

Little Ducks Childcare Birkdale

January/February 2022

A note from your Centre Manager

Hello and welcome to 2022! I hope you all had a wonderful break and shared some all to short and valuable time with your families.

For those of you who are new to our service, welcome! My name is Tara—the centre manager here at Birkdale. I have been working in the Early Childhood industry for 13 years and began working for our Little Ducks Birkdale family in January of 2015. I am passionate about creating ongoing and lasting relationships with all those who I have contact with and providing a safe, nurturing space for children when they are away from home. I look forward to welcoming back our families and getting to know our new families beginning their journey into care.

This year, we are excited to welcome some new faces to our team with Miss Amy beginning her journey at Little Ducks in our Toddler room. We are excited to welcome our casual educator, Emily, to a permanent role in our Junior Kindy room and continuing to increase the knowledge of those beginning their journey into the industry with Miss Jade taking on a traineeship in our Kindergarten room. It is always exciting to welcome new members to our team, bringing in fresh perspectives, new ideas and exciting opportunities.

Right now, all of the children are beginning to settle into their new care environments with their new educators. I have included some helpful information about assisting your child to settle into care on pages 14, 15 and 16 of this newsletter, sourced from startigblocks.gov.au, so please make sure you have a read over this information as you may find some new and helpful tips here.

We are in the process of developing our 2022 calendar of events and would love some input from our families and community. Is there an event that your family celebrates yearly? Is there a cultural celebration you partake in or have a strong desire to learn about? Is there a local community event that we can share or offer our services too? Let us know via phone, email or Storypark!



Tara Davies

I'm looking forward to a great 2022 with you all and to see where the year takes our journey into guiding children's knowledge and development. My office hours are 8:30am-5:00pm, Monday to Friday so please stop by or call anytime to have a yarn.

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Upcoming Events!

January	February
Saturday 1st – New Years Day  1st – 31st – Walk Your Dog Month Tuesday 4th – First Day back at Little Ducks for 2022 Wednesday 26th – Invasion Day/Survival Day/Australia Day  Saturday 29th – World Puzzle Day	Saturday 12th – Chinese New Year/Lunar New Year  Sunday 13th – Apology Anniversary Monday 14th – Valentine's Day Thursday 17th – Random Acts of Kindness Day Sunday 20th – National Love Your Pet Day Monday 21st – International Mother Language Day Monday 21st – World Harmony Day Monday 28th – Summer's Day KidSafe Monday 28th – Last Day of Summer

Community events

Wednesday 5th January—Mobile Library—Beth Boyd Park 1.30-4.30pm
Thursday 6th January—Outdoor play with Sparky—Indigiscapes 9-11am
Saturday 8th January—Horton hears a who movie event—Capalaba Library 10.30am – 12pm
Wednesday 12th January—Magic Glen—Victoria point library 9.30-10am
Wednesday 2nd February—Baby time—Victoria point library 9.30-10am
Saturday 12th February—Cinderella movie event—Victoria point library 10.30am-12pm
Sunday 13th February—Collective markets—Faith Lutheran 8.00am-12pm

Policy Reviews

We value your input and feedback! The policies/procedures in review during January/February are:

- ◊ Death of a Child
- ◊ Transitioning Children between Environments
- ◊ Centre Presentation
- ◊ Physical Environment (Workplace Safety, Learning and Administration)
- ◊ Smoking, Alcohol & Drugs
- ◊ Staffing & Supervision
- ◊ Privacy & Confidentiality

Ways that you can provide feedback are:

- ◊ In person, or over the phone
- ◊ As a reply to an email
- ◊ On Storypark



Educator Spotlight ...

Miss Renee!

Miss Renee is our Early Childhood Teacher in the kindergarten room and has been with our Little Ducks family for 8 years now. She holds her Bachelor of Education in Early Childhood and has a passion for educating the children on STEM learning. Miss Renee brings with her the knowledge of the Queensland Kindergarten Learning Guidelines and literacy, numeracy and emotional regulation for children as they prepare to transition to school environments.



Healthy Recipes

There's been quite a buzz over this frozen treat, so we tried our hand at the one-ingredient wonder – homemade banana "ice cream."

