



MONTHLY NEWSLETTER

May 2024

Follow us:
Bowen/Collinsville Family Day Care



Welcome New Families!
Probitts, Marshall,
O'Connor/Winters,
Ellul, Vucko/Wells,
Zappa, Hita,
Turner/Hussie,
Thompson/Cooke.

Dates to note:

6 -12th – National Family Day Care Week

12th – Mothers Day

27th May – 3rd June – National Reconciliation Week

Mother

[noun.]



A woman who loves unconditionally from the first heartbeat to her last breath.

A superwoman who never has a day off.

The one who puts her child before herself and the one you can always count on above anyone else.

The most incredible woman you will ever know.

Do you have any questions?

Would you like to provide any feedback?

**Please contact the
Bowen/Collinsville Coordination
Unit!**

Email: fdcbowen@tpg.com.au

Phone: 07 47 86 1399

Office Hours: 8am to 4pm.

(Please contact us via mobile outside of office hours)

Does your child attend two child care services?

When a child attends multiple childcare services, this may cause issues with subsidised CCS hours.

Centrelink will process CCS hours in the order that they receive attendance reports for your child.

Services do not necessarily submit attendance reports on the same week, meaning, even if a parent believes that they are within their allocated hours for their child's attendance, this may not reflect Centrelink processing and therefore, a family could go over their subsidised hours and will have to pay full fee's.

Families are able to allocate hours to each service their child attends.

To allocate hours, call the Services Australia Families Line– 136 150.

<https://www.servicesaustralia.gov.au/if-your-child-enrolled-other-child-care-service?context=41186>

Website:
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After **32** years as a Family Day Care Educator, it is time to say,

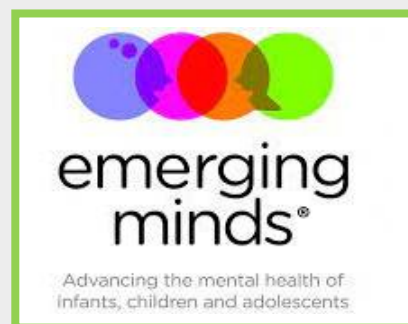
Thank you and Farewell to Mrs. Tania Fordham



Tania, along with hubby Steven, has been an integral part of the Bowen/Collinsville Family Day Care team. Tania has provided an excellent service to the local community; she will be missed by many. We wish you all the best on your new adventures!

You see their smiles; you wipe their tears. You are the one that is always near. You hold their hands; you see them grow. They learn so much for you, you know. You keep them safe while they explore. You are the one that they adore. You know they need the time to play. You keep them busy every day. So here is a great big 'Thanks!' to you. For all the amazing things you do!

Free training for Educators and Families.



Free training is available for educators and families via Emerging Minds.

For over 20 years, Emerging Minds has been dedicated to advancing the mental health and emotional wellbeing of Australian infants, children, adolescents and their families. The organisation now leads the National Workforce Centre for Child Mental Health, delivered in partnership with the Australian Institute of Family Studies (AIFS), the Parenting Research Centre (PRC) and the Royal Australian College of General Practitioners (RACGP).

Emerging Minds develops mental health policy, interventions, in-person and online training, programs and resources in response to the needs of professionals, children and their families. We partner with family members, national and international organisations to implement evidence-based practice into the Australian context. Our resources are freely available at this web hub.

For more information, or to access the free courses please visit <https://emergingminds.com.au/>

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Anzac Day

LEST WE FORGET

— 25 APRIL —

Learning about ANZAC Day helps young children to understand the life and times of Australia and its people. The ceremony and traditions are such an integral part of our culture that it gives us an opportunity to talk to children about the importance of ANZAC Day.

Approaching this topic with younger children and toddlers can be challenging. For children between zero and seven years the brain processes four billion bits of information per second, children need to be experiencing real life and sensory experiences that lock into the memory bank. Well done to the Educators who created experiences to learn about the ANZAC Day. Lest We Forget.



Worrying about your child's development?



Knowledge, understanding and support for those living with spectrum-based disorders are the keys to a bright future.



You know your child. Our early childhood professionals are here to discuss any questions or concerns confidentially and without judgment. The rights and best interests of your child are paramount.



Neurodevelopmental disorders affect each child differently and their **development and learning** are unique.

