Little Ducks Childcare

Annerley Newsletter

November/December 2022

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From your Centre Manager

What a wonderful time we have been having since our last newsletter!

With the end of the year approaching we are starting to transition the children into next years rooms , they are enjoying visiting the bigger rooms and eager to visit again. Our Kindergarten children are eagerly awaiting their graduation day, they have been practicing their performance and talking about their excitement for big school next year.

We have been enjoying celebrating some special event days. We had an amazing Diwali celebrations in the center. Some of our beautiful educators were so excited to share their culture with us, bringing in food, music, clothing and knowledge to share with us all. The children absolutely loved learning about Diwali and partaking in the celebration!

Day for Daniel was an important reminder about keeping safe and talking with children about practical ways they can keep safe. We also had an amazing time celebrating Halloween with lots of creativity!

Around the centre you may have noticed a few changes in the environment. Our gardens have had a lovely make over and we have a big area set up ready for a large fort to be built… how exciting!

We are finalizing our 2023 enrollments, if you need to make any changes please come see us in the office, call or send an email so we can work out any changes you may need.

Just a reminder that we are closed for a one week period over the Christmas holidays and public holidays. Our last day of the year will be the 23rd of December and we will reopen on Tuesday the 3rd January.



Until next time!

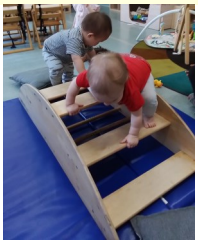
Declan and Emma

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Nursery learning







We had some exciting weeks in our baby room with lots of fun activities. Since the weather is becoming nicer, we spend as much time as possible in our yard. The children love to be outside. Look how much fun they had scooping, digging and exploring the sand with their fingers. The sandpit is a great opportunity for social, emotional and language development for our babies.

On rainy days where we can't go outside we love spending time together drawing, singing, dancing and training our fine motor skills during sensory play.

Our current focus this month for the children is self help skills. The older children are attempting to feed themselves by holding spoons to eat. We will continue to assist the children building on these skills.

Thank you to our parents who frequently update us on their child's individual needs and we will continue to accommodate these changes for you.

Senior Nursery learning

Over the past few months in the Senior Nursery room we have had a big focus on creating a language-rich environment to support our children's growing language development.

One of our favourite activities to expose children to language is reading books which aligns with their current interests - picture books!

Reading books and storytelling with young children plays a strong role in supporting early brain and language development. It also introduces children to new words and sounds. We encourage children to verbalise what they can see in the pictures on the pages of the books.

Our favourite picture books include animals and dinosaurs.

Through having daily reading sessions with our children, we have been able to see the Senior Nursery children develop their verbal communication skills and reach their developmental goals.





Toddler learning







This month in the toddlers room we were very engaged in play with craft. We were painting and making things, expressing our imaginative side. The Toddlers have also really enjoyed a lot of craft and painting.

The highlight of the month was an African drumming workshop. A drumming teacher visited and gave the children a wonderful performance. The children loved engaging with the drums and African instruments, playing, singing and dancing along to the experience.

On Friday the 21st we enjoyed Diwali celebrations and did some craft, learned about the culture, and enjoyed the celebration of this special day. They learnt what this special festival meant and how it symbolizes the victory of light over the darkness.

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 children 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 Yoga, group puzzles, small group construction, shared playdough experiences, 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.







Kindy Powai learning

Kindy Powai is happily working on our sustainability projects which includes feeding the worm farm; learning about what foods the worms eat and also learning how worms are an essential part of the ecosystem. Amongst other things, their diet consists of dead plants, fallen leaves, fungi, bacteria and even dead animals. When they eat, worms break down and recycle this organic matter within the soil which helps naturally fertilise the earth and ensure it's packed with vital nutrients.

We are also focusing on Halloween as children have been excitedly sharing their favourite books and their favourite costumes and talking about it. We are doing some arts and crafts, literacy experiences and children are also picking their own Halloween music in the background when engrossed in arts and crafts. Our children are learning about their own sense of agency and how they can incorporate it in the curriculum.

