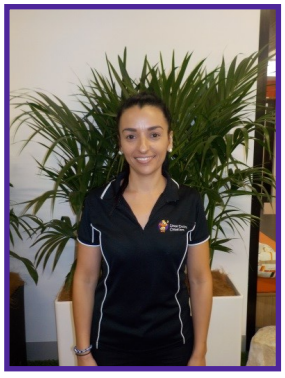
Little Ducks Childcare

July/August 2016

A note from your Centre Manager

Welcome to our July/August newsletter edition!
Firstly I would like to welcome all of the new families to the centre. I hope that you are all settling in well & I look forward to getting to know you over the next few weeks. Can you believe that July is here already! The month of June just flew right by! We have been very busy at Little Ducks as we have been doing lots of centre tours and enrolling lots of new families. It is great to see how positive the word of mouth is about our centre in the community. We appreciate the kind words that you say about us to friends and family. Thankyou to all those families that attended our Open Day, it was a great success. We hope you had as much fun as we did, especially holding the crocodiles!!
We love and encourage all members of our families to provide new and interesting ideas to the Centre's programming. This can take the form of sharing photos and anecdotes of family trips away, birthday's and family celebrations, visits to attractions or general information about a topic your child/ren are particularly interested in. As you continue through this newsletter, you will read about the various topics of interest each group are following. We would love it if you would be able to pass on any notes about celebrations and their dates that your family partake in, We look forward to sharing your ideas and further encouraging the children's sense of belonging at the Centre as they share some of themselves.
We are looking forward to celebrating NAIDOC week in July as well as our favourite day of all PJ Day!!! Don't forget to read the next page to find out what other events we will be celebrating in the months of July and August!
Thank you for taking the time to read our newsletter.
My office hours are 8.00am—4.30pm and I am available to be contacted by phone or email! Until next time….



Maria Sasiakos

Centre Manager

55 McLachlan Street
Fortitude Valley QLD
4006
Phone (07) 3252 1841

Kindergarten Approved Program
Queensland Government

fv@littleducks.com.au

Upcoming Events!

July 2016

Canada Day—Friday 1st July
Celebrate with our Canadian families and lets learn more about this lovely country.

America's Independence Day—Monday 4th July
America's big celebration today, lets celebrate alongside them!

NAIDOC Week—Monday 3rd July
This week we celebrate the history, culture and achievements of the Aboriginal and Torres Strait Islander peoples.

Bastille Day—Thursday 14th July
The French National day!

PJ Day—Wednesday 29th July
No need to get dressed today, come along in your PJ's for a cozy chilled out day.

August 2016



Tooth Fairy's on Tour—Tuesday 2nd August
Learn about our important teeth with a visit form the Tooth Fairy.

Brett Campbell Music, Movement & Dance Show—Thursday 4th August
Come along for some fun at 10.30am for our special music show.

Ekka PUBLIC HOLIDAY—Wednesday 10th August
Public Holiday—Centre Closed

Ferragosto—Monday 15th August
This is Italy's special day, also known as the celebrations for Italians.

Book Week—Monday 22nd—26th August
Bring along your favorite story to share and dress up as your favorite book character on Tuesday 23rd. The Book Week theme this year is Australia: Story Country.

Librarian Visit—Tuesday 23rd August
Today we will share books, stories and songs with one of our local librarians.

Daffodil Day—Friday 26th August
Wear your brightest yellow today and donate a gold coin for the Cancer Council.

Reminders

Explanation of Child Care Benefit (CCB): CCB helps with the cost of childcare. It is important to understand that your CCB percentage reduces the cost of your fees and isn't a straight percentage of the total fee. So even if your CCB is 100%, you will still be required to pay a fee. This is because the government sets what is called an 'approved care rate'. Your CCB percentage is then applied to the 'approved care rate' for each hour of the session your child attends. This amount is then subtracted from the fee charged by our service for your child's session. We understand that this can be confusing so please come and see me in the office if you need further explanation. Please note that centre fees are payable when children are absent due to illness/holidays and public holidays.