Neurodevelopmental disorders are disabilities associated primarily with the functioning of the neurological system and brain. Such disorders include Fetal Alcohol Spectrum Disorder, Autism, ADHD and Cerebral Palsy.



Your child might have difficulty with eating, sleeping, problem solving, retaining information, sensory processing or social development. These indicators should be monitored for **early diagnosis and intervention**.

If **early intervention** is needed, there are many means of support available, including health and community systems, the NDIS, education services and playgroups.



Let's have a chat

Make a time to have a chat about your concerns, our Early Childhood Educators are **here to help**.



National Organisation for Fetal Alcohol Spectrum Disorders



A voice for young children

This work is supported by the Australian Government Department of Health.

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1.3 Children develop knowledgeable and confident self-identities and a positive sense of self-worth when milestones, contributions and achievements are

celebrated.

Thank you to our Educators who create celebrations for children.

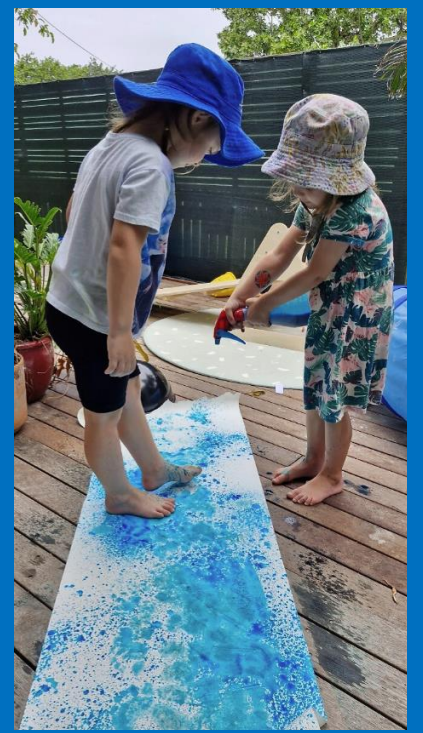
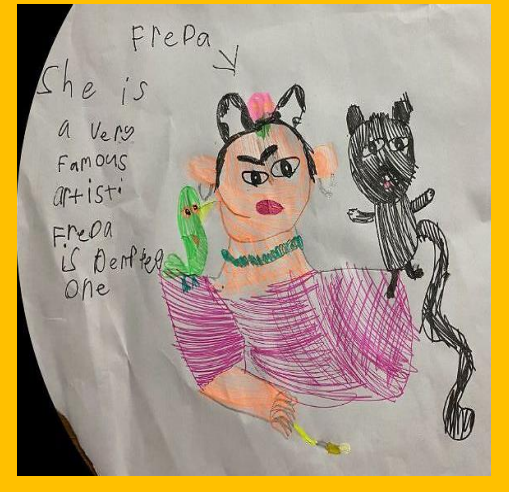


LET'S CREATE

Theorist outcome 4 – Gardner.

He saw the arts and crafts and creativity as playing major roles in children's learning. Children are able to explore many cognitive concepts through their play and creative explorations.





Managing your child's SCREEN TIME

naître grandir

GOOD TO KNOW...

By screens, we mean televisions, smartphones, tablets, computers, and video game consoles.

Should children's screen time stay below a certain **LIMIT**?

0-2 years



No screens

2-5 years



No more than 1 hour per day

5 years and up



There is no recommended time limit, but social, physical, and educational activities, as well as sleep, should always take priority over screen time.

REMEMBER!

- Set clear rules about when your child can use screens devices.
- Stay near when your child is using a screen device so you can explain anything they have questions about.
- Screen time at a young age isn't beneficial to a child's development, even if they're using an "educational" app.
- Continue to supervise your child's screen use after age 5, as they still need guidance.

To develop properly, a child needs:

- To play in a variety of ways
- To interact with children and adults
- To have time to play freely, move about, and talk

Lead by **EXAMPLE!**

Avoid using your phone when you're with your child. To develop properly, your child needs you to talk and play with them, and give them your full attention.

RULES OF THUMB:

- Set aside your devices during dinnertime so you have more opportunities for family conversations.
- Turn off the TV when no one is watching it. Constant background noise interferes with learning.
- Turn off screens at least 1 hour before bedtime to avoid negative effects on your child's sleep.

Banana Water for plants.

