



To our August Kids Newsletter!

We would like to let everyone know that our wonderful accounts/coordinator Naurelle is moving on to a position in Early Childhood Teaching, we wish Naurelle all the best for the future, career and personally. We thank you from the bottom of our hearts for all your hard work and dedication into kids family day care and you will be missed. ❤️

OUR VISION:

To be the most trusted FDC Service in Australia

OUR MISSION STATEMENT:

To provide a high-quality inclusive service that utilizes a collaborative approach to deliver a nurturing environment to all children, families, and educators.



Do you know we have a membership for Twinkl resources for all educators to log into!! If you haven't received the log in details please ask your Coordinator, happy Twinkling everyone!

Acknowledgement of Country

In the spirit of reconciliation KIDS FDC acknowledges the traditional custodians of Country throughout Australia and their connections to land, waters and community.

We pay our respect to their elders past and present and extend that respect to all Aboriginal and Torres Strait Islanders.

WHATS ON THIS MONTH...



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PROFESSIONAL DEVELOPMENT

Small Bites for Big Steps Family Day Care: Healthy Eating

This Free Professional Learning Package is for Family Day Care Educators working with children aged 0 to 5 years.

To enrol go to [Small Bites for Big Steps - Family Day Care: Healthy Eating \(thinkific.com\)](https://thinkific.com)



INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLE – AUGUST 9
 The theme for this year is 'Indigenous Youth as Agents of Change for Self-determination.'

Indigenous Peoples have an equal right to govern themselves, equal to all other Peoples. Indigenous youth are playing an active role in exercising their right to self-determination, as their future depends on the decisions that are made today.
<https://www.un.org/en/observances/indigenous-day>

CHILDREN'S BOOK WEEK – AUGUST 19-25
 CBCA Book Week is the longest running national literacy initiative in the country. During this time schools, libraries, booksellers, authors, illustrators and children celebrate Australian children's literature. Children's book character parades are often a highlight. This year's theme is 'Read, Grow, Inspire'. <https://cbca.org.au/>



NO BAKE HEALTHY CARROT CAKE

PREP 15 mins | BAKE 20 mins | MAKES 12

INGREDIENTS

- 3/4 cup (190 ml) **butter**
- 2 1/2 cups (375 grams) **plain flour**
- 1 1/4 cups (260 grams) **dark brown sugar**
- 1 teaspoon **cinnamon**, *ground*
- 1/2 teaspoon **baking powder**
- 1 teaspoon **bicarb soda**
- pinch of **salt**
- 2 **eggs**
- 1 1/2 cups (375 ml) **Greek (or natural) yoghurt**
- 2 tablespoons **vanilla bean paste** (or extract)
- 2 **bananas**, *mashed*
- 1 1/2 cups (260 grams) **dark chocolate chips**
- 3 tablespoons **caster sugar (or demerara sugar)**
- 1 tablespoon **cinnamon**, *ground*

METHOD

Preheat oven to 200 C and line a muffin tin with 12 papers. Set aside.

Place the butter in a small saucepan over medium heat and cook until the butter is melted, foaming and turned brown and smells nutty. Set aside to cool slightly.
Place the flour, sugar, cinnamon, baking powder, bicarb soda and salt into a bowl and whisk to combine creating a well in the centre. Set aside.

Into a separate bowl place the brown butter, eggs, yoghurt, vanilla and mashed bananas and whisk to combine. **Pour** the wet ingredients into the well of the dry and using a wooden spoon stir until just combined. Do not over mix. **Gently** fold through the chocolate chips.

Evenly divide the mixture between the prepared muffin tins.

Place the caster sugar and cinnamon into a small bowl and stir to combine. **Sprinkle** each muffin with a little cinnamon sugar.

Bake muffins for 15-20 minutes or until golden and when a skewer inserted removes cleanly. Enjoy x

Recipe and image from mylovelylittlelunchbox.com

Podcast Reviews

QUICK PODCASTS FOR QUICK TRIPS OR BRAIN BREAKS AT HOME



PLAY SCHOOL EARS ON | ABC

There's a mysterious noise at Play School and we need your help to figure out what it is. Put your Ears On, and join your Play School favourites on an audio adventure, made for the littlest listeners.