Go Bananas

Banana muffins and banana bread are classic go-to recipes for over-ripe bananas, but there are some cooler options. When you've got more bananas than you know what to do with, slice them into large pieces and place in freezer-safe bag in the freezer for at least 4 hours (overnight is better). These frozen fruit chunks make creamy and frothy smoothies and a surprisingly similar dairy-free alternative to ice cream.

One medium banana totals about 105 calories, 27 grams of carbohydrate, 3 grams of fiber and 1 gram of protein. You'll also get healthy doses of vitamins C and B6 and potassium. Bananas are also free of fat and cholesterol.

Banana Ice Cream - One Step Prep

Place frozen banana pieces in the bowl of a food processor fitted with a steel blade. Turn on the machine and let 'er rip. Process bananas until they create a frosty, yet creamy puree. Serve immediately or place in a bowl covered with a piece of parchment paper to harden. The re-frozen concoction will have a less creamy texture but is still super refreshing and naturally sweet.

Each medium-sized banana will yield about a ½ cup of ice cream.

Top It Off

This low-cal goodie leaves room for some toppings. Each of the portions below will add 50 calories per serving:

- 3 vanilla wafer cookies
- 1 sugar cone (whole or broken into pieces)
- 2 teaspoons semisweet chocolate chips
- 2 teaspoons natural peanut butter
- 1 ½ teaspoons chocolate-hazelnut spread (such as Nutella)
- 1 cup sliced strawberries
- 1 tablespoon chopped walnuts
- ½ cup diced mango
- 1 heaping tablespoon granola
- 1 ½ tablespoons shredded coconut
- 2 chocolate covered pretzels

2 teaspoons chocolate syrup



If you want to keep the calories as low as possible, try flavor boosters. They're virtually calorie-free:

- Unsweetened cocoa powder

Vanilla extract

- Ground cinnamon

Freshly grated orange or lime zest

News from the Educational Leader

As we begin our journey for 2022, we have some exciting news to share around practices we will be implementing. In October of last year, I attended a training titled 3A Approach which stands for; Abecedarian Approach Australia. The 3A approach is a set of evidence-based teaching and learning strategies for early childhood educators and parents to use with children from birth to five. This approach began over thirty years ago and prioritises language development for children. The approaches includes 3 stages:



-Enriched Caregiving

-Conversational Reading

-Learning Games.

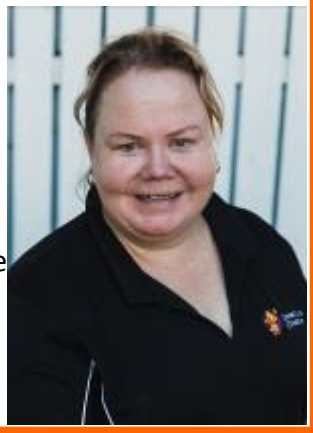
The Abecedarian Approach Australia, (University of Melbourne and Joseph Sparling, 2015) defines teaching and learning strategies to improve interactions between children and adults, promote language as a priority, enrich caregiving through day-to-day routine practices and engage in conversational reading, where joint attention is at the forefront. Each of these is an individual approach that is frequent, intentional, and individual. The 3A approach covers some of our curriculums such as; The Early Year's Framework, The United Nations Convention Rights of the Child, National Quality Standards and community research from the AEDC data. We are excited to use this approach and we anticipate that the interactions and outcomes for children will be responsive, child focused and positive. As we begin the new year with new educators and change in rooms for children we have identified the strategy we would like to implement first is enriched caregiving. This will aid in forming strong relationships with all children as interactions are focused during caregiving routines. This will all be shared and documented through our online platform either via conversations, individual learning stories, through our newsletters or via our social platforms.