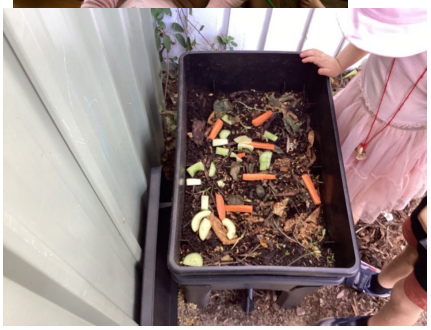
Our other focus is also being physically active and move and groove; we have been dancing to our favourite songs like; Walking In Jungle, Animal Boogie, A Tooty Ta and Floor Is Lava as well as Bear Hunt. We are enjoying the musical chairs as well as exploring our yard and risk taking while climbing our trees whilst being supervised.

We are trying to foster self help skills amongst our children as this encourages a sense of accomplishment, pride, agency as well as being responsible for themselves and even their peers when they can. We are encouraging the parents to do the same at homes to have a consistency of expectations across the board.











Kindergarten learning

Wow, time flies… we are now approaching the final stretch of our Kindy year, but we still have number of exciting and fun activities lined up for our children as usual.

Welcome to yet another enticing newsletter from Kindy room. We are hoping you all are back into your routines and some form of normalcy in your daily lives during this pandemic. Spring is here and keeping that in mind, we are accommodating more outdoor exploration opportunities for our kindy children. Interaction through more play provides a rich social learning environment for children to make sense of and gives opportunities for them to learn by trying out their ideas with their peers. As usual we are working together addressing the child's whole context which are the physical surroundings, the emotional context, relationships with others, and the immediate needs at any moment which will affect and modify how an experience contributes to your child's development.

Recently, our learning focuses have been Road Safety, Healthy food diet and Body Health which led to setting up a vegetable garden in kindy and make our own bird world which is our extension from the Australian animals focus. Healthy Eating and Body Health, a learning focus in kindy room, coincidently links well with our Queensland kindergarten guidelines under Wellbeing. Through this, children and families are protecting and nurturing health and wellbeing while paying attention to aspects of physical care such as healthy eating and nutrition and opportunity for physical activity in a safe, stable, and responsive environment. This supports the development of self-worth, identity, confidence, and enjoyment together with emotional regulation and self-control. Keeping this in mind, the kindy teachers and children have set up a learning area where they can explore and inquire how their body works, studying their major internal organs and its functions. This was supported by parent's input, interactive board and learning videos. Further to this, kindy children expressed their interest in setting up our kindy garden where they decided what plants they wanted to grow such Bok choy, lettuce, tomatoes, and parsley. It was encouraging to note the children were showing their responsibility and care for the garden. Harvesting vegetables and utilizing them for our meals at kindy further reinforce the use of fresh produce for healthy body.

Bird World emerged as a learning focus from our topic on Birds. Through this learning, the kindy children were developing consciousness of one's place in the environment fostering curiosity and scientific understanding of some Australian birds, their life cycle, and adaptation features. To support children's interest in Birds World, the kindy children and teachers had created an environment together where they had a variety of activities for exploring, planning, reasoning, and learning. There were opportunities to explore art and craft such as molding clay and using collage, for creating birds as well as using paper to make trees. Fishing was another activity which kindy children enjoyed exploring as they had a boat added as a prop in their learning world. Our local Annerley library supported us by letting us borrow books on Australian birds.







Health & Safety - Caring for children's teeth

In Australia, tooth decay in children is on the rise. Children aged 5 to 10 years have an average of one and a half decayed, missing or filled baby teeth. So, it's more important than ever to teach your child good oral health habits that will stay with them for life.

It's important to look after your child's teeth from the moment they start teething. Keeping your child's teeth and gums clean will protect against infection, cavities and pain. Decayed baby teeth can damage the permanent (adult) teeth underneath.

It's important for your child to get into a regular oral hygiene routine to prevent tooth decay. Babies can be affected by tooth decay as soon as their first teeth arrive. The first signs of decay often appear as white spots or lines on the front teeth.

If a child's tooth is lost due to decay, it can cause crowding problems when their adult teeth come through later.

Dental care for babies

Many babies begin teething at around 3 months old. Their first teeth usually appear at around 6 to 9 months. By the age of 1, a baby will usually have around 8 teeth. But babies develop at different rates, so this can vary.

- You should begin cleaning your baby's teeth as soon as they arrive. This can be done by:
- Wiping with a soft cloth
- Brushing with a soft toothbrush and water
- Take your baby to visit the dentist as soon as their teeth begin to appear. This way, the dentist can check that their teeth are developing correctly.