BUSY BODIES | MR SNOT BOTTOM

Is your brain more powerful than a computer? How fast is a sneeze? And what's REALLY going on inside when we feel nervous? Kids will love taking off on squishy, squelchy, goeey adventures through the human body with Mr Snot Bottom who has cheeky fun dropping serious science facts and silly, icky jokes along the way.

FOCUS: Want to Raise Smart, Kind Kids? Science Says Do This Every Day

As parents, we have *big dreams* for our kids. We want them to be smart so they can go after what they want in life and have a reasonable chance of getting it. We want them to grow up to be kind, caring members of the community. And it would be nice if they also turned out to be the type of people who remember to signal before turns. That's a tall order. Especially when I consider the day a success if I remember to brush all my kids' teeth twice a day. And yet, now is the time to set our kids up for success in life. Short of morphing into a drill sergeant who fills every spare moment with flashcards and forced kindness, how can we raise smart and kind kids?

As it turns out, we have one magic "keystone habit" as parents that will help us raise smart, kind kids. If you haven't heard of keystone habits before, they're an elite category of habits that kick off a **chain reaction**, influencing several areas of your life at once. In other words, you can focus on just one keystone habit, and you'll experience several positive impacts. For example:

"Keystone habits explain how Michael Phelps became an Olympic champion and why some college students outperform their peers. They describe why some people, after years of trying, suddenly lose forty pounds while becoming more productive at work and still getting home in time for dinner with their kids." - The Power of Habit

The best thing about this particular "keystone habit" for raising smart, kind kids is that it's completely free, it takes just 10-15 minutes a day, and anyone can do it. To get smart, kind kids, you don't have to sign your kid up for expensive tutoring or have twice-daily screenings of the movie Wonder. All you have to do is this: Read to your child. Even if they already know how to read to themselves. Because research shows reading aloud is the powerful keystone habit that will raise smart, kind kids. (More on that in a minute.)

But This Is What Gets in Our Way

As parents, the demands on our time are *endless*. We have laundry to fold, sibling battles to mediate, and healthy dinners to prepare. Our kids need help with homework, the car is due for an oil change, and it's our turn to bring snacks after the t-ball game. We need to make doctor appointments, deposit a check at the bank, and sew that seam that ripped in our best work pants. On and on *and on*.

This is why when it comes to reading aloud to our kids, we tend to prioritize it lower. I know I do. In a 2018 survey of American families, only 30 percent of parents reported reading aloud to their kids for at least 15 minutes a day. I try to read to my kids regularly, but for two weeks I tracked how many picture books I read aloud, and I was shocked. I'd only read to my kids 6 out of 14 days – not even half of the days. And so to soothe my guilt, I decided to dig into exactly what reading aloud to your kid accomplishes. I wondered: *When it comes to raising smart kids, is reading aloud truly all it's cracked up to be?* The goal is to empower them and teach self-efficacy. When kids can self-regulate, they are more likely to have more successful relationships with themselves and with others.

This is what happens when you read aloud to your child every day:

- Your child will hear a wider variety of words.
- You grow your child's brain, literally.
- You put them on the path to be a lifelong reader.
- Your child's behaviour will improve.
- You build a stronger bond with your child.
- You increase your child's capacity for empathy.

The moral of my little research project? The one single habit of reading aloud to your child kicks off a chain reaction of all these positive outcomes, and more. If you're looking for the **secret** to raising smart kids, reading aloud is it.

Holmes, Kelly. (2023). *Want to Raise Smart, Kind Kids? Science Says Do This Every Day*. Retrieved [Happyyouhappyfamily.com](https://www.happyyouhappyfamily.com)



This is just an excerpt of this brilliant article. To read in full and for additional advice on creating the reading habit follow the QR code link.

THE FAMILY READ-ALoud BOOK CHALLENGE



One way to make reading aloud more doable is to turn it into a game. The article above includes a printable you can start today. Make it fun, turn it into a no brainer.