Policy Reviews

We value your input and feedback so please refer to the Policy Review Folder downstairs in the foyer for more information; along with our Legislation Regulations and our National Quality Framework Standards. We welcome families input into policy documentation and will seek family feedback for review on an annual basis.

The policies/procedures in review during July and August are:

*Access, Equity & Enrolment Policy

* Allergy Policy

*Authorised Persons who arrive in an unfit state to collect children policy

*Transport Procedure

* Educator Professional Development Policy

We look forward to working closely with our families to offer transparency and a shared vision between the team and families.

Centre Birthdays!

A big happy birthday to the children who have recently celebrated their birthdays or will celebrate theirs in the coming months. Hope all your dreams and wishes come true!





July

Rupert
Austen
Sehaaj
Henry
Willow
Olivia Ling
Ted
Luana
Chloe Fricker
Addison
Miss Shelley

August

Ava
Maeve
Marcella
Saxon





Open Day.....

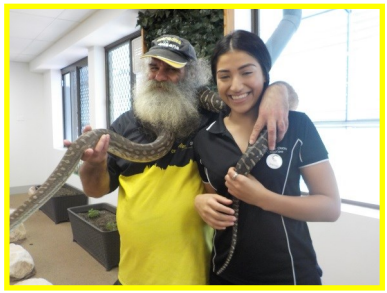
On Saturday 18th June we had our Open Day were we invited families as well as the local community. The children enjoyed a visit from Brian who showed the children crocodiles, turtles, frogs and snakes. The children had the opportunity to touch and see what they feel like. Face painting was also popular with the children as well as balloon twisting. We were also very lucky to have a special visit from Mr Duck. Our families enjoyed taking photos with him. We all had a wonderful day!!

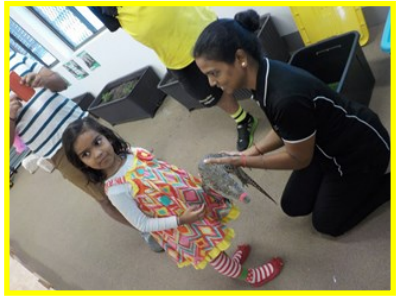
















Nursery One!

Golly Gosh! Newsletter time again, this year is flying through.

Welcome back to the place where you can find all you need to about the past, present and future events of Nursery 1.



Little Ducks has seen some very exciting events and activities these past few months with Mother's Day in May which we invited all our lovely mothers to enjoy a wonderful afternoon tea. A Red Nose Day Disco to bring awareness about SIDS and celebrate by dancing the day away. We also had Drumbeats with Simon who gained Nursery 1's attention from the moment they walked in with the different sounds he was producing. Brian from Crocodile and Dragons came to our Open Day with some Reptiles some of the children who attended were thrilled with the experience.



We have said goodbye to a few old friends Evelyn and Josette and welcomed some new friends; Molly, Kalyna, Atticus, Finnegan, Franklin and Austen to our room, who have adjusted so well. James and Hugo have joined Senior Nursery 1 and are really enjoying themselves... Margarita, Oliver and Thomas have also started the transitioning process to move up to Senior Nursery 1 by going for short and long visits throughout the day. Oliver and Thomas have started walking Margarita, Axel and Henry are almost walking while Cian, Michael and Sehaaj are crawling around and are up onto their feet as much as they can to see the world from a different perspective. Everyone else is making super milestones each and every day!



Nursery 1 is looking at gardens and will continue to look at sustainability in the coming weeks, we are currently growing our own beans in the room to see the changes. We are also wanting to focus on colours and recognition of them.





Nursery One!



