Little Ducks Childcare

Birkdale Newsletter

July / August 2022

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From your Centre Manager

Firstly I wanted to take this opportunity to thank all the staff and families for welcoming me into the Little Ducks Family. I appreciate your patience and understanding as I navigate my way through getting to know new policies and procedures.

As we continue on our journey of embedding the Australian Abecedarian Approach, over the next few months our team of Educators will be focusing 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!

Nicole.

Health & Safety

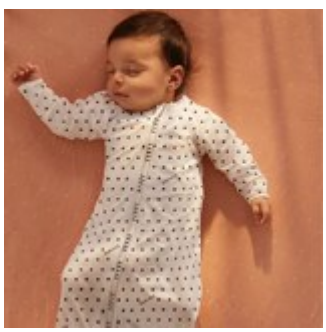
Overheating is one of the major risk factors for SIDS and SUDI, but how do you know how much or what sort of bedding to use to keep baby both warm and safer while sleeping? This information can help.

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

Information about Educator Amber– Nursery Educator

Amber has started with us on the 27th June. Her favourite age group is the Nursery children. She loves the growth in development that you see in this age group and being a part of enhancing their skill set.

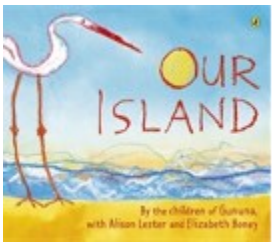
She holds her Certificate III in Children's Services and is exited to join the Little Ducks family.

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







Nursery learning and development

The importance of Physical Development!

Within the Nursery we have seen our children achieve many physical milestones. From strengthening their neck muscles while participating in tummy time to pulling themselves up by the furniture and side walking with support of the furniture.

We strive to prompt and implement learning strategies that will ensure the children feel safe and secure to take on the challenge to further develop their physical skills.

Fine motor skills refer to small movements in the hands, wrists, fingers, feet, toes, lips and tongue. Gross motor skills involve development of muscles that enable babies to hold up their heads, sit and crawl, and eventually walk, run, jump and skip.

Regular physical activity is good for everyone, but it's particularly important for young children. The first five years of their life are the most important years for child's growth and development. It's during this time that they'll develop the habits that they'll take with them into childhood.

How can you encourage and incorporate activities into your day to day lives to help your child build their physical development?

Senior Nursery learning

Senior Nursery learning and development

Over the last two months in the Senior Nursery there has been a lot of focus on balance and risky play. In line with the developmental milestones balancing comes into play around the one year mark as children begin to take their first steps. Maria Montessori believed that children learn best through exploring their interest. It is through the children's interest that we explored balance through exploring and navigating both the junior and senior outdoor play spaces. Our exploration has seen the children in high obstacle courses, navigating the fort and balancing up and down the uneven ground..

Risky play in early childhood can help develop a child's self confidence, resilience and risk management skills.

Brussoni's work in injury prevention research states that engaging in risky play can contribute to reducing the risk of injury in children.

Moving forward we plan to continue reefing our skills as well as the children's communication skills







Toddler learning

Piaget divided play into three types of "play behaviour" – practice play, symbolic play, and play-with-rules. Piaget's stage that coincides with our Toddler's learning over the past two months has been the Preoperational Stage According to Piaget, this stage occurs from the age of 2 to 7 years. In the preoperational stage, children use symbols to represent words, images, and ideas, which is why children in this stage engage in pretend play. We have observed arms bring aeroplane wings, shoes used as telephones, rocks used as cars and animals created from playdough. Symbolic play also offers opportunity for children to further their vocabulary building on their skills for communication as they make meaning of the world around them through imaginative play.

Self-efficacy theory was developed within the framework of Albert Bandura's social cognitive theory. Bandura poses self-confidence as a common cognitive mechanism for mediating people's motivation, thought patterns, emotional reactions, and behavior. Small group play has been a focus area for several of the children in the Toddler room. Small group activities such as construction, craft, ball games and small world play has given the children in the Toddler room the opportunity to work towards their social skills.

As we move forward, we welcome Miss Brooke into the Toddler room as our new Lead Educator and will be focusing on the children building secure attachments with her to form a secure base for the children's learning.

Love Miss Chloe, Miss Kylie and Miss Ash

Junior Kindy learning

Team building activities are vital at all stages of life, but for children, the benefits can carry them through childhood and adulthood. Team building activities for kids gives them the opportunity to learn how to communicate with their peers. By working as a team, children develop important life skills like problem solving, listening, leadership, and creative thinking. Nurturing teamwork skills also develops higher levels of self-confidence, self-esteem, empathy, and compassion. In Junior Kindy we have begun implementing these team building group games as part of our daily curriculum, with the children participating in games such as duck duck goose, limbo, tiggy, hide and seek, what's the time Mr wolf and running races as well as so much more. This has then seen the children extend this learning into their own areas of play where they can practice the knowledge they have gained and refine their skills as they become leaders, decision makers, negotiators, thinkers and carers. As the children of Junior Kindy grow, these games are aiding with their development and assisting with meeting their developmental goals of socialisation, friendship making, resilience and communicating their own ideas and knowledge as well as providing the benefits of humour, co-operation, engagement and happiness.