Follow the QR CODE above and scroll to the bottom of the page and print out the challenge choose a book and get started. Remember to choose a book you will enjoy reading too. If you are a little fed up reading the books you do have head to your local library and borrow some new ones. If you don't have a local library chat with some friends organise a book exchange.

HEALTH & SAFETY: 10 Ways to Be a Role Model to Your Children

When I saw the movie *Jaws* for the first time, it made me afraid of being in ocean water. Well, I always was leery of it, but the movie definitely solidified my opinion. Even now, I never go in too far. Although the shark scenes were unnerving, they weren't the ones that left the biggest impression on me. There is a wonderful moment between Sheriff Brody and his son at the dinner table. As his wife clears plates off of the table, Brody sits staring off into the distance, clearly deep in thought. He doesn't notice his young son watching his every move from a foot away. When he takes a drink, his son takes a drink. When he folds his hands, his son folds his hands. Finally, he sees his son mirroring him. He starts to playfully make movements and faces for his son to copy, ending with a kiss. The most powerful role models for children sit across from them at the dinner table. It's you. Are you wondering how to be a role model to your kids? Here are 10 ways.

1. Healthy Living - When we eat properly and exercise regularly, not only does it improve our own lives, but it sets the example for our children. Childhood obesity can lead to depression and disease. This is not to say a parent needs to go overboard, but every reputable expert will tell you that moderation is the key in diet as well as exercise. Keep yourself inside the healthy range for where you are in life.

2. Self-Improvement - Apply whatever cliché you choose here, but you certainly can teach old dogs new tricks. Self-improvement should always be on our minds. Try new experiences and broaden your horizons. This teaches our children to never stop growing. There's always something new to learn in this life. Try to learn something new every day. When thinking about how to be a role model, start with self-improvement.

3. Serving/Volunteering - Make it a regular habit to get out in your community with your family and volunteer your time and talents. This is one of the best ways to build family unity, teamwork skills, and most of all, generous and serving hearts. Teach your kids to meet the needs of others.

4. Open up Your Life - Do not hide who you are as a person to your children. Share your past experiences when it is appropriate—mistakes and victories. Show them that vulnerability is a virtue that comes from a position of strength. Take your children to work with you and let them see your daily life. Status doesn't mean a thing, but your attitude and your demeanour mean the world.

5. Self-Control - Releasing our emotions, whatever they may be, is healthy and reduces stress. How we go about doing that in front of our children, however, has major consequences. As difficult as it can be, it is essential to practice self-control as much as possible in front of our children. Bite your tongue and control that temper. If need be, take it out in the gym or go for a long run.

6. Right Relationships - We have many important relationships and not all of them are going to be pleasant. Maybe there are issues with your parents, stepparents, brothers, sisters, or ex-wife. Forgive and give grace. Seek to be right in your relationships over being right. Make it as hard as possible for anyone to say anything bad about you. Be an initiator and always take personal responsibility first.

7. Respect and Listening - If you want to teach your kids how to be confident, it starts with showing them respect for who they are and listening to their own unique thoughts. This is a tough aspect of leadership, but the best leaders listen carefully and talk far less. Open your mind and your ears to what your children are telling you. They will, in turn, learn to do the same later in life.

8. Positive Attitude - There is plenty of negativity to be found in society today. Do not add to the daily chorus your child experiences. Instead, display a positive and reassuring attitude and optimism.

9. Goal Setting - Setting goals is important to give us a benchmark of where we are going and the progress we are making. Implementing and achieving those goals are of equal importance. When our kids see us moving along exactly according to plan, it shows them the importance of organization and self-discipline. Help them come up with their own set of goals and praise them when the goals are met.

10. Walk the Talk - The single most important aspect of being your children's role model is to always say what you mean and mean what you say. Walk the talk. Back up your words with visible and concrete action and be a man of integrity and value. Actions speak volumes. And as Benjamin Franklin pointed out, "Well done is better than well said."