After eating a banana, you're left with the banana peel which, unless it is composted, ends up in the household garbage and eventually in a landfill. Did you know that you can making banana water from the peels for use as a plant fertilizer?

1. Cut up banana peels into 1 or 2-inch pieces.
2. Immerse the peels in water.
3. Steep the peels for two to three days.
4. After soaking, strain the liquid into a large container or jar.
5. Add the strained liquid to your plants, pouring it around the outer base of the plant to reach the roots



Learning with Puzzles

Puzzles are a great way to create a fun learning opportunity for kids. Simple puzzles help children develop fine motor skills, perseverance and problem-solving skills.



W-Sitting in Children



Why Children W-Sit?

- Δ W-sitting is a stable position.
- Δ Leaves hands free to play without challenging their balance.
- Δ A common position to move in and out of, NOT for prolonged periods.
- Δ Children with low muscle tone, hyper-mobility in the joints or decreased balance and trunk control are more likely to W-Sit.

What is it?

A floor sitting position where a child sits on their bottom with their knees bent and rotated inwards, so their calves and feet are on the floor beside them.

Negative Effects

- Δ Can cause orthopaedic problems and delay development of postural control and stability.
- Δ Can effect coordination, balance and development of motor skills.
- Δ The W-Sit position widens a base of support, resulting in less weight shift and postural control while they are playing. Trunk rotation and weight shift to the side build muscles essential for developing other skills.

How to Correct W-Sitting

- Δ Help them move into a better position - cross-legged, legs out straight, side sitting or on a cushion or stool.
- Δ Use positive verbal reinforcement like, "legs out" or "sit on your bottom"
- Δ Praise your child when they reposition themselves.



MUDDY

Play



Muddy play= fully immersed in the sensory experience, unintentional and play based learning!

EYLF Outcome 4 - Children are confident & involved learners.

Recipe Idea - Cheesy baked bean fritters

Ingredients:




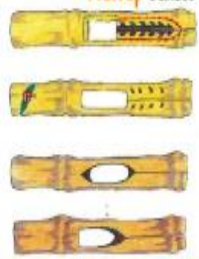





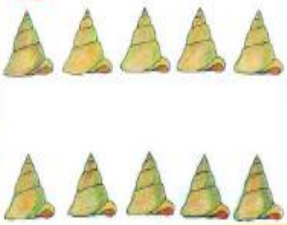



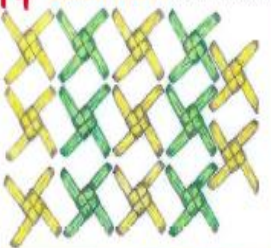
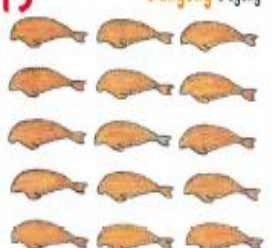

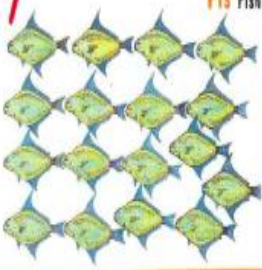
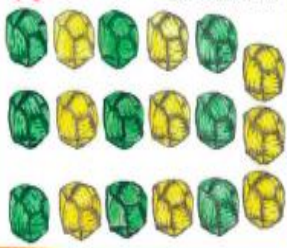


- Half a tin of baked beans
- 3 tablespoons self raising flour
- 1 egg, beaten
- handful grated cheese
- mixed veg (peas, sweetcorn, grated zucchini) optional.


To make:




- Mix the ingredients together
- Lightly oil a non-stick pan on a medium heat
- Add spoonful's of the mix to the pan
- After a few minutes, once firm and golden on the base, carefully and firmly turn them over.
- Allow to cool and enjoy.






Torres Strait Islander Creole Chart

1  War-Rup Drum	2  Dari Head Gear	3  Total Turtle	4  Murrup Bamboo Sticks
5  Crab Crab	6  Cool-Lup Shakers	7  Starpis Starfish	8  Coconut Co-conut's
9  Banana Banana	10  Trochus Shell	11  Co-conut Tree	12  Tingri Stingray
13  Hoy Spin Top	14  Coconut Winmil Co-conut Windmill	15  Dungong Dagong	16  Ero Bell Fruit
17  Pis Fish	18  Co-conut Ball	19  Elmet Helmet	20  Wongai


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.