We welcomed Jacky into our team in the junior Kindy and she looks forward to building relationships with the children and families.







Kindergarten learning

Identity: RESPONSIBILITY is a word we have began to embed in the Kindy environment in order to promote greater independence and caring for their belongings. We do this by saying out aloud the steps we will take to transition between indoors and outdoors . Example from Mat time to meal time we have 5 steps . Put on sunscreen and sign in , wash our hands , line up at the door ,put hat on before sitting to eat. Children are responsible for carrying these steps out independently. They are prompted ,encouraged to put belonging straight in bag if it comes off and ensure we keep our bag area neat and drink bottles in the trolley .



Connectedness: we have been exploring animals and habitats as one of our children's interested that stem from our pet show and tell theme. Recently inquiring into the savannah habitat in Africa and the amazing animals that live here. This enquiry lead in many questions and discoveries. Example one of the most dangerous animals is the Hippo and mosquito. We looked at animal food chains and each animal plays a role in the survival of the animal kingdom. We talked about animal predators and different ways animals protect themselves. We had a super fun, interactive incursions by cheeky monkey who did a 'under the sea ' show here children picked up how puffer fished blow up when they are scared and a protective mechanism, they saw a group of whales called a pod and a group of fishes called a school .



Well- being : Kindergarten children have covered vital topics such as sun safety , hand washing hygiene and Body safety awareness . These were done through weekly science incursion with Ms Camille and our annual show visit from DITTO . After each of these sessions we recap and reflect on the information shared through asking children questions to encourage comprehension and critical thinking skills.
Key learnings : Ms Camille did an experiment with special blue paper , where she applied sunscreen on some areas and none on others. The paper was put out in the sun which was quiet warm and within minutes the area with no sun screen started change in to a faded colour. It was explained this is what happens to our skin when exposed to the sun with no protections of sun hats and sunscreen it will burn and can not grow back if it occurs too much . Recap this learning through our sunscreen routine and prompt questions such as why do we need to wear sunscreen and hat , how often do we need to reapply this etc.

Another neat experiment done with Kindy science was Ms Camille bought in a special hand liquid (represented as germs)children all put on their hands and the task was to try and wash it off with soap . After washing hands they put their hands under a light machine which showed this liquid as light if it wasn't washed off properly. To recap on this we went over our hand washing hygiene by practicing our scrubbing motions top, bottom , In between and finger nails . Also singing happy birthday twice and counting 20 seconds to indicate how long we should be scrubbing.

Every year we get a visit from our favourite big bear DITTO from the organisation Braveheart's. This show introduces and creates awareness around personal safety in a age appropriate way through dancing , singing and stories. We later recapped important messages such as where are our private parts and that these are for us only , unsafe feelings and how our bodies would react e.g Fast beating heart , wobbly jelly legs , dry mouth and butterflies in our stomach. What we can do ? Run away and tell someone we trust e.g. adult or teacher.
learner : The Kindy children are naturally talented creators filled with wonderful imaginations. Using the smart board we watched an animation on the impact rubbish is having on our sea oceans. We then used Lego to create machines to help with this problems . Children shared and Collaborated ideas for this challenge . " my machine has lots of claws and a recycling bin on its back to pick up lots of rubbish and put it in there".

Communication: With our daily story reading we will often ask comprehension questions to build our understanding and vocabulary. Lately we have been discussing characters and sequences of character in the story. Daily we having writing materials out to encourage our friends to recognise and identify their name and letters in their name . We have been working on writing behaviours such as pencil grip and writing from the left side across to the right .

We will start some great weekly incursion at the beginning of term 3 , with Wednesday morning art class ,also carrying on with Thursday kindy science and plenty more planned. Our Term plan will be up soon with more details around our exciting program ahead . Important dates : NAIDOC week commencing on 3rd July – 10 July. Stay tuned for what your children will get to engaged in.



Ms Kerri, Ms Renee & Ms Maryanne

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/

PHOTO OF YOUR CENTRE

Centre Events



JULY

Sunday 3rd—NAIDOC Week

Thursday 14th—Bastille Day

Friday 22nd—National Pyjama Day

Monday 25th - National Stepfamily Awareness Day

Friday 29th—Crazy Hair Day



Saturday 30th—International Day of Friendship

AUGUST

Monday 1st—World Breast-feeding Week



Thursday 4th—National Aboriginal and Islander Children's Day

Saturday 6th—Jeans for Genes Day

Saturday 3rd—National Science Week begins

Saturday 3rd—Red Nose Day

Tuesday 16th—Keep Australia Beautiful Week begins



Sunday 21st—Child's Book Week begins

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

WORLD ENVIRONMENT DAY SCAVENGER HUNT

One of the best ways to celebrate the environment is to get outside and experience nature. While exploring complete a scavenger hunt. Below is an example. Customise your list for your own local environment. Write the items you're looking for on a piece of paper with bug check boxes to tick off when you find or do each item.



Scavenger hunt list:

1. Draw a picture of 3 different flowers or plants.
2. Spot a pelican or seagull.
3. Spot a bee.
4. Take a photo of an animal you see.
5. Safely collect any rubbish you see.
6. Hug a tree.
7. Find a smooth rock
8. Find something rough.

Remember to only observe, do not disturb or take things out of the environment.

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.