We really encourage parents to be involved in the room as much as possible, we want to hear from you about everything from the little things to the big. Michael tried weat-bix for the first time recently and got through it like a champ! Oliver celebrated his first birthday and also welcomed his brand new baby sister into the world this June, a HUGE Congratulations to the Wright family on your newest addition Florence! Axel, Atticus and Margarita also celebrated their first birthdays.

Last newsletter we spoke about Miss Sandra wanting to involve her Spanish in the teaching, we have since heard a few of our friends say “Agua” Spanish for water. How EXCITING!!

As always in the next few months Little Ducks has more exciting events and celebrations happening. **July:** Canada Day, Americas Independence Day, NAIDOC Week (3rd-10th July), Bastille Day, PJ Day (Wednesday 20th July – Come dressed in your PJs for a cosy relaxed kind of day).
August: Tooth Fairy on Tour (Tuesday 2nd August – learn about the importance of dental hygiene), Brett Campbell music, movement & dance show (Thursday 4th August – 10:30am) Ferragosto, Book Week (22nd-26th August), Librarian Visit (Tuesday 23rd), Daffodil Day & Centre Photos (30th, 31st August & 1st September – So come dressed in your best and be ready to smile).



We still need a few family photos for our “Nursery 1 Families” wall so please, please, please bring them in!

Sandra & Caitlin





Nursery Two!

National Sorry Day –

Sorry Day is an important moment to remember the past policies of forced child removal for Australian's Indigenous population. Celebrating Australia's Indigenous culture is important for everyone as it helps children to connect to the history and culture of their home country Australia.
We celebrated National Sorry Day by exploring the Aboriginal flag and the traditional dot painting. While painting the Aboriginal flags with our handprints we also talked about what each colour represented and its significance.

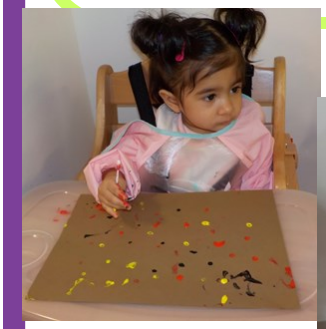
Don't forget to check our daily journals to see what we have been doing each day!

Welcome Miss Grace!

At the start of June Miss Grace joined the Little Ducks team as Nursery Two's Lead Educator. Miss Grace has been working in the Childcare industry for the last 10 years in various roles. This is her first time in a Nursery and is eager to learn about each baby and their family.

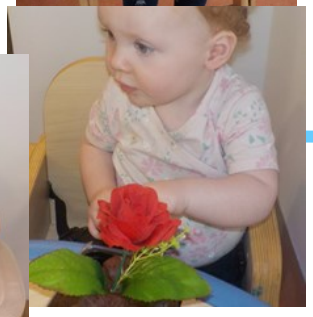
Look at our green thumbs!

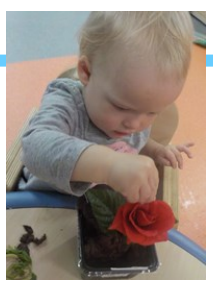
Due to baby interest and family input we have begun exploring gardening concepts. Many of the babies have recently been exploring the soil in our plants. To extend upon this we created our own edible 'dirt'. This was created with flour, cocoa and oil. We revisited our 'dirt' garden throughout the week. The babies tasted, felt and smelt the 'dirt' and enjoyed exploring the fake flowers and celery trees we had to create our garden. To further investigate our gardening concepts we planted oat seeds and mint seeds. We will be tracking our plants progress so keep an eye out!

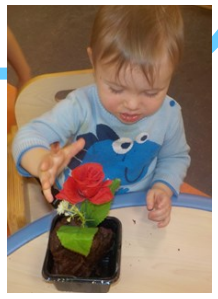












Nursery Two!

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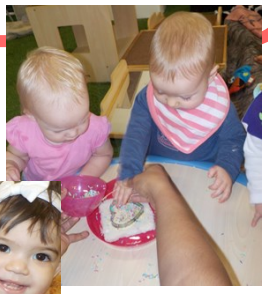
Where to next?