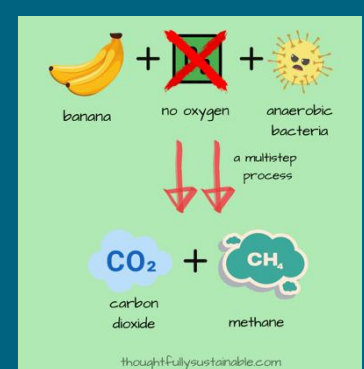
All Pro Dad (2022). *10 Ways to Be a Role Model to Your Children*. Retrieved from Allprodad.com



LANDFILL EXPERIMENT

Today, an estimated one-third of all the food produced in the world goes to waste. That's equal to about 1.3 billion tons. About 6%-8% of all human-caused greenhouse gas emissions could be reduced if we stop wasting food.

Try this experiment and show children what happens when food scraps are just thrown in the bin. Have kids place food scraps in a bottle of water before placing a balloon on the end and leaving it out in the sun for 7+ days. Kids can observe the gas produced as the food decomposes in a landfill-like environment.



As Educators when communicating with Parents (through verbal or non-verbal communication), there will be times where we need to discuss issues or concerns that may arise. During this time, we may use negatives to describe the child's behavioural or personality traits (weaknesses) that they may be displaying. However, these weaknesses are hidden strengths, forming the child's unique personality and abilities.

Traits Commonly Perceived As Weaknesses

Some children's behavioural or personality traits can be considered annoying and tiresome to have to deal with. However, viewing these in a more positive light can help you develop the child's weakness into a strength and understand how to best support the child's overall emotional development and self-esteem.

Turning Weakness into Strengths

The following are a list of negative traits (weakness) that a child may display that need to be communicated to parents to solve issues such as behavioural problems. Instead of listing these as a negative, we should accept these specific traits as a strength and support the child in their sense of self. Here are weaknesses turned into strengths.

- Talking too much - Effective Communicators, Articulate.
- Acting Out - Communicates Deeper Underlying Emotions and Difficulties.
 - Clingy - Affectionate
 - Compulsive- Efficient/Attention to detail
 - Defiant - Strong Beliefs, Courageous
 - Dramatic - Emotionally Aware/Dramatic
 - Fearful - Thoughtful/Careful
 - Goofy/Silly - Joyful/ Entertaining
 - Loud - Exuberant/Confident
 - Manipulative - Gets Own Needs Met
 - Fussy - Strong Sense Of Self
 - Mean - Power-seeking
 - Messy- Practicing Skills/Learning
- Lazing Around/Day Dreaming - Out Of The Box Thinkers, Problem Solvers, Creative.
 - Shy - Critical thinkers.
- Naughty - tactile and experiential learning, curious/Independent
 - Quiet - Thoughtful/Reflective
- Bossy/Stubborn - firm and assertive/leader
 - Spoiled - Loved
 - Talks Back - Courageous
 - Tattletale - Seeks Justice
- Wants Attention - Speaks Out Needs

Seeing these weaknesses as actual strengths enable you to focus on these emerging traits and provide a new perspective to support and nurture the child. The list above will also help you when writing documentation and reports and when communicating with parents.

There is no need to talk negatively about a child, focus on the child's strengths that they may be displaying and collaborate on how to support these

NQF changes taking effect from 1 October 2023

The implementation of regulatory changes resulting from the Review is occurring in phases, with initial rounds of changes coming into effect on 1 March 2023 and 1 July 2023. A third round of regulatory changes will come into effect for the majority of jurisdictions* from 1 October 2023. The 1 October 2023 changes will:

Improve the safety and wellbeing of children by:

- Enhancing sleep and rest policies and procedures requirements, including the matters to be considered when conducting risk assessments.
- Strengthening approval processes for centre-based services and family day care venues to be located in multi-storey buildings with other occupants, by requiring additional information about the proposed premises and layout to be provided to the regulatory authority.
- Requiring providers of services operating in multi-storey buildings with other occupants to have more robust, risk-based emergency and evacuation procedures in place.
- Enhancing policies, procedures and risk assessments required for the safe arrival of children travelling between services, or between schools and services.
- Further embedding the National Principles for Child Safe Organisations into the NQF including a small number of items found to not already be addressed in the Education and Care Services National Law (ie, new obligations for volunteers and students, child protection training for family day care (FDC) coordinators, and enhanced requirements for policies and procedures on providing a child safe environment and managing complaints).
 - Prescribing currency periods for first aid qualifications.
- Requiring providers of centre-based services to notify the regulatory authority of any changes to the ages of children or the nature of care offered at the service.
- Strengthening regulatory authority oversight and improved information sharing of service transfers between providers, regulators and families.
 - Increasing penalties in line with CPI increases since the commencement of the NQF.

