li>• Build routines</li> </ul>
2	<b>Alert and Engaged</b> Thinking brain still working, emotions increasing		The child is active and coping, but energy is rising.	You might see... <ul style="list-style-type: none"> <li>• Busy</li> <li>• Excited</li> <li>• Fidgety</li> <li>• Distracted</li> <li>• Needs reminders</li> </ul>	What helps: <ul style="list-style-type: none"> <li>• Clear instructions</li> <li>• One step at a time</li> <li>• Gentle prompts</li> <li>• Keep routines</li> <li>• Offer choices</li> </ul>
3	<b>Stressed or Dysregulated</b> Emotional brain becoming stronger		The child is starting to feel overwhelmed. Thinking becomes harder.	You might see... <ul style="list-style-type: none"> <li>• Irritable</li> <li>• Restless</li> <li>• Saying no</li> <li>• Avoiding</li> <li>• Not listening</li> </ul>	What helps: <ul style="list-style-type: none"> <li>• Reduce demands</li> <li>• Stay calm</li> <li>• Lower expectations</li> <li>• Offer support</li> <li>• Give space</li> </ul>
4	<b>Escalated</b> Emotional brain in control		The child is overwhelmed and struggling to cope.	You might see... <ul style="list-style-type: none"> <li>• Arguing</li> <li>• Shouting</li> <li>• Defiant</li> <li>• Angry</li> <li>• Losing control</li> </ul>	What helps: <ul style="list-style-type: none"> <li>• Use few words</li> <li>• Stay calm</li> <li>• Slow things down</li> <li>• Give space</li> <li>• Keep it simple</li> </ul>
5	<b>Overwhelmed</b> (Meltdown or Shutdown) Survival brain takes over		The brain is in survival mode. Fight, flight, freeze or shutdown. The thinking brain is much less available.	You might see... <ul style="list-style-type: none"> <li>• Crying</li> <li>• Screaming</li> <li>• Hitting</li> <li>• Freezing</li> <li>• Withdrawing</li> </ul>	What helps: <ul style="list-style-type: none"> <li>• Keep safe</li> <li>• Stay nearby</li> <li>• Be calm</li> <li>• Offer comfort</li> <li>• Wait it out</li> </ul>

### Understanding the Brain

The "**thinking brain**" helps with learning, listening and making good choices. The "**emotional brain**" reacts quickly to feelings like frustration or worry. The "**survival brain**" is there to keep a child safe when they feel overwhelmed.

### Why Behaviour Can Change Quickly

A child can move up the ladder very quickly. This is not planned behaviour. It is the brain reacting to stress. What looks like "bad behaviour" is often a child struggling to cope.

### Your Calm Matters

Children borrow calm from adults. A calm adult helps the child's nervous system settle. A stressed adult can increase the child's stress. You do not have to be perfect, just steady enough.



Children need calm before they can learn.  
Support first. Teach later.



# NATIONAL FAMILY DAY CARE WEEK!

This week we celebrate and highlight the nurturing, learning, laughter, and love that happens every single day in our home-based care.

Family Day Care isn't just childcare — it's a home away from home ❤️

Thank you to the wonderful families who trust us with their little ones. We're so proud to support early learning in a warm, small-group environment.

Thank you to our amazing Educators for your patience, empathy, creativity, adaptability, and a commitment to safety!



[www.bowencollinsvillefc](http://www.bowencollinsvillefc.com.au)



[com.au](http://com.au)



# ?? Free Dentist ??

The Child Dental Benefits Schedule (CDBS) will cover up to \$1,132 over 2 calendar years for basic dental services. To get this, your child must be all of the following:

- 🦷 0 to 17 years old for at least one day that calendar year
- 🦷 eligible for Medicare

🦷 getting an eligible payment from us at least once a year, or have a parent, carer or guardian getting an eligible payment from us at least once a year.