We look forward to sharing this exciting journey. If you would like to take some time to research this approach yourself, here are some links.

https://education.unimelb.edu.au/3a

https://www.careforkids.com.au/child-care-provider-articles/article/244/the-abecedarian-approach-can-it-really-change-the-world

Yours in learning—Michelle



Nursery

Yura! Welcome to Nursery for another exciting year of learning!
This year your Lead Educator will be Miss Kayla. She holds a Diploma of Early Childhood and has 7 years' experience in the Early Years industry. Miss Kayla began at Little Ducks at the end of 2017 and has a love for the younger age groups. Miss Megan will be your educator in the Nursery room. Miss Megan holds her Certificate III in Early Childhood and has been in in the Early Years industry for 5 years. Miss Megan has recently completed her studies at university to become a psychologist. Miss Megan enjoys being the support and voice for children when they are away from home.
Child theorist John Bowlby was a pioneering attachment theorist. Bowlby's work showed frightened children seek the reassuring proximity of a primary caregiver, displaying clear behavioural and motivational patterns. Children aged 6-30 months are extremely likely to form secure emotional; attachments to familiar caregivers, especially when these adults are both sensitive and responsive to a child's expressed needs. To begin the year Miss Kayla and Miss Megan will strive to build those strong connections with the Nursery children to create a safe and secure atmosphere and environment for both the children and families. Children create connection with others when needs are met so to begin our year we will be interacting with your children through caregiving routines such as nappy changing, feeding, sleeping, play and one on one time with educators. We will utilize these times to sing, read, talk and encourage your child to meet milestones and form relationships. As we create those bonds, we will become familiar with your child's routines, needs and cues and maintain connection between home and service.
As the children are exploring the Nursery environment, we can already see them showing interest in our heuristic corner and confidence in our intentional sensory play. Heuristic play is rooted in young children's natural curiosity. As our Nursery children grow, they move beyond being content to simply feel and ponder objects, to wanting to find out what can be done with them. We love to explore and re-use objects within a household environment wherever possible, so if you have any spare household objects in the house, please feel free to bring them in for us to engage with. Providing children with different materials will help develop their senses. Our books we read to the children incorporate textures and colours. The children are already being challenged and supported to develop their fine and gross motor skills, grasping, tracking objects around the room and exploring what their bodies can do. Within the Little Ducks community, we encourage parent input from our families to founder our connection between educators and parents. Miss Kayla and Miss Megan believe that by having those connections we can provide meaningful opportunities for the Nursery children to make an easy transition between the home environment and the Nursery environment. Each child has their own little magical personality and uniqueness in which we are excited to see blossom within the Nursery. We look forward to the year ahead, nurturing your precious little ones and helping them to meet their developmental milestones.

Love Miss Kayla and Miss Megan





Senior Nursery

We would love to take the opportunity to welcome all our families to the Senior Nursery room for 2022. Your educators are Miss Debbie and Miss Rylee. We are so looking forward to becoming acquainted with you, as we form bonds with the children, as they grow and learn with us.

Beginning Term 1, the focus will be on relationships with children and families. As Miss Debbie has been a part of the children's life in the small yard, we have already been able to create relationships with each other. We would like to welcome our brand-new buddies as well, and we look forward to our time together getting to know each other. In Senior Nursery, we utilise the Circle of Security, following each step with the children, at first sitting with the children to help them feel comfortable with us, then we watch as they gradually begin to move away a little and explore, after which, when they are feeling brave, they will begin to play, knowing we are near to them if they need us. In our room, we focus on the theorist, John Bowlby, who identified four phases in which attachment develops, and believed that children are born with a variety of behaviours that encourage parents and others to be near them, and that attachment of the child and parents or educators develops over a period of time, and is mainly achieved by the routine care giving tasks that both are involved in.

My name is Debbie and I have had the pleasure of being with the Senior Nursery children last year, and before that was in Nursery for three wonderful, enriching years, enjoying all my time with the children in both rooms. I am your lead educator in Senior Nursery, and have worked at Little Ducks for six years, and have been in this career for eight years, and I have loved every minute of it. My forte is relationships with the children, enjoying nothing more than enriching the children's lives with reading, singing, rhymes, and being together. I love writing observations about the children and become so excited when they have mastered a new experience or have moved closer to their goals for the year. My passion is reading, and I will share many books, puppets, and other props around books, and nursery rhymes with them. My aspiration in the room is to provide stimulus, provocations, experiences, and activities which stretch the children not only in their learning, but in their minds, opening them to new possibilities.