Miss Suder and Miss Grace have been working very hard to create short and long-term goals for Nursery 2. These goals will focus on increasing the engagement for the babies and their families. There will be a focus on belonging, healthy eating, self help skills, cultural diversity and nature. We look forward to hearing your feedback and ideas!

Celebrating all Mums!

We think every Mum is special and should be spoilt on Mother's day (as well as every day).
For Mother's day we had some very yummy treats which the babies helped to decorate.
We then







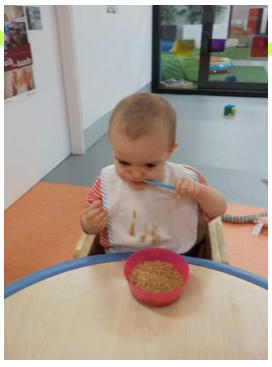
Please bring in any safe household items for our babies to reuse for example keyboards, boxes etc. If you are unsure if they are safe or appropriate please speak to Miss Suder or Miss Grace.

Self-help skills –

Nursery 2 are focusing on self-help skills with the babies which encourages independence and agency. We have begun by the some of our older babies feeding or helping to feed themselves, cleaning up our scraps and wiping our faces.

Family matters –

Our first goal to support our feeling of belonging is a family tree. Our family tree will be contact filmed to the floor to allow the babies to engage and interact with the photos! Please either bring in a photo of your family from home or you can email the centre and we will print it for





Senior Nursery 1!

The Senior Nursery 1 room has been very busy and a number of children have had the pleasure of transitioning to our room over the few weeks. This has been an exciting time for both children and educators. Miss Jyoti and I would like to say a big hello and welcome to all our families new and old. All of the children are settling in well to their new environment.



Miss Jyoti and I have been extending their cognitive development in teaching body parts, numbers and colours through the children's play. We have been doing a lot with animals lately, looking at different sounds they make, and where they come from around the world. We have seen lots of emerging self-help and autonomy skills developing in our children. We have been supporting these skills especially at meal time. We have been encouraging their developing gross motor and balance skills to support their body strength in preparation of them to walk and run.





We have some awesome ideas for the class as we move into the rest of the year. Loads of learning and fun to be experienced and lived! We will encourage the children to "be the very best they can be" and to "live, laugh and love every day" Miss Jyoti and I will be encouraging the children to use manners in their daily life "Ta" (Thank you)" and "Please".



We sing songs, dance and read stories as a group each day, let us know if there is some favourite music or books that you would like to share. Also we will be focusing on NAIDOC week and celebrating and learning about the Aboriginal culture through stories, art, music and dance.



Daily programming focuses on language enrichment, cognitive development, social-emotional development and physical development. We encourage parent input, so please feel free to contribute to our program at any time so we can incorporate a particular interest your child may have, an upcoming event, or weekend experience

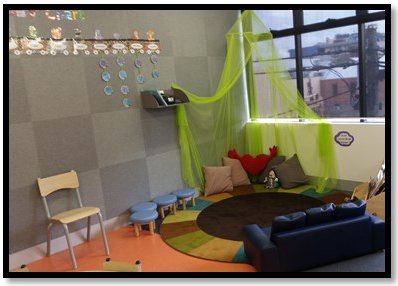
Packing away is in its early stages, however will be a focus in the room. Building on friend-ships even at this early age is important and will do this by lots of small group experiences and activities that promote this.

If you have any questions queries or concerns, please don't hesitate to talk to us. We are here for your children and making each day they come a fun and special day.

Senior Nursery 2!

Welcome to Senior Nursery 2! It has been a busy month; new room, new friends, different educators. It's been great that everyone has transitioned over to the room smoothly and are getting comfortable in their new surroundings. Personally I'd like to welcome Miss Suchi to our room; Suchi has been with Fortitude Valley Little Ducks for quite a while now, but not permanently in a room before. She's a lovely person and we both are looking forward to maintaining a beautiful, caring environment for your children. I would also like to welcome both the new and existing families into Senior Nursery 2 and am excited to ensure 2016 is an awesome year!