Teeth cleaning for older children

From the age of 18 months, you can start using a low-fluoride toothpaste when you brush your child's teeth.

You can buy toothpaste and small-headed toothbrushes, made especially for babies or children, at your local pharmacy or supermarket. You will need to clean your baby's or child's teeth until they are old enough to do it themselves. This is usually around the age of 7 years.

Tips to keep your child's teeth clean

- Help your child to brush their teeth from the time they get their first tooth until they are 7 or 8 years old. After that, supervising them is still important. Brush your child's teeth twice a day, using small circular motions. Their teeth should be cleaned after eating and before bed.
- Use toothpaste with fluoride that is suitable for children. This can help to strengthen the outside of the teeth and prevent decay.
- Make sure your children brush their teeth for at least 2 minutes and remind them not to swallow the toothpaste.
- Try to get into a regular tooth brushing routine, and give your child plenty of praise when they brush their teeth well.
- Replace toothbrushes or toothbrush heads every 3 months.
- Children should floss as soon as they have 2 teeth that touching each other. You should supervise flossing until they are about 10 years old.

To develop strong teeth, make sure your child eats a healthy, balanced diet. Avoid foods with a lot of added sugar, such as lollies, biscuits and soft drinks. Always :

- choose fluoridated tap water.
- Regular dental check-ups are important from the age of 1, or within 6 months of the first tooth appearing.
- Always make a visit to the dentist a positive experience. Never use the dentist as a threat for not brushing teeth or other behaviour.

As your child's adult teeth grow through, make an appointment with the dentist if you notice any misalignment of the teeth or jaw. They will advise whether corrective treatment is required. When to seek further help, See the dentist if your child develops any of the following:

- bleeding, red or swollen gums
- pus coming from the gums
- a bad taste in the mouth that won't go away
- abscesses (these can be under the teeth and will usually be very painful)



Sources:

Dental Health Services Victoria (Dental advice for preschool children), Dental Health Services Victoria (Dental advice for babies and toddlers), Australian Institute of Health and Welfare (Oral health and dental care in Australia), Department of Human Services (Child Dental Benefits Schedule), Australian Dental Association (Private health insurance), Raising Children Network (Dental care for toddlers), Australian Dental Association (Dental care for kids 4+ years)

Centre Events

November

1st—Movember



3rd– Outdoor classroom day



11th—Remembrance day



13th– World Kindness Day



13th-20th– Australia food safety week



20th– Universal children's day



December

3rd—International day of persons with disabilities



23rd—Last day of care for the year

We will be closed from the 24th December

The 2nd of January were are closed for the public holiday



January 3rd—were back! Little ducks is open for 2023

Policy review

November

- Collection and Delivery of Children
- Acceptance and refusal of authorisations
- Family Law and Access
- Transport
- Excursion & Incursion



December

- Enrolment
- Continuity of Care
- Parent Involvement & Participation in Service
- Orientation - Children & Families

Sustainability

Children of all ages are like sponges – they soak up information and memories at an incredible rate. They are watching our every move, whether we realize it or not. Modeling appropriate and compassionate behavior includes teaching kids about earth-friendly and sustainable practices. Involve the entire family in volunteer park cleanups; make toys and crafts out of recyclable materials or maybe even plant a tree. By showing children the importance of keeping the Earth healthy, it will teach them many important core values, including empathy and the benefit of doing good for others. In this case, all human and animal creatures of Earth – and Earth itself – can benefit from these fun crafts and activities.



Outside Activities

Adopt a park or highway – . When you adopt a property, you and your group are promising to keep it clean and tidy. This could mean picking up litter or raking leaves every so often, so make sure you can commit to a long-term project before jumping into this.

Plant a tree – This activity can be extra special for young children, as will being able to watch the tree as they both grow. Many local organizations exist that can help you find the best place in your community to plant your new family member. Visit your tree every year to mark its progress, and reflect on how your family has grown with it.

Participate in a community garden – If you or one of your children has a green thumb, getting a small plot in a community garden might be a fabulous idea.

Inside Activities

Conduct Earth-related science experiments – Kids of all ages love to do science experiments, especially messy ones! If you're stuck inside on a rainy day and want to entertain and teach at the same time – try the "polluted water" experiment. Fill a bin with clean water and then have your kids find trash to put in (add vegetable oil to represent oil spills). Then encourage them to try to "clean" the water.