Hello, my name is Miss Rylee, and I am so excited to join Senior Nursery in 2022. My passion as an educator is to create a safe and inclusive environment where each and every child belongs. I also enjoy creating and strengthening bonds through singing, dancing and just being goofy with the children in my care. I am looking forward to what this year brings us. We are envisioning a year of positive, supportive, and encouraging reinforcement as we guide the children to tackle new ideas and situations, developing and growing in the five outcomes. Our curriculum is all about heightening the children's awareness of the world, promoting inclusive practices, embracing many cultures, and delving deeply into an understanding of your unique child. Your input is invaluable to us, as nobody knows your child as well as you, and we appreciate you sharing this with us. We will soon be discerning what is best for your child's Term 1 goals, and will share this with you, via our program, and Story Park features. Your child will join our room, be welcomed, and our journey towards learning, playing, feeling happy, and reaching their goals will begin. Please feel free to approach Miss Rylee or myself for any concerns you may have, and to acquaint yourself with us at the beginning of a great friendship and collaboration.



Miss Debbie and Miss Rylee

Toddler

Hello families and welcome to the Toddler room 2022 – your educators are Miss Bree, Miss Amy and Miss Kylie. We are so excited to get to know you all and look forward to helping your child grow and learn. Beginning term 1, the focus will be forming relationships with children and families. As this is a new and exciting time of the year for your child, it can also be overwhelming for our little people with changes and transitions occurring. Soviet psychologist, Lev Vygotsky – known for his work on psychological development in children – emphasised the importance of relationships and interactions between children and more knowledgeable peers and adults. He believed that children's cognitive understandings were enriched and deepened when they were 'scaffolded' by parent, teacher or peers. After all, how can learning occur when there is no relationships with children and peers?

As we welcome the new year, we would like to introduce ourselves and share a little about us. My name is Brianna, but you can call me Miss Bree! I am your Toddler Lead Educator. I have worked in the early childhood industry for 7 years this year – a career that I am very passionate about. I thrive best as an educator through my interactions and relationships. I thoroughly enjoy setting up learning experiences and being one on one with children throughout these experiences. I love and encourage messy and sensory play and relationships are most important to me. I will always do my best to prioritise building and maintaining positive, trusting relationships with you and your child to ensure you trust that your child is in the best hands and they feel safe, secure and supported in their second home environment.

Hello – my name is Miss Amy and I am new to the service and look forward to getting to know you all as your Toddler Lead Educator. I have experience working with a variety of ages and as such, am confident in building relationships with your children. I currently have a Certificate in Early Childhood Education and Care and am studying, working toward my Bachelor in Early Childhood Education and Care. I am passionate about curriculum and planning and look forward to working alongside Miss Bree to program and plan for your child's learning and development, enrichening their growth.

Hi– My name is Kylie and I am a mum myself of three children 15, 13 and 4.

After working in retail for many years I decided I needed a change and have found the last 13 months in the industry very rewarding. I feel very passionate about building safe, secure and respectful relationships with the children as I believe this builds and promotes their learning. I am excited about my change from nursery into toddlers and look forward to getting to know the children and families. We are looking forward to starting the new year off on a positive beginning, promoting self-help skills through our room routines and curriculum. Our programming and planning promotes play based learning as we get to know the children's interests and as always, we encourage your input too! You'll also see that we will have term goals for your child to help them reach their individual development as we aim to have a warm, welcoming and supportive transition into the new year and room. If you have any queries or concerns, please feel free to approach your child's educators.

Until next time

Miss Bree, Miss Amy & Miss Kylie





Junior Kindy

Welcome to Junior Kindy for 2022!

In the room this year we have Miss Teesh, Miss Paige and Miss Emily! We wanted to take this opportunity to introduce ourselves and let you know a little about us! Miss Teesh: This is my third year working in the Junior Kindy room (and at Little Ducks). This is my 12th year working in Early Childhood and I feel so lucky to have found a profession that I love so much! I firmly believe that children will not learn from someone they do not feel a bond with, so building relationships with children and families is my highest priority and I feel that the rest of my role falls into place once these relationships are established! I currently hold my Diploma of Early Education and Care and am due to graduate from my Bachelor of Education course in March of this year which I am super excited about! To complete this I will be away for a few weeks at the beginning of the year (24/01/22– 1/03/22) to finish my final placement. Outside of work, I love animals and am really interested in learning more about Australian wildlife. I also have two cats and a puppy that I love spending time with!