In order to start off in our new room, we thought that we needed a bit of decoration; to make it cosier and more aesthetically pleasing, we have been hard at work creating masterpieces and trying to design an environment that is inviting and makes the children feel like they belong to their room.
We have been focusing on several different areas including imprinting diversity into the rooms; creating artworks (dot paintings, necklaces) and learning languages and traditions of different cultures.



We're implementing more health and hygiene practices; washing hands more frequently and explaining the importance of hygiene towards your health. We are also demonstrating hygienic methods like covering our mouths when we cough and letting the educators know when their nose needs to be wiped. Miss Suchi did a special activity with the children to introduce brushing of our teeth; we had some tooth brush kits left from the visit from the dentist and Miss Suchi had made some props resembling mouths with teeth. The children used the toothbrushes and practiced brushing the teeth.



This led us to also discussing about nutrition and the importance of having our fruits and vegetables at meal times. We also did some fruit and vegetable paintings and did some matching games with pictures. Whilst discussing the fruits and vegetables; growing cycle, we got the idea to try and do some planting; this was also contributing to our sustainability practices. After planting our seeds, we kept track of their progress, which ended up to be 2 weeks!

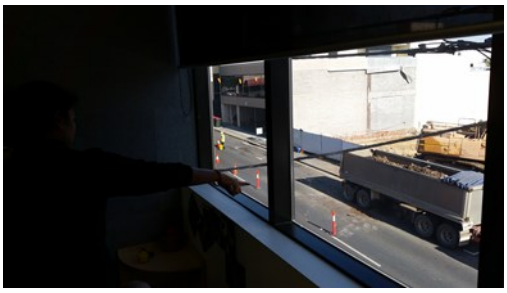


This also made the children aware of the different natural resources we can use and so we ended up making a 'natural resource table' with sticks, bark, sand, soil and stones. The children have loved having it in the room and are free to go explore when they want.



Senior Nursery 2!

Speaking of progress; we have been eagerly watching the construction happening over the road from Fortitude Valley Little Ducks. We've seen lots of digging with the excavators and them dumping dirt and rocks into trucks. The children have been really captivated by this experience; we have even attempted making our own recreation of a model of a construction site and gone through the process of showing them, with play diggers/excavators, what they're trying to achieve and what will happen next after the removal of the dirt and rocks.



As we are constantly trying to encourage the children/families to recycle, we have made some creative artistic pieces from recycled materials; kaleidoscopes from paper towel rolls, using soft drink bottles to make flower prints/paintings and using bubble wrap to create different textures-paintings.

We have also been focusing on our alphabet and number learning; singing songs to promote alphabet/numbers learning, alphabet/numbers flashcards and reading books on alphabet and numbers.



The children have been incorporating the toys and resources to assist in developing role/dramatic play; using the kitchen equipment and cooking in the kitchens, using the doll baby's and bathing them and pretending to change nappies and using the pretend medical kit and role playing as doctors.

We have also been working on our fine motor and hand/eye coordination skills; engaging in measuring and pouring activities, sensory/texture experiences, threading activities and eyedropper activities.

One of our latest developments have been around 'Opposites'; we are finding that everything has an opposite; big/small, soft/hard, hot/cold, on/off, light/dark. It's amazing seeing the children's faces when they discover the differences between two materials.

We are hoping to keep focusing on understanding more about our natural environments (grow more plants) and also learning more about literacy and numeracy. As NAIDOC Week is coming up in July, we will also be aiming to make that one of our focal points; celebrating and acknowledging the achievement of Aboriginal and Torres Strait Island cultures.



Senior Nursery 2!

