



Little Ducks Childcare

Mar/Apr 2019

A note from your Centre Manager

We have had a strong focus on our local community here at Wilston this past two months and are looking to ensure these strong community ties continue into the rest of the year. We have arranged for some local specialists to visit the service throughout the year to share their knowledge with the educators and children. Our most recent visits have been from Dr Grant at Method Dental and Chris from the Grange Library. If any of our families know of a great local business, service or group they can recommend to us we are currently seeking to build connections with these services so please let us know.

We have also been busy revisiting our connections between our ECTs and our local schools this year. Our early childhood teacher Miss Natasha and myself will be visiting St Columba's Primary, Wilston State School and Windsor State School over the next month to visit the Prep classrooms and meet with the Prep teachers. This process of having open communication with our local schools is so important when it comes to transitioning our children from Kindergarten to Prep. We use these opportunities to ensure that our kindergarten program remains relevant and current in line with the expectations of Prep and also to share information about our program and children to better support them as they leave our play based curriculum to head to the more formalized primary education setting. We have invited the schools to also visit us here at Little Ducks later in the year to help our children feel secure and comfortable when they get to Prep by being able to see a families face.

We love involving our community and our families in our experiences here at Wilston. If you would like to contribute an opportunity of learning through your profession or connections please do not hesitate to come and see myself or your room educators and we discuss this further.

Sincerely, Rebecca Armstrong (Centre Manager)



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Upcoming Events!

March

Friday 2nd – **Clean Up Australia Day**
'Little Ducks Clean Up Day' – each taking part in keeping our environment clean and beautiful.

Friday 29th – **Earth Hour**
Little Ducks will go "electricity free between 10am and 11am" to teach children about being energy conscious.

April

Thursday 18th – **Easter Egg Hunt**
Celebrating the tradition of the Easter Egg hunt celebrated in many countries around the world. Come along at 3:30pm to participate in the Little Ducks egg hunt.

Friday 19th – **Good Friday**
PUBLIC HOLIDAY

Monday 22nd – **Easter Monday**
PUBLIC HOLIDAY



Thursday 25th – **ANZAC Day**
PUBLIC HOLIDAY
Leading up to this day, we will pay our respect to the diggers.

Policy Reviews

We value your input and feedback The policies/procedures in review are:

EXCLUSION POLICY
GRIEVANCE PROCEDURE - EDUCATORS AND STAFF
GRIEVANCE POLICY
IMMUNISATION POLICY
LATE COLLECTION OF CHILDREN POLICY
MAINTENANCE POLICY
ANIMAL AND PETS POLICY
SANDPIT PROCEDURE
SAFE SLEEPING POLICY
SUN PROTECTION AND CLOTHING POLICY
TOILET TRAINING POLICY AND PROCEDURE
EXCURSION POLICY



Ways that you can provide feedback are:

Our policies are available to read in the foyer and you can give feedback in 2 ways, by email or anonymously via the suggestion box.

Kindergarten Enrolment 2020

Children are eligible for kindergarten when they turn 4 by June 30 in the year they are attending kindergarten.

For all currently enrolled children you will receive a kindergarten offer letter and welcome pack in July 2019. This offer will include the days you are currently enrolled at Little Ducks in the Junior Kindy program. If you wish to make changes to your enrolled days for 2020 please let me know when the offer is made so we can ensure all existing families get their preferences before we offer enrolment to families on the waitlist.

Our approved kindergarten program is run by Miss Vicki Anderson and Miss Natasha Vanderkruk. Both Miss Vicki and Miss Natasha hold university level teaching qualifications and Queensland College of Teachers Registration. Miss Vicki has been working as a kindergarten teacher at Little Ducks for 7 years this year and prior to that has 9 years experience in New Zealand as a primary school teacher. Miss Natasha has 3 years experience in kindergarten and a further 3 years experience in Primary School. Our official kindergarten program runs from 8am – 4pm 40 weeks a year. Being within the child care service you have access to flexible hours and days of care across the 51 weeks we are open. Miss Vicki and Miss Natasha are guided by the Queensland Kindergarten Learning Guideline and implement their program in line with the significant learning outlined in this curriculum document. At the end of your kindergarten year you will receive a transition statement and be asked to provide consent for us to forward this to your child's primary school for 2021 to aid in the transition to school process.

