

MAY THE STORIES YOUR CHILDREN TELL THEIR CHILDREN BE
FILLED WITH THE WILD THEY WANDERED - NICOLETTE SOWDER

Caboolture
Christian Children's
Centre

JULY
2022

ON *this* MONTH

AT CABOOLTURE CHRISTIAN CHILDRENS CENTRE

POLICIES BEING REVIEWED THIS MONTH:

- Supervision policy
- Providing safe environments policy
- Incident, injury, trauma and illness policy
- Infectious diseases policy
- Sleep and rest policy

AROUND THE COUNTRY

NAIDOC Week	3-10
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International Day of Friendship	30
National Tree Day	31

CCCC NEWS



Our kindergarten children have been participating in our new Pilates program and have been loving it!

Follow this link to access FREE Pilates classes for you and your child/children to do at home!
https://courses.kidsheartpilates.com.au/offers/nvYjE2Vz?coupon_code=CABOOLTURECCC

And follow this link to access some helpful tips/resources such as exercise, child's play, children's development etc.
<https://www.kidsheartpilates.com.au/blog/categories/child-s-play>



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!** To find out more go [HERE](#)

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! **FIND OUT HOW YOU CAN HELP!**

BANANA CAKE



PREP 20 MIN | COOK 30 MIN SERVES 16

INGREDIENTS

3 overripe bananas , <i>mashed</i> .	2 eggs
3/4 cup olive oil	1 cup Greek yoghurt
1/2 cup brown sugar	1/3 cup pure maple syrup
1 tbs vanilla bean paste	1 cup buckwheat flour
1 cup plain flour	1 1/2 tsp baking powder
1 tsp cinnamon , <i>ground</i>	1/2 tsp nutmeg , <i>ground</i>
1/4 tsp ginger , <i>ground</i>	pinch of salt

Whipped Ricotta Maple & Chocolate Frosting

2 cups fresh ricotta	1/2 cup pure maple syrup
2 tsp vanilla bean paste	1/2 cup cocoa powder

METHOD:

To make the banana cake:

1. **Preheat** oven to 180 C (350 F) and line a 20 cm x 20 cm brownie pan with baking paper. Set aside.
2. **Place** the mashed bananas, eggs, olive oil, yoghurt, sugar, syrup and vanilla and whisk to combine.
3. **Sift** the buckwheat flour, plain flour, baking powder, cinnamon, nutmeg, ginger and salt into the bowl and stir using a wooden spoon until just combined.
4. **Pour** the batter into the prepared tin.
5. **Bake** for 30-40 minutes or until a skewer inserted removes cleanly.
6. **Allow** the cake to cool completely. To speed up the cooling process, feel free to pop the cake into the freezer.

To make the whipped ricotta maple and chocolate frosting:

1. **Place** the ricotta into the bowl of a food processor and blitz for 1-2 minutes or until smooth.
2. **Add** the maple syrup, vanilla and cocoa powder and blitz for 2-3 minutes (scraping down the sides of the bowl) or until the frosting is smooth and luscious.
3. **Smother** the cooled cake with a thick layer of frosting.
4. **Cut** into 9 or 16 squares. Enjoy x

Recipe and image from mylovelylittlelunchbox.com.

BEST BLOGS

Blogs that inspire and make you feel like you're not the only one!



HOW TO BE A DAD

howtobeadad.com

"If you were looking for a website telling you how to be a dad... you didn't find it. I'm not an expert in 'dadology.' I'm not even sure such a thing exists. I'm just here to entertain you and maybe give you an 'I'm not the only' sigh of relief."

THE INSPIRED TREEHOUSE

theinspiredtreehouse.com

The Inspired Treehouse is lead by paediatric occupational and physical therapists who are passionate about sharing information, tips, and strategies to help readers conquer the common developmental roadblocks that come up for kids.

They believe that the more parents, teachers, and caregivers know about child development and wellness, the better off kids are! Follow their website or Facebook for easy-to-implement activities that are designed to promote all kinds of developmental skills for kids.

OH SO BUSY MUM

ohsobusymum.com.au/

Oh so busy mum is full of tasty recipes, family travel tips and mum topics. Cheree Lawrence (AKA Oh So Busy Mum) has been blogging since 2014 and her following continues to grow.

Here you will find a huge selection of lunch box inspiration as well as easy and fun ideas to get your child eating healthily. From budget tips to life as a mum of 4!



Photo Gallery



HEALTH & SAFETY: 5 lessons to teach your child about getting lost

If your child is separated from you for some reason, there are a few ways to ensure you can be reunited as soon as possible. Losing sight of your little one, no matter how momentarily, brings a feeling of dread and panic. And if it's bad for you, imagine how frightening it is for them. Before you head out, there are a couple of risk management steps you can take to ensure that if your child is separated from you for some reason, you can be reunited as soon as possible.

