Little Ducks Childcare

Bardon Newsletter

July / August 2022

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From your Centre Manager

Welcome back to the July/August edition of the newsletter!

For those of you who are new to our service, we wish you a warm welcome to our Little Ducks Bardon Community.

As we continue on our journey of embedding the Australian Abecedarian Approach, over the next few months our team of Educators will be focussing on Conversational Reading. As the Abecedarian Approach places priority on language acquisition Conversational Reading is a vital element to build children's language.

What is Conversational Reading?

Conversational reading is a powerful way to read with children, and it's not all about talking. A child can point or look as a way to have conversation with you. Conversational Reading encourages you and the child to go 'back and forth' in conversation. There are three main levels to try - first is seeing, then showing, then saying.

What does Conversational Reading look like?



Conversational Reading encourages you to make a conversation by asking your child specific questions such as see, show and say and not always following the words in the book. An example of this looks like…

Can you see the Duck?

Can you show me the Duck?

Can you say Duck?

At Little Ducks we encourage the 3a Abecedarian Approach to reading where children are active in conversational reading. We believe working with families is a core part of the approaches success and we aim to support families to grow in confidence as their children's first educators. We welcome families to utilise our Community Library to encourage children's language development and love of reading. We invite you to choose a book together to take home and share. If you have any suggestions for books, we could add to our Library or have any questions about Conversational Reading please let us know!



Health & Safety

Overheating is one of the major risk factors for SIDS and SUDI, but how do you know how much or what sort of bedding to use to keep baby both warm and safer while sleeping? This information can help.

Key points on how much bedding should be placed on baby in a sleeping environment

- Dress baby and use layers as you would dress or use layers yourself: to be comfortable, neither too hot nor too cold.
- Research has shown that baby's risk of dying suddenly and unexpectedly is increased if baby is sleeping on the tummy and that risk is even further increased if baby is sleeping on the tummy under heavy bedding or if baby's head becomes covered by bedding in any position. Babies manage heat loss very efficiently when placed on the back to sleep with the head uncovered. Sleep baby on the back and keep baby's head uncovered during sleep to reduce baby's risk of sudden unexpected death.
- Make up baby's bed so baby sleeps at the bottom of the cot and the blankets can only reach as far as baby's chest, ensuring baby cannot move down during sleep and get his/her head covered by bedding.
- Consider using a safe baby sleeping bag (one with fitted neck, armholes or sleeves and no hood).
- Dress baby for sleep and add/remove lightweight blankets to ensure baby's back or tummy feels comfortably warm to the touch.
- Remove hats, bonnets, beanies and hooded clothing from baby's head as soon as baby is indoors.

More information can be found at:

https://rednose.org.au/article/bedding-amount-recommended-for-safe-sleep



Educator Spotlight



Educator Spotlight

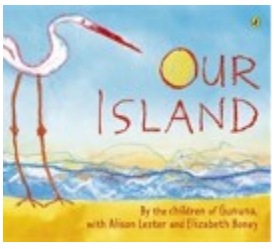
Miss Tammie is our Lead Educator in the Nursery Room. Can you believe that Miss Tammie has been an Educator here at Little Ducks Bardon since we first opened our doors back in 2015. Tammie loves nurturing and caring for your little ones, scrapbooking and a good crime novel! Tammie is such a great asset to our team and brings years of invaluable experience. Miss Tammie recently participated in the Abecedarian Approach Professional Development Course and is excited to embed enriched caregiving, conversational reading and learning games into the Nursery's daily practices.

Recommended readings / Blogs

OUR ISLAND | Children of Gununa, with Alison Lester and Elizabeth Honey

"Our island lies beneath a big blue sky, surrounded by the turquoise sea. Turtles glide through the clear saltwater, and dugongs graze on banks of seagrass."

In this lyrical celebration of place, the children of Mornington Island explore their home in words and pictures.



Nursery learning





Last month our Nursery Educators Miss Tammie and Mr Tyler attended some Professional Development on the Abecedarian Approach. This training provided the team with invaluable knowledge and understanding about how to embed the Abecedarian Approach and practices within the Nursery. Over the last couple of weeks they have focused on embedding the Enriched Caregiving element of the approach.

As Enriched caregiving is all about frequent, individual and intentional interactions, the educators have recognized routine times such as meal times or nappy changes as important opportunities for meaningful individual interactions. The educators have been focusing on using lots of rich language throughout the individual interactions and taking the time to 'be in the moment' with each child.

We have loved watching the relationships grow between the educators and children as they get to know each other and strengthen their relationships.

If you have any questions about how you can use the Abecedarian Approach at home, please come and ask one of our lovely educators for support!