Miss Natasha, Miss Vicki and myself have a strong relationship with Wilston State School, Windsor State School and St Columbas. We also meet regularly with our Transitions and Partnerships Officer from the Department of Education and Training to keep us up to date on the newest information and provide professional networking opportunities. We also promote extended learning opportunities through French lessons, Chess lessons and our Museum Loan subscriptions.

Programming at Wilston

Dear parents,

As you will all know, this year we have moved to digital programming for documenting the learning and teaching that is occurring in the classrooms throughout Little Ducks Wilston. The purpose of documentation is to allow educators to plan effectively for children's current and future learning and to communicate children's learning and development and progress with families. We believe that using the Storypark platform allows families to have 24/7 access to the classroom program, as well as being able to see goals set by educators and families and to read learning stories written about your child. Having these documents on Storypark, also allows families to regularly give input, feedback and share information about their child through the program, goals and learning stories.

Our weekly program is developed using the Early Years Learning Framework Planning Cycle and following the spontaneous interests of the children. Educators gather information through observation, then question on how children can be supported to learn and develop. then plan experiences and evaluate learning and development.

When you are reading the weekly plan there is lots to see! The learning outcomes are written down the left hand side of the page, and activities and experiences all fit into these five areas throughout the week. Educators link experiences to goals, reflections and learning stories. When these links are relevant to your child, you will be able to click on them to see the appropriate information. If it doesn't relate to your child, the link will appear grey and you will be unable to see the related information. We ask for family input in the program, if you have ideas, comments, thoughts, or input that you would like to add; we encourage you to add a 'comment' in the relevant comment box. This then allows us to further plan, ensuring we are helping our children learn and develop the best way possible. When you scroll to the bottom of the weekly program you will notice boxes such as 'parent information', 'links to literature', 'weekly goal' etc.... read these information boxes to get an insight on the purposeful teaching that is occurring, as well as reading any important notes that the educators might have for you.

Each child in the service has at least one personal goal that the educators have chosen and are working towards helping the child to achieve. This is developed on reflecting on each individual's learning and development using the professional knowledge, Early Years Learning Framework and Developmental Milestones. It is important to us that we support children in their areas of need and where their current development is. These goals are reassessed at least four times a year and modified when educators identify new areas of development where children may need support. The educators then plan ways to support the child in reaching this goal and plan experiences, conversations, group times, routines and resources to help support the child to reach their goal.

We also encourage families to set their own goals for their child. We are firm believers that families know their child best, and our role is to support the family and child through their early childhood development. If you have not set a goal for your child yet this year, please see your child's educator for a goal form, or feel free to start a 'conversation' or make a 'note' on your child's Storypark profile. This will then allow the educators to help your family in reaching these goals for your child.

Our learning stories are written when the educators notice a moment of significance for a child. They can be written for individuals, in small groups or as part of a whole class. You can expect to see at least one individual and one larger group story with your child included in each month. This gives families a good snapshot of your child's learning and development throughout the year. We appreciate parent input in learning stories, as we recognize that lots of valuable learning happens in the home environment, so please take the time to comment on the learning stories and if you have any extra information that may be relevant to your child's development and interests.

Please feel free to make a time to chat to me if you have any concerns or questions, I am always willing to help.

Vicki Anderson
Educational Leader

Nursery Natter!



Firstly Miss Argeline and myself, Miss Astrid (AJ) would like to welcome all of the new families to our nursery room and to the Little Ducks family. We are happy to share all of the wonderful activities and learning your child has been part of this last few months and share with you our learning plans for the coming months. Individual goals are a big focus for each child's learning, recently goal sheets have been sent out to families to fill out so your child's educators are able to implement them into our learning program. Miss Argeline and myself have already put forth our own goals we think your child is needing help approaching and would like to combine them with family goals for our learning plans.



The Children have been extremely busy exploring the new environments and taking interests in the new surroundings. These past few months the educators and children have begun to form strong bonds with one another and as educators we have strongly fostered these secure relationships to instil the confidence and sense of agency to be involved little learners.



A lot of our little friends are taking a strong interest in expanding their Language and verbal skills with 'babbling' and attempting to mimic the new sounds they are hearing around them. It is such a fantastic joy to encourage our new friends find their voice and be part of your child's new milestone. Group reading time and interactive story telling are a big part of our learning curriculum of the next few month as these activities are great for developing our communication and verbal skills.



