Little Ducks Childcare

New Farm Newsletter

July / August 2022

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From your Centre Manager

At Little Ducks New Farm we have been working hard on our new approach to children's learning. The children have taken to the abecedarian approach and have successfully engaged in the first chapter of this journey. Our next journey on this exciting way of caring and teaching children in conversational reading. Conversational reading is the art of back and forth conversation's with you child, no matter the age or their development,

There are three main levels to try - first is seeing, then showing, then saying. Ensure you allow time for your child to respond to you - whether that's pointing, or simply looking at the object you point out, before moving on.

Abecedarian Approach or 3A's is one of the few evidence-based, proven programs that integrates basic principles of human learning and development into a fun, affordable, and effective approach to early childhood education. Evidence shows that outcomes for children are significantly improved when this approach is followed particularly in the ages of 6 weeks to 3 years. Studies measured improvements in Social and emotional outcomes and IQ with improved outcomes evident from 18 months to adulthood.

As we continue embed this approach with our educators we will also be providing information for families and our community on how to follow the approach in all interactions with children and the benefits of this approach. As we often talk about—it takes a Village to raise a child and we are excited to share on our knowledge to our families giving them the opportunity to also explore this proven approach. We look forward to taking you on this next journey with us.



Hannah.

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



Hi I'm Ashleigh

I am Educator in the Nursery room at Little Ducks New Farm along side Lainey.

I have been working in Early Education for 6 years , 4 of those year were down in Sydney where I lived and grew up until 2020 when I moved up to Queensland to be closer to family.

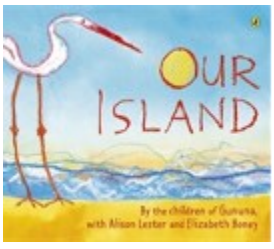
I have enjoyed getting to know and meeting all the families and children at Little Ducks and look forward to meeting those I haven't.

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







Messy play for babies helps developing brains, bridge nerve connections and assists children in learning differences and similarities. The use of sensory material creates hands-on, self-directed and self-centred play, and it encourages discovery and development. Messy play helps foster fine motor development within the Nursery room, providing opportunities for the children to develop the muscles in their hands and fingers. This type of play allows the children to make their own choices and foster their own learning through connections to both man made and natural resources.

Through art the children can use their fingers and hands to engage in messy play based painting, feeling the paint between their fingers as they create. Exploring in the sand pit with both dry and wet sand is part of the messy play adventure, providing the children a space they can always seek out when they express a need for messy based play.

This type of play is also incorporated into their meal times, allowing the children to develop healthy relationships with food as they engage and explore the food before them. Being able to explore the textures of food, in a positive and playful manner.

Senior Nursery learning

Throughout early childhood, children engage in many types of play that are all equally important for their development. One of these is pretend play, also known as Imaginative or fantasy play. Pretend play may appear to just be a child imitating what they see around them and how others are behaving, but it stimulates a great deal of creativity and thinking skills. When children act out their world together, they engage in cooperative behaviour as they work together to create a fantasy scene. This involves high levels of social skills.



Children loved working on their social and cognitive skills by:



Using cardboard box as our pretend boat and singing “Row Row Row your boat” song with full enthusiasm as we row with a long spade.

Cooperating in sharing the box with a peer to enjoy this interesting boat journey

Helping others by giving a sway to their bark canoe (pretend boat).

Extending this experience by recreating “Wheels on the bus” song with connectors as a prop.



Toddler learning







Over the past few weeks, we have welcome new children into the Toddler room following their transition from Senior Nursery. As part of this transition process, we have been singing the 'Bee-Bee-Bumble-Bee' song during morning group times. For this song we clap and sing the words *"Bee-Bee-Bumble-Bee, can you say your name for me?"* and then we call upon each child one by one to have their turn saying their name, and then we ask everyone else to say that child's name as well.