Amend requirements for the FDC sector to strengthen regulatory oversight and safety by:

- Improving the provision of information on the FDC Register to regulators, including where educators are operating under exceptional circumstances.
- Providing additional guidance on safety requirements, compliance with fencing requirements and requiring monthly inspections at FDC residences and venues that have swimming pools, water features and other potential water hazards.**
- Mandating nationally consistent requirements for safety glass used in FDC residences and venues.
- Mandating new processes for FDC educators to inform approved providers of any circumstance that may affect whether residents are fit and proper to be in the company of children, or any other circumstances arising that may pose a risk to children's health, safety or wellbeing.

Improve the provision of NQF information to families by:

- Providing greater transparency and timeliness on when services are transferred between providers.
- Requiring the quality assessment and rating certificate to be clearly visible at every FDC residence or venue.
 - Requiring providers of FDC services to display a diagram of areas of residences and venues that are assessed to be suitable for education and care.
- Enhancing consent processes for the disclosure of personal information held by approved providers.

In addition to the above regulatory changes, new and updated guidance will be provided to address other recommendations from the Review that called for more refined guidance material to support the children's education and care sector. Information sheets are available on

<https://www.acecqa.gov.au/latest-news/changes-nqf-starting-1-october-2023>

The [Guide to the NQF](#) will also be updated and is now available in a new online format, as well as the interactive PDF format

FAMILY GAME NIGHT

By playing games, **parents can model essential life skills they want their kids to learn**, like how to interact with others, how to deal with losing, how to resolve conflicts, and showcase teamwork, strategy, adaptability, and resilience. Family games can be played at any age. Try some of these ideas.

For young children try rolling balls and knocking down cups, balancing on sticky tape lines or even jumping races. As children get older you can move to more traditional games or try some of these ideas.

Defying Gravity:

You will need: Balloons. **Challenge:** Bounce 2-3 balloons (depending on the age and abilities) at the same time with your hands without them falling on the floor. **Who wins?** Time it and see who can bounce balloons the longest.

Suck It Up

You will need: thick straws (thin ones work too), small sheets of paper. **Challenge:** Using straw players will need to suck the paper sheets and transfer them from one pile to another. Whoever does this first WINS the game.

Obstacle Course - Get the family moving by creating an indoor or outdoor obstacle course. You can compete in teams or time each player. Obstacles can include climbing over a tower of pillows, crawling through a blanket tunnel, taking five trips around the swing set or doing 15 push ups near the mailbox. The more creative, the better.

Hide and Seek - It sounds elementary but finding new and creative places to hide in your home takes a lot of skill. This is a good option for the preschool set and could lead to tired kiddos! Make it more interesting by using a timer to see who can find the other team (or object) in the shortest amount of time.

Scavenger Hunt – The classic game to play indoors, outdoors or anywhere you are ready to fire up the competition factor! Players can search for hidden items around the house, in the neighbourhood or at a favourite picnic/play destination. (Take photos of the hidden objects and print out for young children to cross off when they locate the object).



- Mary - 4th August 
- Shaylee - 7th August 
- Punam - 12th August 
- Kim - 16th August 
- Rupinder - 28th August 

5 Minute MOVES

Family Ball Tag

Short simple activities to get some active minutes in the day.

You will need some small pieces of fabric and a ball (any type). Divide your family into two teams and tuck fabric pieces into your waist bands. Mark out a small "field" it could just be your front yard or even the lounge room. Designate two ends with a line or bucket. One player starts and tries to get the ball to the other side and place it past the line or in the bucket without losing their tags.