Miss Paige: This is Paige's second year working here with us at Little Ducks, she began in an educator position in 2021 but was quickly offered a lead educator role! We are super lucky to have her joining us as a lead educator in the Junior Kindy room for the year and continuing to watch her grow and develop in her new role. Paige is studying her diploma and hopes to complete it in 2022. Paige is passionate about meeting children's emotional needs and is wonderful at developing strategies to support emotional regulation. Outside of work Paige enjoys playing touch football and has even represented QLD in the touch state of origin!

Miss Emily: Emily joined us at Little Ducks in 2021 as a casual educator, she is currently studying secondary education as well as her certificate III in Early Education. Miss Emily spent last year building relationships with all the children across the service and her experience with different age groups. This is Emily's first room role so we are excited to see her continue to flourish and grow her experience in early education! Emily loves coming up with creative experiences for the children to engage in. Outside of work Emily enjoys spending time at the beach with her dog.

The first few months of the year we will spend building relationships and routines in the room. Having a predictable routine helps children to settle in and build a sense of security in the learning environment. We aim to build a smooth transition for the children from home to Little Ducks so we will be asking for lots of parent input to incorporate in our programs. We will also be setting our term 1 learning goals so please keep an eye out for these and let us know if you have any suggestions on how we can help your child reach these! We are looking forward to a great year of learning and fun!

Miss Teesh, Miss Paige and

Miss Emily.





Kindergarten

Hello and welcome to the families and class of 2022!

My name is Miss Renee and I will be the Early Childhood teacher on Monday and Tuesdays in the Kindy room. Supporting me in the room will be Miss Ash and Miss Jayde. We are so excited to start a brand-new year, which we know will be filled with so much fun, learning and good times! We are especially looking forward to beginning to get to know you all and helping each one of you settle into your new class and routine. At the beginning of the year our priority will be to establish a bond and connection with each child and their family. We believe whole heartedly through creating kindy/home connections and having a strong relationship with your child we will be able to create best outcomes and provide the best possible care and education. We know that this will help them thrive as they will feel comfortable, safe and secure.

The first term of the year will focus on establishing a clear routine for the children so that they are aware of expectations. A routine creates predictability which children rely on so that they know what is coming. As a class we generally spend time setting up class rules that are clear and easily able to be followed by all. One of the first topics of the year is Identity where we will get to know our classmates better, explore differences and similarities, create a self portrait and begin to unpack all the different cultures within our classroom. Aboriginal experiences are always embedded in our program too and the Kindy children traditionally have always enjoyed doing the land acknowledgement each day. As the year goes on, they become more familiar with it and love having the chance to lead it for their peers. Kindy children love being helpers too which is why we start the year with a jobs board. The various jobs include ringing the bell to signal time to line up and go inside, leading land acknowledgement, wiping the tables and line leader. Each morning we will sort out who will do each job and through doing so the children develop skills such as responsibility, sharing and taking turns and independence. All skills which are so important to work on before school!

The first few months we love hearing all about what interests the children have as a way of planning fun and exciting experiences. Miss Renee loves books and using them as a way of furthering these interests and teaching key concepts. Miss Ash has a beautiful voice which I am looking forward to having in the Kindergarten room this year. I am sure the children will love having a sing along with Miss Ash daily and learning lots of new songs to bring home to sing for you. Fine motor experiences will be set up each day to asses where children are at and to get those fingers strong for future writing. Gross motor skills will be developed daily through obstacle courses, ball skills, climbing and more to help build a strong core, again a important skill to help children be able to sit at a desk and write when they get to school and to be able to sit for longer periods on the mat for group times.





Kindergarten

We will play games to help children share and take turns, do fun art experiences to explore our creative side and enjoy some sensory experiences as a means of self-regulation. Expect lots of water play in the first term as we will still be in summer. Spare cloths packed in the kindy bag is a definite must have! We love playing with the hose and getting wet in kindy! So much fun! At the beginning of the year we will introduce the zones of emotional regulation to further aid the children in regulating emotions stay in the green zone, so they are calm and happy. Just like the rest of the rooms before kindy, we will observe your child and make decisions on a first term goal. From here we begin to unpack this goal by planning and implementing experiences that will help your child be well on their way to achieving this goal.