Senior Nursery learning

The Senior Nursery children have recently been exploring mark making using different mediums. Educators encouraged the children to create different shapes, patterns and lines using the oil pastels, crayons, paintbrushes and pencils. Mark making refers to the creation of different patterns, lines, textures and shapes using different materials. This provides children with opportunities to express themselves and explore new materials.

Why is mark making so important?

Mark making is crucial for children's development and learning as it supports the development of fine motor skills, hand eye coordination and spatial awareness which is important for preparing children to write in the later years. When children are making these early marks, they are practising to hold a pencil and are attempting to control their marks with their muscles. There intentional marks represent each child's thoughts , ideas and creativity. As children develop, their marks become more complex and sophisticated and their creativity blooms. By giving children the opportunity to explore different mediums of mark making, it engages them in sensory play and allows them to discover new exciting materials.





Toddler learning







The Toddlers love engaging their sensory capabilities to explore their world around them! Sensory play is an important part of early childhood development and comes naturally to young children and babies. Over the last month, our Toddler friends have enjoyed exploring different sensory experiences including sand, water, ice and nature play.

The Educators have been intentional in exposing children to different textures, temperatures, smells and tastes through different experiences and environments offered throughout the educational program. The children explored an Ice Painting experience which provided opportunities to explore colours, temperature and cause and effect. These Sensory Play experiences encourage learning exploration, curiosity, problem solving and creativity. It helps to build nerve connections in the brain and encourages the development of language and motor skills.

The Educators are guided by Developmental Theorist Jean Piaget who believed that children need environmental stimuli and experiences to guide their cognitive development. Through sensory play, he suggested that children digest new knowledge and store it for later reference.

Junior Kindy learning

Creating Rituals in the Junior Kindy! Many cultures around the world traditionally, and ritually, stop daily for tea. It is a time often used to slow down, talk with one another, and renew connections and relationships. For children it can be a very special and inclusive way to teach life skills, manners and socialization. There can be such pride for children when hosting a guest, serving tea that they have prepared and then knowing they are being trusted to carry a beautiful, fragile teacup. Through these Tea Time children are offered the opportunity to learn to chat and make polite conversations. Our Junior Kindy children have loved participating in the new 'Tea Time' ritual and are enjoying sharing a chat over a warm cup of tea!

The magic of rituals take place regularly within our day at Little Ducks Bardon! We value our connections with the children and families, and cherish all of the beautiful care moments we get to see throughout the day. Through rituals comes empowerment, belonging, excitement and connection. Participation and collaboration in these moments are an important part of children's learning experiences - enhancing their sense of identity and belonging.

We would love for you to join our Junior Kindy for our Daily Tea Time and Chat!







Kindergarten learning

Young children are naturally curious, noticing differences in quantity and the shape of objects, and using early mathematical concepts when they play. Mathematical understanding helps children make sense of the world around them, interpret situations, and solve problems in everyday life, whether that's understanding time, sharing amounts with their peers, or counting in play.

Recently our Kindergarten children have been exploring early numeracy concepts through play!

Early childhood numeracy development is best supported by allowing the children to use concrete, 'hands-on' resources to explore and investigate. The children had opportunities to use different resources such as strings, tape measures, rulers of different measurements and a spirit level to explore measurement. The children discussed the different items, and shared the different names and uses for each of them. The Educators intentionally took on the role of Co-Researcher and worked in collaboration with the children to make new discoveries. The children had opportunities to share their ideas and learning with on another. For example, one child pointed out that his dad has a lot of tape measures at home to "fix things".

The challenge was for children to find something that was precisely the same height or length as their piece of string. The Kindy children then sorted, classified and group the items by height. They used the measuring utensils and looked at the different numbers and markings. They even used their bodies to measure, so when the children helped pull the tape across, they all laid down to find out how many children were needed to fit the room's length. We found out that we needed six children plus Ms Fiona!

Through these experiences the children learnt some physical quantities such as length and height, we talked about length and explored linear measurements – measuring along a straight (or almost straight) line using the tape measure, strings and rulers. They used language such as the same', 'longer', or 'shorter'. The children also learned about the number and number sense; what numbers can you see on the ruler?









Reconciliation Action Plan

NAIDOC WEEK – JULY 3 - 10

NAIDOC Week celebrations are traditionally held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

NAIDOC Week is celebrated not only in Indigenous communities, but by Australians from all walks of life. The theme for 2022 is Get Up! Stand Up! Show Up!

Physical skills development

Bubble Pop

You will need a bottle of bubbles and a bubble wand.

It doesn't matter what age you are bubbles are always enjoyable and a fun way to engage children. Begin this activity by blowing some bubbles and ask your child/ren to pop all the bubbles they see. They will have to run and jump to catch all the bubbles.

Once you think they have exhausted bubble catching, ask your children to lay down. Blow bubbles over them and ask them to pick a bubble and watch it drift and glide until it eventually pops all on its own.