The more confident our new friends are becoming with the room the more we can see them wanting to grow and get busy by trying to walk. Miss Argeline and myself are providing safe and fun opportunities for your child to engage and expand their gross motor abilities and have discovered that our indoor obstacle course has been a big hit. With the children smiling while pulling themselves and modelling their new found confidence by taking safe risks with their physical abilities. Lastly we would like to thank you and say what a privilege it is to be part of your child's learning journey. We value each child and strive to encourage their individual interests and wonderful personalities.

Senior Nursery News!

Welcome to another fun year full of exciting things to come for our Senior Nursery children. We are so excited to share with our families all exciting things our friends have already achieved this past few months and touch base with what's to follow in the coming months.

By now you would have seen some new and familiar faces in our environment and we want to extend a big welcome to all our new families who have just joined us this year, thank you for entrusting us with the care of your children for 2019.



Over the past few months your Educators have been busy supporting your child's transition to Senior Nursery by working closely with them to feel a sense of belonging to their environment. Children build a sense of belonging when they become comfortable in their environment and build attachments to familiar faces and to achieve this we have to ensure that there is consistency with routine, Educators and day to day running of the room. For families who don't know already you can view your child's well-being chart up in our parent communication area with important information about what your child ate and how much and sleep times. For our nappy change chart you will find that in our bath room.



With children growing quickly we are seeing different levels of development emerge with some of our younger children learning to stand up and walk on their own, feed themselves and work towards being more independent, such as recognising their own drink bottle and belongings. Using goals we have set out for the children we will continue to support and encourage children to reach their goal with specific experiences to challenge them both in our indoor and outdoor spaces. While our little ones gain confidence on their feet some of the older children are becoming more adventurous and responding to their growing bodies by refining their gross motor, balance and climbing skills while out in the playground, on the fort and jumping pads. As their skills develop we look forward to engaging children in hand eye co-ordination with ball skills both in our arms and legs.

As we continue to work with the children to strengthen their gross motor skills we have also been busy working on refining the children's fine motor and sensory processing skills with experiences both complex and age approach to the children. Using play doh, pasta, animal threading, drawing and sorting we are really seeing children's development emerge as they are using those skills when it comes to feeding themselves with spoons and forks at meal times, something educators have encouraged from the start. We look forward to sharing the progress of the children as they gain more confidence with continued practice in the coming months.



Senior Nursery News!

Home corner play has just recently emerged with the children engaging in social interaction positively and with the new addition of our play food, dolls and utensils the children have been busy exploring role play and making connection to home life with what they hear and see around them. Through these experiences we are able to see new friendships being to form. How exciting!



Our love of books has quickly blossomed with the children expressing interest in listening and responding with pictures, words and song which has sparked some wonderful learning experiences that captured the children's imagination and creativity as we re- create stories through the children's eyes. Just recently we created our favourite parts of stories such as "The Hungry Caterpillar, Ducks away and We're going on a bear hunt". The children had a wonderful time learning all about Colours and animals along the way. Make sure to check our beautiful art displays in our environment. Through these experiences we are able to intentional teach and engage in enjoyable interaction extending the children's vocabulary with new words, colour recognition and home language.

As you can see we are already into the swing of things here at Little Ducks and for families wanting to get a more personal snap shot of some of the amazing things we get up to on a daily basis, you just need to log onto story park and keep an eye out for updates and our weekly program. We encourage all families to read and respond with input and things they would like to see their child learning or if you just want to share something special that your child has achieved. We look forward to hearing all the wonderful feedback from our families!

If you have any questions please don't hesitate to speak with your senior nursery educators personally or through story park.

All our love and dedication

Miss Mel, Miss Josana and Miss Belmira

Toddler Time!

Yaama! (Hello in Gameroi Language)

As February comes to an end, we are so happy to observe the children settled into their new routine and started building new relationships with their teachers and other children.

For the last two months, we focused on getting to know the children and their families. We have been exploring the children's interests in order to help them feel safe, secure and comfortable in their environment. This leads us to explore the different farm animals and investigate the insects that lives in our garden. We further extended the children's interest through songs, books, pretend play, arts and craft and engaged them in research using technology.



Our belonging wall has been instrumental in the development of sense of belonging and connectedness within our community. This is where we learn our friends' names, families and understand that we belong in the room. We supported their learning through the bee, bee bumble bee song, parachute game and other small group activities that foster the development of strong identity.



As their sense of belonging and connectedness continuously grow, we noticed that children are beginning to take increasing responsibility of their belongings. They showed great sense of agency as they help their friends and teachers with tidying toys, cleaning up during meal time and taking care of themselves.