Please remember to bring:

Drink bottles
Spare clothes- warm ones as well
Hats
Sleeping gear- sheets, blankets, comforters

Dates To Remember:

Naidoc Week – Monday 3rd-Monday 10th July
PJ Day – Wednesday 20th July
Tooth Fairy's on Tour – Tuesday 2nd August
Brett Campbell's Music, Movement and Dance Show – Thursday 4th August
Ekka Show Holiday – Wednesday 10th August
Book Week – Monday 22nd-Thursday 26th August
Librarian Visit – Tuesday 23rd August
Daffodil Day – Friday 26th August

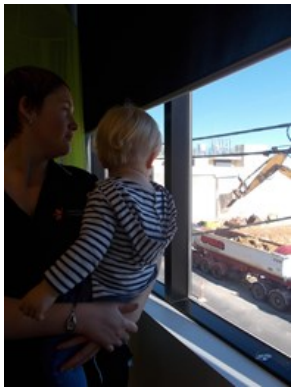
Please feel free to come and approach either of us if there are any concerns or suggestions you may have about your child and their day.

We hope you have a lovely start to July and both Miss Suchi and I are so excited for the future endeavors!

Cheers, Kate and Suchi.









Toddler!

Toddler 2 Tales

Welcome to our Toddler 2 newsletter, wow I don't know where time has gone this month. We have been quite a busy bunch in the month of June, moving to level three where the infamous pirate ship is. The transition ran smoothly as we utilised the outdoor area thorough out the month of May which assisted children to recognise their surroundings making it less scary for our Toddies. Slowly the room is developing personality with all the wonderful pictures and art from all the children and we thank all of our talented children in Toddler 2 for inspiring all the experiences and art.



One of our major interests from May and throughout the month of June has been the major construction work that has been happening out our building. All of the children have been watching the diggers, excavators, Mac trucks and other large machines working throughout the day. This has led to many experiences such as construction with little lego, magnetic wooden blocks, large wooden blocks where we created bridges and tall towers also a farm. We have also been learning about all the different machines used in construction sites, the safety materials used by the workers such as a bright helmet and vest to be seen and pants along with boots.



Toddlers have been quite focused on toileting which has been a fun and interesting experience for the children. Slowly we are transitioning from nappies o undies, all the families have been so wonderful and I love that we are developing a fantastic home to school relationship as this has made toileting and many other routines easier.





On the 15th of June Nick from Drum Beats came to Little Ducks and shared his passion for music with our Toddlers and Kindy group. Nick shared stories and drums with the Toddlers, we played loudly and softly making beautiful rhythms with the Jembe drum from Africa. We also played the Doumbek from the Middle East, the Bongos from Cuba, and the Carjon from Peru. Nick's enthusiasm was extremely contagious which was fantastic as all the children were involved and captured by Nick's performance. All the laughs and smiles were priceless, we loved being a part of this wonderful experience.

Toddlers!

"No matter the colour of your skin, age, or where your from you all have a rhythm and it comes from here, your heart" – Nick

Nick passed this message to all the children and it was such a beautiful experience.

On Saturday the 18th we had our Open Day at Little Ducks, thank you to all the families who attended, we hope you had lots of fun looking around, talking to myself (Miss Jo) or Miss Megan about the program along with watching the Reptile show. Brian brought along a baby crocodile, a carpet python, a bearded dragon, a blue tongue lizard, a turtle and a little frog. We were able to hold and take awesome photos with these cool reptiles it was an amazing experience.









With all the wonderful experiences and events that have happened we sadly had to say farewell to a few of our friends, Lucy, Stella and soon Ida, we wish the families all the best and we miss you loads. Fortunately we have welcomed Hunter and his family to our centre this month which is awesome we have been having so much fun learning about Hunter and his interests in the classroom and out of school too.

Kindergarten Program!

Holla, families!