Teach your children your information

Children, often as young as three, should know your full name (not just Mum or Dad), and be able to memorise your phone number. If you have concerns that they won't remember, and you are heading to a populated area e.g. holidays or a theme park, write down the information and tuck it away in a secure place such as a shoe or pocket and let them know it is there if they need it. There are also companies who provide disposable ID bracelets with your information that are useful for very young children.

Have a safety plan in place

There are steps – outlined below – that children should undertake if they get lost. If they do these steps and still can't find you, having a safety plan in place gives them an ultimate step to do in order to be reunited with their family as quickly as possible. A safety plan, which ideally you should discuss every time you head out with your children, might be choosing a landmark to meet at, or a specific uniform to look for to ask for help. This will change from place to place, so should be emphasised clearly each time. Before actioning the safety plan, kids should know to try the following five things first.

5 things to teach your children to do if they get lost

STOP: If your child has found themselves separated from you or their carer, teach them to immediately stop what they are doing and stand still. Whether they are walking, or playing they should stop what they are doing and give you a moment to come and find them.

BE SAFE: Teach your child to stop and check if they are in a safe place. A safe space is an area where an accident is less likely to happen. If they find themselves in a busy pedestrian path, or in the way of machinery, or traffic, or are close to a large body of water or unstable ground, let them know to move to the nearest safe space and wait.

CALL FOR YOU: Let your children know that they won't get in trouble for yelling your name if they are lost. Whether they are outdoors or in a library, if they are lost it is OK to stand tall and



shout for you in their loudest voice. Teach them to call out your real name, not 'Mummy' or 'Daddy'. More often than not, you will be closer than they think and can be reunited very quickly.

Sidenote: A child making a loud fuss is less of a target to a predator, who generally target children who can be led away quietly.

LOOK FOR A SAFE ADULT: Statistically, the safest person for your child to approach is a mother with children. Teach your child to look for a mother and child, or another safe adult such as a Police Officer. They should approach them and tell them clearly that they are lost and ask them to call you, using your full name when they do. They can either tell them, or show them your number.

USE THE SAFETY PLAN: If your child can't identify a safe adult nearby and they have tried all of the above steps and are still lost, now is the time to follow the safety plan you organised earlier.

THE BEST THING YOU CAN DO: As soon as you discover your child isn't where they should be is to **start shouting your child's name, too!** It doesn't matter where you are, and don't worry about being polite. With both of you shouting for the other, you'll likely find that anyone within earshot will be eager to help you both find each other.

Source: Wylie, Rebel. (2022). 5 lessons to teach your child about getting lost. Retrieved from <https://www.bountyparents.com.au/expert-advice/teach-child-about-getting-lost/>



REMEMBERING YOUR REUSABLE BAGS

Gone are the old thin disposable plastic bags, but the 'new' reusable ones are everywhere and are too often becoming disposable. Remembering your bags is key to not having to buy more.

How do you remember yours? Put them by the door? Scrunch them into one bag and throw them in the boot? What if there was a trick that meant they could fit into your handbag/backpack/baby bag?

Try folding your reusable bags this way and keep multiple in your bag or in the car. See more detailed instructions [here](#)



3 INGREDIENT OAT CHOC CHIP COOKIES

Ingredients

1 3/4 cups quick oats
2 large bananas
1/2 cup chocolate chips

Method

1. Pre-heat oven to 180 degrees celcius and line a baking tray with baking paper.
2. Mash bananas in a large bowl. Add in the oats and mix to combine. Fold in the chocolate chips
3. Scoop 2 tablespoons of the oat and banana mixture onto your cookie sheet and shape into a large round about 1 inch apart, no need to worry about these spreading
4. Bake for 15-20 mins until the cookies are golden on top or just set to touch
5. Remove from the oven and allow to cool for a few mins before transferring to a wire rack. Store in an air-tight container for up to 2 days!

I WAS TODAY YEARS OLD WHEN I LEARNT THAT...

1. Screwdriver handles are designed to put a wrench on it to help loosen tight screws.
2. Loofahs are FRUITS.
3. How long owl's legs were.
4. Field mice like to crawl inside flowers to eat the pollen and sometimes fall asleep.



Pyjama Day!

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.



5 Minute MOVES

Hot potato

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

This physical activity will get giggly! Simply get a soft ball (not a softball!) or a rolled-up sock and toss it to your child. Tell them toss it to someone else as quickly as possible. Everyone repeats this. When does this game end? Who knows? Just get rid of it!