We value the family's role in the development of the curriculum. We gathered information through daily conversations and the family goal form. As a result, we are purposely organising different activities that aim to achieve each of those goals. For weeks, we continue to build on the children's balance, coordination and spatial awareness. Challenging their skills both indoor and outdoor through crawling into tunnels, balancing on beams, climbing

on A frames and walking through uneven surfaces. We plan to continue to support the children's gross motor development in the coming months through introducing confidence course with varying level of difficulty.

The importance of healthy eating habits was a valuable input from families. From then, we organised a series of food tasting and cooking activities. We explored the different colours and taste of each food and at the same time reinforce good manners through encouraging and modelling children to say "ta" or "tak" (Danish for thank you) and "please".



Toddler Time!

We also had very special visitors in the month of February. The ducklings, Lola and Ice Cream, along with their siblings brought so much joy and happiness. The children learned to use their gentle hands and strengthened their strong dispositions for learning as they discovered the duck's life cycle. We also created a worm farm and helped children understand their responsibility towards their natural environment thus incorporating sustainable practices in our routine to support children's learning.

We have also been focusing on establishing the children's toilet routine and supporting them in becoming independent through modelling, encouraging and giving them enough time to do things on their own. As we welcome the month of March, we plan to continue to focus on this learning through incorporating dress ups in the room, engaging the children in manipulating zippers and buttons.

Nabia and Sawsan



Junior Kindy Column!

Sadly we said farewell to Miss Jas who has gone to enjoy some rest before she welcomes her beautiful twin boys into the world. Which meant we also welcomed a new Lead Educator Miss Usha.

We have a flexible routine that is guided by the Early years framework and National quality standards and in line with the children's current interests within our environment.

The children's development and learning is well on its way and already we have captured wonderful and exciting things your child has been exploring and learning. Families

you can now sit down and explore this at your own leisure through using Story park. You are most welcome to write on the program. If you are available on the 6th of March we are having our curriculum night please come along, Miss Vicki will be unpacking more about how to use Storypark.



Mealtimes continues to be an area that we are always continuing and exploring our knowledge on. The educators have been giving the children their sense of agency while guiding them along their healthy food choices. While the children are eating the Educators join them at meal time and we are able to continue this discussion through where are rubbish belongs and what can be recycled with the help of our sustainability officer Emily. The foods that can be composted we divide that up and share it between our worm farm and composting. Please enjoy this little snippet of information from! <https://heas.health.vic.gov.au/early-childhood-services/promoting-healthy-eating> "Eating habits are instilled from a young age, and often these habits are carried through to adulthood. Children who learn to eat well can develop and sustain a healthy lifestyle, which has many benefits such as healthy growth and development and preventing long term illness."



Through out the weeks we have see some drop offs that have been tricky for both the children and families. Some ideas that can make Drops off and separation anxiety a little bit easier can be bring in a family picture that your child can carry or a comforter. We've also included a link that might useful <http://www.earlychildhoodaustralia.org.au/parent-resources/separation-anxiety/>

One of our group goals this term has been working on cooperating with others and negotiating roles and relationships in play episodes and group experiences. As Educa-

Junior Kindy Column!

tors we have been showing the children how to enter the play experiences positively and the children are beginning to assist each other in the joining in other ways of playing. As the play is occurring many of the children are beginning to listen to others and their ideas and are respecting the different ways of doing. Please return the parent goal sheets to the educators so we can continue to plan our program to support your child's goals.

There are many skills we have been working on in the first half of the year such as fine motor skills as we strengthen up our fingers we are then able to open and close our lunchboxes by using the zippers. As we continue to explore with fine motor this will help us to achieve the ability to hold our pens and pencils more confidently when we learn to write. Some of the experiences we have been working on are: play dough, slime, nuts and bolts, balancing golf balls on tees and using tweezers to transport items the list goes on.



Lego continues to be an activity that the majority of the children love to participate in. The children enjoy using their imaginations to create castles, homes, cars, planes, make patterns, letters and all manner of wonderful and amazing things. It seems that the creations just continue to get bigger and better each day. We look forward to seeing what the children will come up with next!

Our home corner seems to be a use focus at the moment. Home corner is a wonderful space where the children can take on any role and shine through. Home corner provides opportunities for children to identify with the adult world. This area of play can continue to help with emotional development as they understand and express their feelings through the re-enactment of certain experiences. Please feel free to bring along any other items that you think can make our home corner look more like home!