Kindergarten has had such a busy few months! Firstly, we would like to welcome Charlize and Siddhi to our centre! We are also having some of our Toddler friends join us as they turn 3 years old. We have worked hard to make Kindergarten a place where our friends feel happy, safe and respected.

We have been playing tennis every week. Each week, we do some drills to warm up our bodies ready for exercise– balancing over blocks, weaving and snaking through rocks and cones and hopping through hoops. We then have lots of fun throwing and catching balls, and using tennis rackets to BOP the tennis balls over the net. The children are learning fundamental movement skills such as balancing, running, jumping, hopping, galloping and leaping.



During May, we turned Kindergarten into an airport! Our lunch tables became a plane, and we worked so hard to create everything we needed – passports, boarding cards, plane designs and much more. This has been made possible by our wonderfully bright Kindergarten children, who have all helped make our airport. Our children all have such fantastic prior knowledge about airports, which has sometimes come from their own experiences, but sometimes it has come just from talking to our friends!

We have started a new classroom theme this month – Under the Sea! After we finished off our travel theme, the class sat down together and we all discussed what we wanted to learn about. Sea creatures were the definite favourite choice! The children have been making choices and organising their own resources needed for self-chosen learning. All of the children have opened up to discuss their own thoughts and ideas in our learning conversations. So far we have studied turtles, with an emphasis on why they lay their eggs on sand; octopus – although Freddie knew more than Miss Shelley! – you can see Erin cutting out her octopus legs and now we have moved on to swordfish. The children are so excited to study sharks, because Miss Shelley is just so scared of them!



Kindergarten Program!



We have starting giving the children more responsibility during daily activities. They are learning how to manage their own needs and follow the classroom routines, such as getting our own drink bottles and using tongs to serve our own fruit (you can see Ximi on the right). As well as making choices and being responsible and independent, the children are also strengthening their fine motor skills by using the tongs.

On National Sorry Day, we spent the whole day learning about the Aboriginal people, and how they used to live before their world was changed. We celebrated the government's decision to say sorry, and we remembered and commemorated the mistreatment of Australia's indigenous population. To show our respect, we have started doing an Aboriginal Acknowledgement each morning.

"We thank you for your strength" – (raise arms)
"And for the land we share" – (stomp feet)

As the weather gets cooler, please don't forget to pack your child a jumper – it gets quite chilly outside in the afternoons!



We always welcome new friends, always feel free to come and pop in to say hello or join in on some of our day.

Thank you for being a part of our journey!

Miss Shelley &

Kindergarten





Educational Leader

My name is Kat and I have been working in long day care settings for the past 8 years. I am passionate about educating children and thrive on the work I do. I have worked with 0-2 year olds extensively over the past 4 years and, before joining the Little Ducks family, I worked as the Early Childhood Teacher in the Preschool Room at a centre in Brisbane. I am returning from maternity leave, I'm excited to start a new adventure!

In my teaching I believe children can be empowered to choose the direction of their learning by allowing time, encouragement and support to help them discover their interests and to build on their capabilities as they grow and learn at their own pace.

I believe that a great educator learns alongside the child and build understanding of their intrinsic motivation to promote and celebrate their individuality. I aim to build reciprocal partnerships between children, families and myself and I look forward to meeting you and your children as I move through each room in the centre.

Educators document children's learning everyday. It is a requirement of our National Quality Standards and Early Years Learning Framework. It informs our curriculum daily, evidencing children's interests and skills. Some of the ways that educators do this include daily reflection journals, learning stories, intentional teaching and evaluations, photos, jottings and collecting artworks. As educators we search for how to effectively document learning in a way that is not time consuming and consequently gives us more time to spend with your children.

The Educational Leader has an influential role in inspiring, motivating, and challenging the educational practice of teachers. The role of the Educational Leader is to collaborate, formulate, pose questions and incite deeper thinking in order to create learning experiences that capture children's interests, developmental needs and inquisitive nature.

Katherine Silver



Healthy Eating....