The beginning of the year is always so exciting, seeing new faces, building new relationships and making new friends. We can't wait to see each of your children blossom and start their kindy journey. We are always here for a chat so please come and discuss any concerns at any time.

Miss Renee, Miss Ash and Miss Jade.



KINDY counts for a lifetime.

Sustainability Corner!



Hello families! Welcome to another sustainability newsletter! I hope you all had a wonderful Christmas and New Year and we can't wait to hear all of the stories from your time off.

We have some great things planned this year kicking off with Indigiscapes donating some plants to revamp the gardens. This will be a good beginning for children to learn about our local and native flora and how it might attract the local fauna if we care for it well enough! We will learn and refresh on how to care for our plants and set up a garden roster so that each room will be in charge of caring for the gardens one day each week. This will encourage children to gain a sense of responsibility and respect for our natural environments and the relationship we have with it.

This year, we also plan on having a recycle bin out the front so if you have any recycled goods that you think might be handy in arts and crafts or loose play please bring them in and pop them in the designated area and we will be sure to find a million and one ways we can use them.

In a bid to keep our energy use down, we are going to introduce some electricity monitors! This will change each week but the children will be given the responsibility of checking the rooms and making sure they have turned their lights, fans and air cons off in the afternoons when the rooms are not in use.

As always we strive to be water wise! This year we will be focusing on this in play, how we can use water in our play but make sure we aren't using too much, coming up with strategies together in this area for example, we will have water containers in the sandpit with a tap and we will discuss with the children how we can use it in play and that if it runs out for the day, then that is all until the next day, this will be a good way to teach water conservation.



We are looking forward to having a very fun and sustainable year and look forward to hearing your tips and tricks too! Let us know what you do at home to encourage a greener future and we will endeavour to practice it here too!

Till next time!

Miss Kerri

Reconciliation Action Plan!

In the last few months of 2021, we reviewed our Reconciliation Action Plan and committed to new actions and renewed our previous actions. During this process we identified a change in our acknowledgement of country chant performed each day by the children. The change in our acknowledgement came about as each room was implementing something different and for our smaller children, understanding some of the actions, proved to be a challenge. This prompted a reflection between educators on which acknowledgement we found was working the best and involving the most children. Our new acknowledgement is as follows;

"Here is the Land, here is the sky. Here are your friends, and here are mine.
We stand together, hand in hand, to thank you for, our Quandamooka Land."

In 2022 we are excited to have Miss Ash championing our RAP and if you would like to be a part of our Reconciliation Action Plan committee, please see Tara or Ash and we would love to welcome your ideas, suggestions and feedback.

RECONCILIATION ACTION PLAN
REFLECT

Move and Groove!

Hello Families! Welcome back for another fun filled, exciting year for 2022! This year Miss Kayla and Miss Paige will be working together to bring new and exciting gross motor games and skills to our move and groove program.

Miss Kayla and Miss Paige have taken on this role for 2022 as they both come from sporty lifestyles and backgrounds through playing touch football, coaching younger children through sports and bring with them a passion for increasing children's physical capabilities.

For the beginning of 2022 our module and focus will be underarm rolling/throwing. Some of the experiences we will implement will be focused on building the children's physical arm strength through key teaching cues and encouraging manipulation skills needed to increase underarm rolling.

- Ten pin bowling outside
- Lawn bowls
- Rolling the ball along the ground in a circle to each other
- Throwing and rolling a ball into a target or goal
- Underarm throwing hackey sack into hula hoop
- Rolling obstacle course

We can't wait to see how much the children grow and build on their gross motor skills.

Miss Kayla and Miss Paige.

Developmental information!

How can you help your child settle into an early childhood care service?

Starting an early childhood education and care service can be an emotional experience for both you and your child. Children especially can often experience some difficulty settling into a new environment, particularly if they find it hard to separate from family or familiar caregivers. This information sheet offers some suggestions that can help you support your child during the settling in period. You will of course need to be patient because they may cry, be grumpy or throw tantrums for an initial time as they get used to the new environment.