PLAY WITH PURPOSE

Much of your child's day at our service revolves around playing fun games with educators and peers. While you may think these games your child is playing are just a way for them to enjoy their time away from home with their friends, many of those games are actually teaching them very important skills.

For most of us, our life consists of schedules and structure and running from one commitment to another. Between work and extracurricular activities, there often isn't a lot of time left for play or free time. Play becomes even more important for toddlers in a pre-school setting because they may not have a lot of time for play otherwise.

Toddlers are constantly asked to follow rules and adhere to schedules, so being able to play games with friends at pre-school allows them the opportunity to express themselves differently. Whether they are making up the game or expressing themselves and their emotions through games like role-playing, dress-up, or puppets, games help children learn how to solve problems and get creative. Playing games also helps toddlers develop social skills as well as their language and counting skills without feeling like work.

You may think a rousing game of duck, duck, goose or musical chairs is just a way for kids to burn off some energy, and you're not wrong. However, these games are also teaching kids some pretty great life skills. These games can teach kids strategic skills, how to win and lose gracefully, how to practice self-control, and the importance of patience and taking turns. Games like Simon Says help children learn how to be leaders, while games like hide-and-seek teach children about problem-solving and critical thinking. Even though these games are a lot of fun for the children to participate in, they're also requiring your children to practice different skills and techniques as they play that they may not learn otherwise.

Playing games also helps your child with their memory, speech, and language abilities, as well as recognising words and letters.

Playing games like hide-and-seek, hopscotch, red light, green light and more at home can help your child build on these essential skills.

Catana, Kelli. (2022). Those silly day care games kids play are secretly getting them ready for school. Retrieved from www.newfolks.com/activities/day-care-games/

Centre Events



Sunday 3rd – Sunday 10th July

NAIDOC Week



Friday 22nd July

National Pyjama Day



Thursday 22nd July

Crazy Hair Day



Friday 29th July

Schools Tree Day



Saturday 30th July

International Day of Friendship



Thursday 4th August

National Aboriginal and Torres Strait Islander Children's Day



Friday 5th August

Jeans for Genes Day



Friday 12th August

Red Nose Day



13th—21st August

National Science Week



20th—26th August

Book Week

Please let us know if there are any other special events that you and your child celebrate!

Policy review

July

Educator and Management
Responsible Person
Code of Ethics



August

Discrimination, harassment and bullying
Social Media
Staffing and Supervision
Child Protection

Ways that you can provide feedback are:

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

Sustainability

NATIONAL TREE DAY – JULY 31

National Tree Day started in 1996 and has grown into Australia's largest community tree-planting and nature care event. It's a call to action for all Australians to get their hands dirty and give back to the community. While every day can be Tree Day, this year National Tree Day will be on July 31. National Tree Day is a day to venture outdoors and get to know your community, and most importantly, to have fun!



Healthy Habits

Our belief in the “magic” of family dinners is grounded in research on the physical, mental and emotional benefits of regular family meals.
Over three decades of research have shown that regular family meals offer a wide variety of physical, social-emotional and academic benefits. While some of these benefits can be gained through other activities, eating together is the only single activity that is known to provide all of them at the same time.
We recommend combining food, fun and conversation at mealtimes because those three ingredients are the recipe for a warm, positive family dinner — the type of environment that makes these scientifically proven benefits possible.

Some of the specific benefits of family dinners are:
Better academic performance
Higher self-esteem
Greater sense of resilience
Lower risk of substance abuse
Lower risk of teen pregnancy
Lower risk of depression
Lower likelihood of developing eating disorders
Lower rates of obesity
Better cardiovascular health in teens
Bigger vocabulary in pre-schoolers
Healthier eating patterns in young adults



There are also benefits for adults, including:
Better nutrition, more fruits and vegetables and less fast food
Less dieting
Increased self-esteem
Lower risk of depression

The Family Dinner Project. (May 22, 2022). Science says: eat with your kids. *Retrieved from thefamilydinnerproject.org/about-us/benefits-of-family-dinners/*

Recipe

PARMESAN CRUSTED ZUCCHINI CHIPS

2 zucchini, sliced into thin rounds
1 cup panko breadcrumbs
1/2 cup parmesan, grated
2 egg whites
2 tablespoons olive oil

Preheat oven to 200 degrees Celsius. Place the panko breadcrumbs and parmesan in a shallow bowl and mix to combine. In a separate bowl place the egg whites along with a tablespoon of water and whisk to combine. Dunk each zucchini round into the egg white, letting excess run off before pressing them into the panko parmesan mixture. Line an oven tray with baking paper and drizzle with a little olive oil. Arrange the crusted zucchini rounds on the oven tray in a single layer.



Pop into the oven and bake for 20-25 minutes, flipping halfway. The zucchini parmesan chips are done when they are golden and crisp.