Apple and Apricot Pikelets



Ingredients:
1/3 cup diced dried apricots
1 tbs honey
2 tbs hot water
1 cup buttermilk*
1 large egg*
1 cup self-raising flour
1/4 cup minute oats*
1 small apple (140g), peeled and grated
Olive oil cooking spray*
Margarine spread or extra light spreadable cream cheese, to serve

Method:

1. Combine apricots, honey and water in a small bowl. Cool slightly.
2. Whisk buttermilk and egg together in a jug.
3. Sift flour into a bowl. Stir in oats and apple. Make a well in the centre. Add apricot mixture and buttermilk. Stir to form a thick batter.
4. Heat a large non-stick frying pan and grease with cooking spray. Drop tablespoons of batter into hot pan, allowing room for spreading. Cook over a medium heat for about 2 minutes until bubbles start to appear on surface of batter.
5. Turn pikelets and cook other side for a further 2 minutes or until golden. Remove from pan. Repeat with remaining batter, re-greasing pan with cooking spray as required. Serve plain or lightly spread with margarine spread or extra light spreadable cream cheese.

Pear and Banana Muffins



Ingredients:
olive or canola oil spray
2 cups wholemeal self-raising flour
2 cups white self-raising flour
1 cup brown sugar
2 eggs 150ml low-fat natural yoghurt
1/2 cup orange juice
1 large banana, peeled and chopped
1 pear, cored and diced
1/2 cup buttermilk or low-fat milk

Method:
Preheat oven to 170°C. Lightly spray muffin trays with oil. Sift flours, returning husk from wholemeal flour to the bowl, add brown sugar. In a separate bowl mix eggs, yoghurt and juice. Combine with the flour mix and fold through fruit and milk (you may need less milk depending on moisture in fruit). Do not over-mix. Spoon mixture into trays. Bake near the top of the oven for 18-20 minutes. Turn onto a wire rack to cool. Makes 24 muffins.

Connecting with the Community.....

Upcoming COMMUNITY EVENTS

First 5 Forever Toddler Time

Wednesday 3rd August

New Farm Library

Meet other parents and toddlers for a fun session of singing, clapping and dancing. Learn action rhymes and songs which will help your child's pre-literacy, communication, language and social skills. Ideal for babies and toddlers aged 1-3 years.

Babies, books and rhymes

Tuesday 2nd August

New Farm Library

Meet other parents and babies for a fun session of singing, clapping and dancing. Learn songs and action rhymes to nurture your baby's pre-literacy, communication, language and social skills. Ideal for babies and toddlers aged up to two years.

Sprouts in the Park—Boppin Babies

Friday 1st July

Roma Street Parkland

Come and join in the fun with music workshops for children aged up to four years in a group setting. After the class, why not have a ride on the Parkland Explorer.

Yogababy

Friday 8th July

Roma Street Parkland

Fun yoga classes specifically aimed at children aged 3 to 6 years and suitable for beginners as well as those who are new to this great form of exercise.

Helpful Online Resources

GET UP & GROW

The Get Up & Grow resources are designed to be used in a wide range of early childhood settings by families, staff and carers, and to support a consistent, national approach to childhood nutrition and physical activity.

The Brave Program.

The BRAVE Program is an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free, and provide ways for children and teenagers to better cope with their worries. There are also programs for parents.

LEAPS

learning eating active play sleep

Our mission is to encourage health and well being of Queenslander's by educating them to make informed food choices that will promote a healthy lifestyle and well being, and help protect against chronic disease.

Early Childhood Australia
A voice for young children

Early Childhood Australia has developed a variety of resources for parents. We will continue to add additional content regularly to this area of the ECA web site.

Thank you for taking the time to read our centre newsletter. Please remember our door is always open and that we value family participation across all aspects of our program.

Quote:
Learning is more than the acquisition of the ability to think; it is the acquisition of many specialised abilities for thinking about a variety of things.
(Lev Vygotsky)