Find more info at [servicesaustralia.gov.au/childdental](https://servicesaustralia.gov.au/childdental)



**The Child Dental Benefits Schedule covers part or the full cost of some basic dental services for your children.**

**Your child may be eligible for the CDBS.**

[servicesaustralia.gov.au/childdental](https://servicesaustralia.gov.au/childdental)



# Spaghetti Bolognaise Muffins

Use leftover Spaghetti Bolognaise to make these fantastic muffins. Perfect for the lunchbox or afternoon snack.



All you need is leftover spaghetti bolognaise & 1 cup grated fat cheese



Mix all the ingredients together in a bowl

Spoon into greased muffin tins

Bake at 180 degrees for 20 minutes or until firm and cooked.

Cook and enjoy!

## Learning and exploring through play

Sustainable activity idea



Use recycled material and paint to learn about size comparison, colour recognition, counting, spatial awareness, hand eye coordination.....

NATIONAL RECONCILIATION WEEK 2026

27 MAY – 3 JUNE

# ALL IN

## FOR RECONCILIATION

#NRW2026

RECONCILIATION.ORG.AU

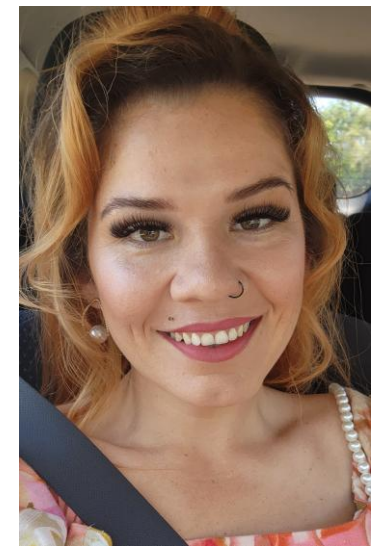


25 YEARS OF  
RECONCILIATION  
AUSTRALIA



## Educator Spotlight

# Miss Jamii's Joeys



Location: Bowen

**How long have you been an educator?** I started my journey in early childhood education almost 4 years ago, and opening my own family daycare has been one of my favourite milestones.

**What is your favourite things about being an educator:** Building deep, meaningful connections with both the children and their families. Because it's a family daycare setting, we truly become like a little family of our own.

**How would you describe Miss Jamii's Joey's Family Day Care:** A vibrant, play-based learning environment filled with creativity, outdoor exploration, and lots of laughter. I focus on building confidence and independence in every child.

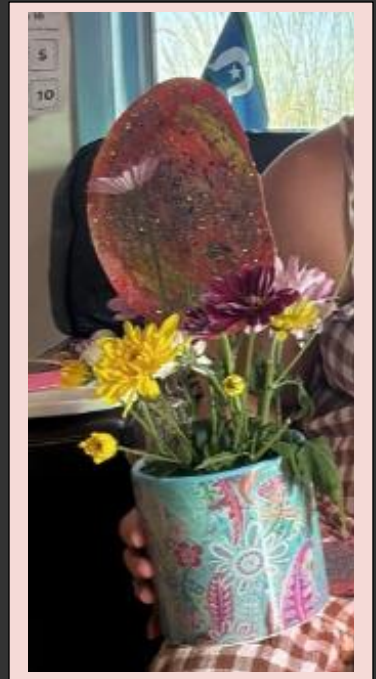
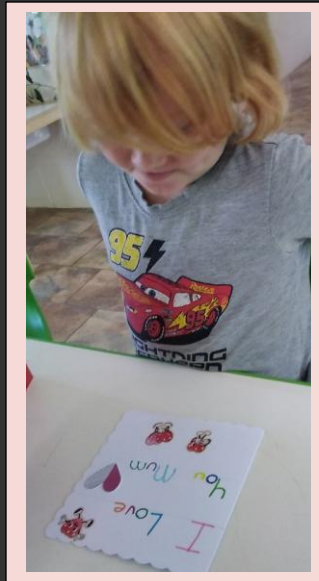
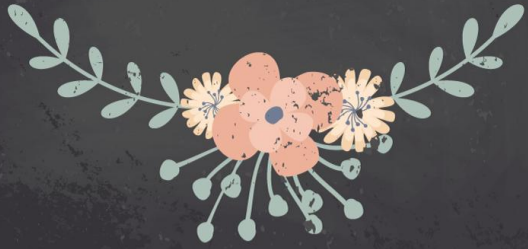
**Do you have any tips for your fellow Educators?** Lean on your community and network. Sharing ideas and experiences with fellow educators is one of the best ways to keep your environment fresh and exciting.

