

# MONTHLY NEWSLETTER

## MAY 2026



### Do you have a child under 5?

Sign up for free text messages with information about:

- your child's growth
- looking after yourself
- helping their brain develop and more.



**Connecting2U**

Register now  
Scan the QR code or visit  
[childrens.health.qld.gov.au/connecting2u](http://childrens.health.qld.gov.au/connecting2u)



### Welcome new Families!

Brush/Taylor,  
Ryan/Moller, Cullen,  
Thomas/Wallace,  
Diprose/Hogan,

McKenna/Grant,  
Doualle, Parker/Clout,  
Uprichard,  
Lawson/Tandridge,  
James/Person.

### Date claimers

4<sup>th</sup> – Labour Day Public Holiday

4<sup>th</sup> – 10<sup>th</sup> – National Family Day Care Week

10<sup>th</sup> – Mother's Day

27<sup>th</sup> - National simultaneous Storytime

27<sup>th</sup> – 3<sup>rd</sup> June – National Reconciliation Week



## POLICY UPDATE

We have updated our digital technologies policy following the strengthening of child safety under the National Quality Framework, please contact us for a copy.

# Welcome Jo!

We would like to welcome Jo to the Bowen and Collinsville Family Day Care Team! Based in Collinsville, Jo is opening Little Explorer's Family Day Care after relocating to the region. Welcome Jo!



*I believe in empowering individuals to be independent, realise their potential, value life-long learning and build a culture of peace. I am to achieve this by using Montessori practice to teach children the 5 R's – Respect for self, Respect for others, Respect for the environment, Responsibility and Resilience.*

## FREE PARENTING COURSE

# Children and Screens

Our kids are growing up in a world full of screens, watching, playing and connecting. If you're noticing conflict around screen time in your home or worried about how it might be impacting your child's mental health, you're not alone. From dealing with tech tantrums to addressing concerns about online safety, this toolkit of evidence-based strategies can help you confidently parent in the digital age.

- Teach healthy digital habits and safe behaviour online
- Understand common challenges and why kids can find transitions from screens tricky
- Learn how to set clear expectations and screen time limits without the struggles
- Find the right balance between enjoying life in the real world and the digital world
- Suitable for kids under 12 years

To register and more information [https://www.triplep-parenting.net.au/au/parenting-courses/triple-p-online-children-and-screens/?gad\\_source=1&gad\\_campaignid=23344316584&gbraid=0AAAAADj3AFnJtBivv3SIJ8FzwW8EkH7wa&gclid=Cj0KCQjwj47OBhCmARIsAF5wUEG93Blh6rhmxgZJ7jGTXAquW9bvN8q7cW3ftbYMb-yawu9-qEuuPzIaAIlLEALw\\_wcB](https://www.triplep-parenting.net.au/au/parenting-courses/triple-p-online-children-and-screens/?gad_source=1&gad_campaignid=23344316584&gbraid=0AAAAADj3AFnJtBivv3SIJ8FzwW8EkH7wa&gclid=Cj0KCQjwj47OBhCmARIsAF5wUEG93Blh6rhmxgZJ7jGTXAquW9bvN8q7cW3ftbYMb-yawu9-qEuuPzIaAIlLEALw_wcB)



  
HAPPY EASTER!

Thank you to the Educators for making this time of year so special to all of the children. What great experiences and activities!!







# Rear facing as long as they fit

Infants are safest if they remain in their rear facing restraint as long as they still fit in it.



# Hopping

Stand on one leg and bend the opposite leg.

Bend arms at elbows.



Use arm swing and leg swing to help you hop.

Spring off your foot.

## Recipe idea

# ANZAC Biscuits

- 1 cup rolled oats see notes
  - 1 cup plain flour see notes
  - $\frac{2}{3}$  cup brown sugar
  - $\frac{2}{3}$  cup desiccated coconut
  - 125 grams butter
  - 2 tablespoons golden syrup see recipe notes
  - 2 tablespoons water
  - $\frac{1}{2}$  teaspoon bicarbonate of soda
  -
1. Preheat oven to 160 degrees celsius (fan-forced). Grease and line three flat baking trays with baking paper.
  2. Combine the rolled oats, flour, brown sugar and coconut in a bowl.
  3. Place butter, golden syrup and 2 tablespoons cold water into a microwave-safe bowl and heat for 3 minutes, 50% power or until melted. Stir through the bicarbonate of soda.
  4. Pour the butter mixture over the oat mixture and stir to combine.
  5. Roll level tablespoons of mixture into balls. Place on trays, 5cm apart and flatten slightly.
  6. For chewy ANZACS, bake for 10 to 12 minutes or until light golden. For crunchy ANZACS, increase cooking time to 12-15 minutes.
  7. Leave on the baking trays for 5 minutes before transferring to a wire rack to cool completely

CHILDREN BECOME SOCIALLY RESPONSIBLE AND SHOW RESPECT FOR THE ENVIRONMENT WHEN THEY BEGIN TO...

Use play to investigate and explore nature and the natural environment





Educator spotlight

# Sheryn Woods

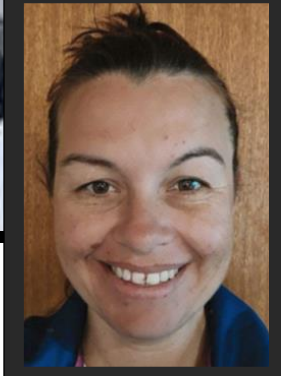
Name: Sheryn Woods Location: Home Hill

How long have you been an educator: opened Feb 2020

What are your favourite things about being an educator: Caring for children and creating a fun, safe environment for children to have fun & learn.

How would you describe Shazza's Family Day Care?: Describing my Care let's see; Fun, Exciting and a second place to call home for some. Do you have any tips for your fellow Educators? Treat every day as a new adventure explore the imagination and creativity and switch off outside of your working hours. Create a space for yourself within your sole and personal purpose of life. We are always thinking of our jobs walking through Kmart or even passing a garage sale, we just have to remember it's ok to switch off.

Are you for other educators to connect with you?: I am ready to always be given advise, ideas and guidance from fellow educators and I'm glad we have a local chat with close by educators as sometimes it's a lonely place for us educators.



## Sustainable Activity Idea

Don't throw away those old photo frames!! Turn them into 'nature frames'!





# watch out for your kids

## keep them safe from burns



### fire

- keep kids away  
from fires



### scalds

- keep your  
cuppa away



### cooking

- make sure hot pots  
are out of reach



**winter safety**  
get warm - not burnt



**Kidsafe**  
Western Australia



Government of **Western Australia**  
Department of Health



**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.