Plan an orientation visit

- An orientation visit before your child starts will give them a chance to explore their new environment.
- They can begin to develop a relationship with the educators and meet other children at the service with the security that you are close by. Familiarising your child with their alternate carers and care setting will be a huge help to them.
- Discuss your child's interests, routines and rituals with the educators.
- The service may also be able to provide you with a family handbook at this time. This should include information about the service's operations and key policies and procedures which may help you to plan to settle your child into the service

Prepare them for the separation

- Leave your child with their grandparents or your friends for a few hours every day so they get used to your absence.
- Talk about the early childhood care service with your child and let them know that you are happy and confident that they will have a good time and will be cared for.
- If possible, start with shorter or fewer days then gradually increase their time spent at the service. Once they develop a settling routine, they should be more comfortable.
- Don't let your emotions or anxieties affect your child. Try and hold back your tears when you drop them off.
- Say 'goodbye' confidently and reassure them when you leave that you (or someone else) will be back later to collect them.
- Give your child sufficient time to say their goodbyes in the morning. Reach the service early so you have time to prepare your child for a good day.



Developmental information!

Comfort them

- ◊ Ask your child if they would like to take their favourite toy or colour book to the centre.
- ◊ Find a preferred educator that your child can be left with when you drop them off for the day.
- ◊ Spend some time settling your child into a favourite activity before you leave.
- ◊ Inform the service about what comforts your child and discuss how you manage activities or times of the day they find unsettling. For example, does your child have a toy or blanket that helps them to settle?
- ◊ Show empathy – in the morning when you see your child upset on your way to child care, talk to them. It is advised not to share your own worries, but tell your child that they'll be okay. Ask them to share their feelings with you. Listen to them and tell them what they are feeling is normal and it's a big step for them as they are growing up.
- ◊ Where possible, organise play dates outside of service. This will help your child be more comfortable with the other children at the service

Encourage them

- ◊ Every time you go to pick up your child from the service, tell them they did great that day.
- ◊ Encourage your little one pack their bag with essentials they will need for the day. If they are too young to pack their bag themselves, ask them if they would like to take a toy/book with them. Pack a comforter – a toy or blanket that is something familiar from home for them.
- ◊ Take the time to have a nice conversation at the breakfast table. Tell them the time at what you'll be picking them up, and perhaps offer them a reward if they behave well at their early childhood service.
- ◊ Talking with children and encouraging them to voice any concerns or anxieties they may have is a helpful strategy. For your peace of mind it can be helpful to call the service later to see how your child settled. Children who become very upset when they are left often settle very quickly and happily once the actual separation is over. The service should enable you to contact them throughout the day. You may also want to speak to the educators at child care about how you can better support your child's transition.

Reconnecting with your child after a day in early childhood care It's not only a new experience for your child, it's also important for you to know how they feel about going to their early childhood education and care service. This will help you connect and build a strong relationship with your child. After you pick them up from their service, give them your undivided attention. They might be grumpy because they haven't seen you the whole day, so shower them with all the love you can. Create a meaningful conversation with them after their day at a service.

Developmental information!

Here are some suggestions:



- ◊ Ask them about their favourite activities of the day.
- ◊ Talk to them about the friends they have made. Ask them to name a few children who you know your child is friendly with or spends time playing with.
- ◊ If the service provided food, ask your child how it was and who did they have it with.
- ◊ Talk to them about their favourite educator at the service and what they like about them.
- ◊ Ask them if their educator read them any story, which one was it, and what they liked about it.
- ◊ Mention some items that your child would see or play with at the service, as this helps them recall situations. For instance, ask them what they and their friends made with the blocks.
- ◊ Ask them if they learned anything new.
- ◊ Use images or notes from the educators at the centre for conversation. For example, “Look at this lovely photo of you at the sandpit. What did sand feel like in your toes?

How can the service assist your child to settle?

The educators at the service should also demonstrate openness and sensitivity in assisting your child and family to settle. Some important ways for them to do this include:

- ◊ Providing you with verbal and/or written information about what can be expected when your child is settling and giving you settling tips during this process.
- ◊ Keeping you informed about your child’s settling, and actively seeking ongoing information from you about your child’s needs and interests.
- ◊ Inviting you to call or visit the service
- ◊ Giving you information about anything that may be happening at the service that may affect your child’s settling. For example, the absence of key people who work with your child.



- ◊ Reviewing the settling process for your child with you to identify how this is going