**Are you happy for other educators to reach out and connect with you?** Yes, absolutely! I'd love to connect, share ideas, and chat with fellow educators.



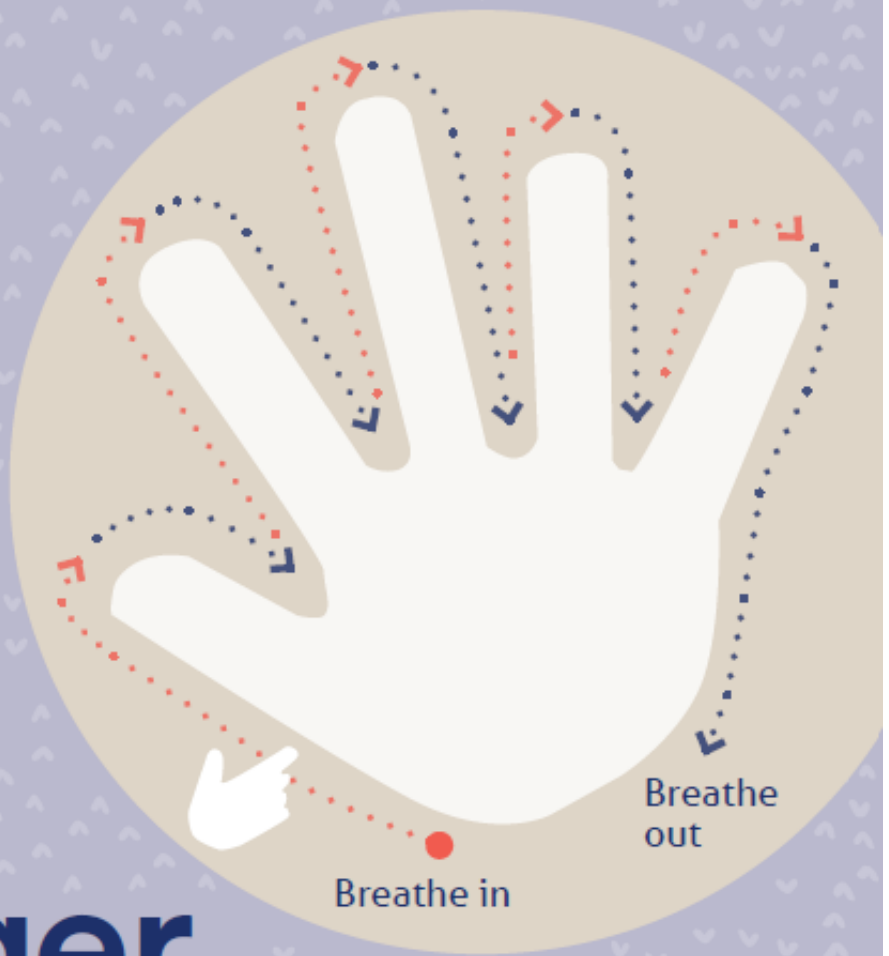


HAPPY MOTHER'S DAY





One For All



# 5-finger breathing

1. Spread out your fingers
2. Use one finger on your other hand to trace your thumb – breathe in as your finger rises, breathe out as your finger falls
3. Keep tracing your fingers until you get to your little finger, remembering to breathe in and out
4. How are you feeling? Calmer?
5. If you need to, start again

Acknowledgement to Country  
Wadda Mooli

We acknowledge the traditional custodians of the land upon which we work and live, the Juru people of the Birri Gubba nation, and recognise their continuing connection to land, water and community. We pay our respects to Elder's past, present and emerging.