Please feel free to come in and chat at any time, or make an appointment if you would like to have a more in depth conversation about anything. Please remember that we love family and parent input in our program, we look forward to your input and suggestions throughout the coming months.

With Kindness Miss Jess, Miss Usha and Miss Vicki

Kindy Catch Up!

We have started the year at a run, with the children hatching ducklings, telling stories with puppets, being pirates, creating maps, learning about our teeth and learning how to speak a new language.

The children became very interested in using puppets to create puppet shows for their friends. We started by creating simple cardboard cut outs that they manipulated behind some chairs. To follow on, we explored different types of puppets. We created finger puppets of our favourite story characters, like Cinderella and Little Red Riding Hood. We also made sock puppets and explored how we used our hand to open and close the mouth when the puppet was talking. We then created marionettes from paper cups and learned how to create movement by raising and lowering the paddle pop stick. We also created a life-size Chinese dragon puppet to help us celebrate Chinese New Year. The children became the body and head of the dragon and danced to some traditional music.

The children really enjoyed having the ducklings in our room. They were excited to watch for new cracks in the eggs as they were hatching. Seeing a duckling (or three) drying in the incubator in the morning was always a surprise! We had many opportunities to cuddle a duckling and the children were amazingly gentle and caring. Some of the children also took on some responsibilities for cleaning the cage and adding food. We also gave the ducklings a swim and explored how they used their feet to paddle. This was a great chance to introduce discussions about lifecycles of plants and animals. The ducklings have gone back to the farm, all except two who are now living with Miss Jess. It will be wonderful to see them grow up! Now that the ducklings have gone, we are investigating plant lifecycles by sprouting some seeds, which we hope to plant.

The pirate related museum loan pieces sparked a great deal of interest in pirate maps, treasure and boat building. The children created a wooden block boat which was the focus of some great roleplay for several days. We explored how to create maps using symbols to represent objects, as well as directions such as over and around.

Our current interest in birthdays has given us an opportunity to explore counting candles on the cake. We have also been able to learn about playing games with rules such as musical chairs.

Method Dental came to visit the centre to talk to the children about caring for their teeth. I was impressed by how well the children could answer questions about the

Kindy Catch Up!

types of food they should eat to keep their teeth healthy. They practised brushing the big teeth, doing tops, bottoms, insides and outsides. They also received a goody bag to take home to encourage them to keep up the good work.

French lessons have started with Monsieur James from Play Frog. The children are currently learning about types of transport ie le velo (bike), la voiture(car). The children appear to be absorbing the vocabulary and are having a go at attempting the words.

Chess lessons have also commenced, every Thursday. The children are learning the fundamentals of each piece ie their name, which way they can move. I look forward to watching them build their skills.

Looking forward..

Over the coming months, I plan to continue looking into lifecycles and living things as we plant our seeds and explore an interest in the bugs and animal life in the yard. The aim is to develop children's observation skills and encourage curiosity about the world around them.

Through our play the children will continue to develop their fine motor skills, such as cutting and pre writing, to prepare us for school. We will work on letter creation and recognition in different ways to expand the children's knowledge of letters and confidence in writing.

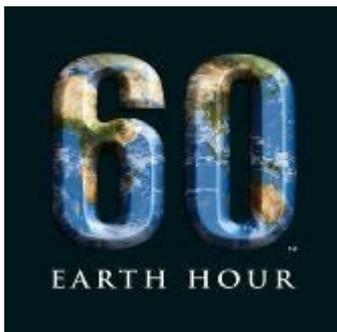
We have been strengthening our knowledge of numbers and counting and this will continue throughout the topics we will cover.

Sustainability Corner!

An update from Miss Emily our Sustainability Officer

Our connection to Earth and nature is undeniable: our planet's gain is everyone's gain.

Healthy nature makes our life better by providing us good food, clean air, and fresh water - but it is all under the threat of climate change. Our #Connect2Earth campaign aims to raise awareness on the important role of nature in our lives and the benefits nature provides, from good food, clean air, fresh water, to so much more.



This Earth Hour, join millions around the world to turn off the lights and speak up why nature matters.

We will be going electricity free for Earth Hour between 10am and 11am on the 29th March at Little Ducks!

Our Community ...