Write a letter – Okay, so this one doesn't sound that glamorous, but encouraging your children to voice their opinions in a positive way is a useful lesson. Talk to your children and neighbors about a particular environmental issue in your community – maybe it's the vacant lot that people dump trash in or write graffiti on a building

Make natural birdfeeders – This cute activity could be done inside or outside, but either way it's a fun way to connect with the animal world. Have your kids gather some pinecones and put them in a container. Meanwhile, put some creamy peanut butter in a small bowl and birdseed in a large bowl. Once the pinecones are gathered, encourage everyone to choose one and "paint" it with peanut butter. Once coated, the pinecones can be rolled in birdseed and hung up outside, sure to please all of the neighborhood songbirds.

Healthy Habits—4 Nutrition tips

Deb's Blog —Yummies for Little Tummies is our Food Supplier at Little Ducks Childcare providing nutritious meals everyday

To Grow We all want our kids to grow and be healthy. It can help to keep the end-game in mind, because feeding kids well becomes easier if we provide structure and consistency. We asked Deb Blakley, Yummies' nutrition consultant and Accredited Practising Dietitian for her Top 4 easy nutrition tips to help parents and carers grow healthy kids. She came up with these…

1. Serve food you want your kids to learn to like

Eating a variety of food is a learned skill and like any skill, some of us will take to it like a duck to water while others need time, support and practice to master it. If we only offer foods we know that our kids already accept and eat (their "safe" foods), they will never learn to like other foods. By offering foods you want your kids to learn to like alongside foods they already eat, we give them a chance to grow.

Research shows that parents and carers give up offering new foods too soon. However, if we continue to offer our kids a variety of new foods every day, they will gain confidence as food learners and push themselves along. The trick is to do this without pressure to taste, try or eat! It takes patience, persistence and time.

2. Be choosy with sugar

Sugar has had a bad rap in recent years. As a society,we've developed a love-hate relationship with sugar which isn't healthy for us or our kids. We also know that kids LOVE sweets. Children have an innate preference for sweet-tasting foods, beginning with the slightly sweet taste of breastmilk as babies. This sugar-seeking skill is likely a survival instinct to search out life and energy giving food! As children grow, their taste-buds mature and other flavours become desirable too.

If kids are filling up on a lot of highly processed and high sugar foods, there isn't much tummy room left for other foods. It's our job as parents and carers to ensure that kids are getting the balance right with sugar.

In our abundant food supply, sugar can be found in many foods. There is naturally occurring sugar in fruits and dairy products and sugar also appears as the mainingredient in many of the highly processed foods available on our supermarket shelves. It is these foods that make it easy to over-do sugar for our kids, and for us too. Foods like sugar-sweetened drinks (eg soft drinks, cordials and even fruit juices) can contain up to 5 teaspoons of sugar in every 250mL without the other nutritional benefits.

So be choosy with sugar. Choose foods where sugar is a natural ingredient like fruitorwhere it keeps company with other nutritious ingredients for your kids to eat as their staples every day.

3. Avoid unnecessary additives /look for short ingredients lists



When choosing packaged foods, looking at the ingredients list can make things simple. We want our kids to be eating "real" food. Don't be bamboozled by what to look for. To find the least refined and additive-free convenient packaged foods, simply ask these 2 easy questions:

Is the ingredients list short? nDoes it contain foods that you recognise?

4. Pick from nature's snack box Following on from #1 –Serve food you want your kids to learn to like, most parents want their kids to eat more fresh foods. Fruit and veggies are most often at the top of that sometimes lengthy wish-list! These foods can be more challenging for our kids to learn to like, so giving them lots of opportunities to explore these foods without pressure to eat is the key to success.

Regularly including fruits and veggies as part of regular meals and snack times is like picking treats from nature's snack box. Don't just offer these foods at dinner time, when kids appetites are not so great. Try serving them at times of the day when your kids are at their best for eating. This may be breakfast or morning or afternoon snack time. When kids are hungry and happy, they are more likely to be ready to learn about new foods. On the other hand, if your kids are tired, cranky and not at their best then your expectations may need to be a little lower regarding food exploration at that meal or snack!