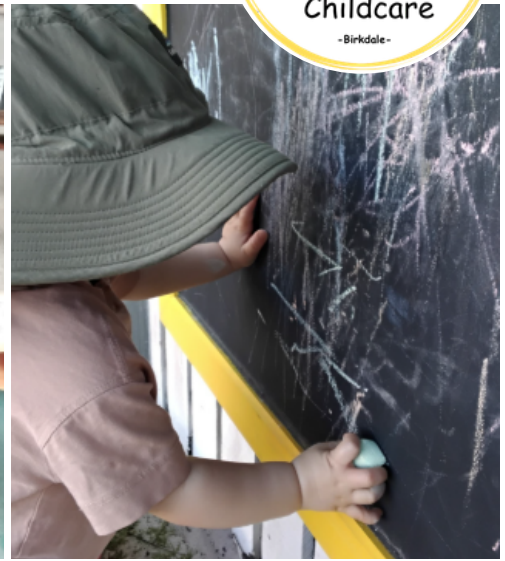


TERM 2, 2026



*From Your Centre Director, Jess*

## YURA AND WELCOME TO OUR TERM 2 NEWSLETTER!

This part of the year is proving to be very busy as we have arranged a few different activities and events for the centre. Wednesday 6 May we look forward to spending some time doing fun experiences with a special person in the child's world at our Special Persons Afternoon (3-4pm). We have the dentist visiting soon, so be sure to sign up to this, it should be free for most children. We have also a special visit from the Birkdale South State School Choir at the end of May, so we look forward to having the children from the school perform for the children at Little Ducks.

Parents, please let me know if there are any topics you would like us to look into for other parent information sessions through the year. We would like to host a couple more this year if you are looking for anything in particular, just let me know and we will see what we can do!

### CHILD SAFETY AS EVERYDAY PRACTICE

At Little Ducks, child safety is part of everything we do. It's not just policies, it's the everyday moments where children feel safe, respected, and listened to. Strong, trusting relationships help children feel confident to use their voices, make choices, and seek help when they need it. Educators support safety through thoughtful supervision, predictable routines, and environments designed for children to explore confidently. We also encourage children's agency by involving them in simple decisions, helping them understand their rights in age-appropriate ways. Our team reflects together, engages in ongoing professional learning, and works closely with families to ensure a consistent, child-safe culture. By weaving safety into relationships, routines, and curriculum, we create a community where every child feels protected, valued, and empowered.



### UPCOMING EVENTS

- 25 April** ANZAC Day
- 6 May** Bravehearts Incursion
- 6 May** Special Persons Afternoon 3-4pm
- 10 May** Mother's Day
- 20 May** Dentist Visit
- 27 May** National Simultaneous Storytime
- 27 May - 3 June** National Reconciliation Week
- 29 May** Birkdale South State School Choir
- 05 June** World Environment Day



## Parenting Information

### Staying Healthy in Childcare

At Little Ducks, we follow the Staying Healthy in Child Care guidelines from the National Health and Medical Research Council to reduce illness and keep everyone safe. These evidence-based practices guide our hygiene, cleaning, and illness-exclusion procedures.

You can read the full document by scanning the QR code below. Working together helps protect all children, families, and staff.



### Family and Child Connect

Family and Child Connect can help with a range of family and parenting challenges. If your family is going through tough times, contact Family and Child Connect for free, unlimited and confidential advice.

You can call on **13 FAMILY (13 32 64)** or fill out an online referral form

<https://familysupportreferral.org.au/>

### Supporting Emotional Resilience at Home

Emotional resilience grows through everyday moments of connection. When children feel safe, understood, and supported, they learn to manage big feelings with confidence.

Families can nurture resilience by naming emotions with children, offering comfort when they feel overwhelmed, and modelling calm responses. Simple strategies like predictable routines, unhurried time together, and acknowledging children's efforts ("You kept trying even when it was hard") help build a strong sense of capability. Encouraging children to express their feelings, make choices, and solve small problems also supports independence and self-regulation. When home and centre work together in these ways, children develop the emotional tools they need to navigate challenges and thrive.

### Toileting Readiness

Toileting is an important developmental milestone, and every child reaches it in their own time. At Little Ducks, we follow a gentle, child-led approach that focuses on readiness rather than age. Signs of readiness may include showing interest in the toilet, staying dry for longer periods, communicating needs, or wanting more independence. Educators work closely with families to create consistent routines, offer encouragement, and support children with patience and respect. When children feel safe, confident, and understood, they are more likely to experience success. If you're thinking about starting toileting at home or would like guidance, please chat with your child's educators – we're here to support you and your child through this stage.



### A Message from your Educational Leader, Tara

Supporting children's agency and decision making capabilities is an integral part of our curriculums and crucial for developing confidence, resilience, and problem-solving skills, allowing them to feel valued and in control of their lives.

This is implemented across the service in all ages in a variety of ways. Some of these include children deciding what activities to set up throughout the day, what resources and materials they want to use, how they would like their room set up, helping set up the obstacle course outside, children displaying their interests and educators responding to their cues for learning and fostering their curiosities, risky play, responsibility for their belongings and children independently choosing and self serving their own meals and food to eat. When children feel empowered it supports a stronger sense of self worth, emotional security, active participation and lays foundations for lifelong skill development and a love of learning.



### Supporting Young Children to Be Sustainable

Sustainability is woven into our everyday practice at Little Ducks, helping children learn to care for their world through simple, meaningful actions. We draw on Aboriginal perspectives that remind us that caring for Country is about connection, respect, and responsibility. Educators model gentle habits such as reducing waste, reusing materials, conserving water, and tending to our gardens, while also sharing age-appropriate understandings of how First Nations peoples have cared for this land for tens of thousands of years. Children are encouraged to take part in routines such as sorting recycling, caring for plants, noticing changes in weather and seasons, and using natural materials in their play, building a sense of belonging and stewardship. Families can support this learning at home by involving children in small, sustainable actions and talking about our shared responsibility to look after Country. Together, we nurture thoughtful, environmentally aware learners who understand that their actions make a difference.

## Veggie Fritters

A fun, healthy, and easy recipe children can help make!

#### You will need:

- 1 cup grated zucchini (squeezed to remove excess water)
- 1 cup grated carrot
- 1/2 cup corn kernels
- 2 eggs
- 1/2 cup self-raising flour
- 1/4 cup grated cheese (optional)
- 1 pinch salt and pepper
- oil for cooking

#### What to do:

Combine grated zucchini, carrot, and corn in a bowl.

Add eggs, flour, cheese (if using), and seasoning. Mix until just combined.

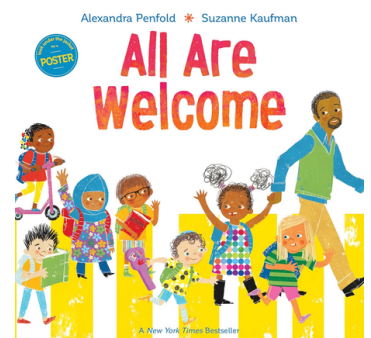
Heat a little oil in a pan over medium heat.

Spoon small amounts of mixture into the pan and flatten gently.

Cook for 2-3 minutes each side until golden and cooked through.



## Book of the Month



### All Are Welcome, by Alexandra Penfold & Suzanne Kaufman

All Are Welcome is a joyful celebration of diversity, belonging, and community. Through bright illustrations and rhythmic language, the story follows children from many backgrounds as they learn and play together. It reinforces that every child, no matter their culture, family, or identity, has a place where they are valued and included. This message beautifully reflects the environment we strive to create at Little Ducks: one where differences are celebrated and every child feels they belong.