The purpose of this experience is for children to practice verbalising their peers' names and helps to make new children in the room feel welcomed and accepted into the group. We will be doing this throughout term three to build on the Toddler children's social and communication skills.

Through this experience the children master auditory name recognition, and then they learn their names visually. This is one of the most meaningful words we can teach our students. When they recognize their name, they'll have a foundation to catapult their learning. Students will begin to connect letters to sounds and spelling patterns and eventually to reading words.

Junior Kindy learning

Here in Junior Kindy there has been a focus and interest on physical based play, physical plays allow for the children to develop an array of different gross motor abilities while exploring different types and styles of games. Balance, Body coordination and spatial awareness are key factors of all gross motor-based learning opportunities, the children constituently use these skills in both their learning and everyday life. Being spatial aware of the world around them as they move through it, being able to coordinate the movements of their bodies to accomplish a range of tasks and to maintain your balance as you move and engage with the world around you.

We have been exploring a range of gross motor based activities in our level and outdoor environment, supporting the children to find their own interest in physical based play whether that be ball games such as tunnel ball, a running game like what's the time Mr Wolf, being able to successful make their way through the obstacle course and even dance allows for the development of key gross motor skills.

Gross motor development helps build and strengthen muscles, helps children foster and understanding of their physical limits and helps build an interest in physical based play which is part of developing and making healthy life choices.







Kindergarten learning



Here in Kindergarten, over the past few months we have been focusing on inquiry -based learning where children have actively involved in constructing understanding through hands-on experiences, research, processing and communicating their understanding in various ways.

Inquiry based learning is more dynamic as it actively involves children in their own learning. Inquiry based learning stands from John Dewey's Constructivists Theory that children construct their own knowledge of the world through experiencing things and then reflecting on those experiences. Research has identified numerous benefits of inquiry-based learning including social interaction and communication, exploration and curiosity, critical thinking skills, argumentation and reasoning, positive attitude towards failure, and taking ownership of learning.



Inquiry-based learning uses questions as its foundation rather than the statements. Asking open ended questions helps children to use the power of their own thought processes to work through the questions, observations, or problems before them. It also makes the topic personally significant as they try to answer the question for themselves. The process they go through as they discover facts and details through their own efforts helps to instil a love of learning and an excitement for new opportunities. It inspires a sense of ownership as children engage in a task they have selected. When they design the steps towards the goal, they are far more engaged in the learning process and achieve much more personal growth.



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

June

Sunday 3rd-10th– Naidoc Week-NAIDOC Week is an Australian observance lasting from the first Sunday in July until the following Sunday. The acronym NAIDOC stands for National Aborigines and Islanders Day Observance Committee.



Friday 22nd– National Pyjama Day- *National Pyjama Day is all about wearing your favourite pair of PJ's to help* ***The Pyjama Foundation*** *raise much-needed awareness and funds for children in foster care*.

Thursday 22nd– Crazy Hair Day- Ready to go crazy and raise awareness about cystic fibrosis?

Saturday 30th– International Day of Friendship

AUGUST

Thursday 4th August– National Aboriginal and Torres Strait Islander Childrens Day- *historically used to communally celebrate the birthdays of Aboriginal and Torres Strait Islander children who were taken from their families at a young age, without knowing their birthday – the Stolen Generations*.



Tuesday 9th- International Day of Worlds Indigenous People- *On Indigenous Peoples' Day, our Nation celebrates* ***the invaluable contributions and resilience of Indigenous peoples****, recognises their inherent sovereignty, and commits to honouring the Federal Government's trust and treaty obligations to Tribal Natios*

Saturday 13th- Science Week- *promote and encourage interest in science, technology, engineering and mathematics (STEM), and communicate its relevance in everyday life.*

Saturday 20th- Book Week- *Each year since 1945 the CBCA has brought children and books together across Australia through CBCA Book Week. Come and celebrate books with this years book ' Dreaming with eyes open'*

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.