We're getting ready to paint the town green at Eagle Farm Racecourse on Saturday 16 March 2019 at Brisbane's biggest St Patrick's Day festival - Paddyfest! Use the code "KIDS10" to get \$10 off adult tickets! This year is going to be bigger and better than ever with headliners Kingswood, a full day of live Irish entertainment, a brand new Laser Light Spectacular and so much more. The NEW Little Leprechauns Kids Zone is the thriving hub for all things kids LOVE - plus it's located adjacent to the Main Stage and Paddyfest Central so parents get the best of both worlds. The kids will LOVE the Laser Light Spectacular, jumping castle, Basil Grumble's Craft Castle, Scruffy Murphy's Petting Zoo and so much more all FREE. Mum & Dad can kick back with a drink in hand enjoying the live entertainment while the little ones run wild. Kids tickets at the gates for just \$5, and mum and dad's tickets are just \$15 online when using the code! Grab your tickets now! www.paddyfest.com.au



Moove and Groove

Jingeri Jingeri (Hello and Greetings in Yugambeh Language-Mt. Tambourine)
Welcome to the first edition of the Move and Groove Newsletter. We began the year building on the children's manipulate skills through throwing. **Throwing** is a manipulative skill that requires a pushing forward force to be extended on an object.

The first month, we focused on the underhand throw, which is executed with the hand below the level of the shoulder and the palm turn upward and forward. This basic throw is easily demonstrated by most children as we incorporate intentional teaching of modelling, instructing and breaking the task into easy steps. We organised bean bag toss, ball toss and ring toss to strengthen the children's manipulative skills.

In February, we shift our attention to a more complex skills, the overhand throw. Overhand throw involves the entire body in a series of linked movements starting from the legs, progressing up through the pelvis and trunk, and culminating in a ballistic motion in the arm that propels a projectile forward. Throughout the month of February, we have been focusing on the stance of the children and their hand and eye coordination. We did this through ball painting, ball target trowing, balls and pins and other target throwing activity.

For the younger age group we focused more on building their hand and eye coordination and timing as children manipulate rolling ball and moving the ball from one place to another. Next month, we will focus on receptive manipulative skill, catching.



Business Blog ...



Shop 2A, 100 Days Rd. Grange, QLD, 4051.

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Method Dental exists because Dr. Grant McGrath wanted to build a dental practice where health is valued. The practice is located in Grange because that is where Grant grew up with his family and where he feels at home. Having gone to local schools, played soccer at local clubs and lived in an around the area; Grant and his team know who they are helping and why.

Grant and the team are here to serve the wider community in Grange, Wilston, Stafford, Gordon Park, Windsor and more so that we can help you and your family to be healthier.

Healthy Habits!

Information Sourced from: Australian Government Department of Health and Ageing, Get Up & Grow, Healthy Eating and Physical Activity for Early Childhood

CHICKEN AND VEGETABLE STIR FRY

*Not suitable to freeze

INGREDIENTS	6 serves	25 serves	60 serves
Canola oil	1/2 tbsp	2 tbsp	3 tbsp
Crushed garlic	1 clove	2 cloves	3 cloves
Chicken thigh fillets (skinless)	350g	1.5kg	3.5kg
Cabbage	1/4 small	1 small	2 1/2 small
Carrot	1 medium	4 medium	10 medium
Red capsicum	1	4	10
Zucchini	1 medium	4 medium	10 medium
Sweet chilli sauce	2 tbsp	3 tbsp	125ml
Rice (uncooked)	1 cup	4 cups	10 cups

Method

1. Cook rice according to packet instructions.
2. Wash vegetables and slice into pieces of similar size (discarding capsicum seeds and stalk).
3. Cut chicken into small strips, removing and discarding any skin or bones.
4. Heat oil in pan, add chicken and garlic, and gently cook until chicken is brown and cooked through. Set aside.
5. Add cabbage, carrot and capsicum to pan and cook for 2 to 3 minutes.
6. Add zucchini and continue to cook for 3 to 5 minutes.
7. Add chicken and sweet chilli sauce to pan. Stir and cook until vegetables are tender and chicken is warmed through.
8. Serve with steamed rice.

This recipe: is dairy free is gluten free is egg free

Get up & Grow: Healthy eating and physical activity for early childhood provides general non-commercial, evidence-based information to early childhood education and care settings, to assist in developing healthy habits for children birth to five years.

This resource has been updated to reflect the Infant Feeding Guidelines (2012) and Australian Dietary Guidelines (2013).