



ON *this* MONTH

At Hatchlings Early Learning Centre Caboolture

Grandparents visits	27-31
Loud Shirt Day	20
Day for Daniel	27
Children's Week Celebrations	23-27

AROUND THE COUNTRY

National Nutrition Week	15-23
World Animal Day	4
World Teachers' Day	27
Aussie Backyard Bird Count	16-22

Do Not Fear, FOR GOD IS WITH US!

Jehovah God says,
Fear you not; for I am with you: be
not dismayed; for I am your God: I
will strengthen you; yes, I will help
you; yes, I will uphold you with the
right hand of My righteousness.

Isaiah 41:10

Spring has sprung!

The weather is trying to warm up which has been welcomed with water and messy play to cool down. Over the hotter weather we ask that you pack a spare set of clothes for the days we have water activities. Also please remember to dress your child in clothing with sleeves and pack their hat. We have a sunscreen station set up in the foyer and in each room and we ask that you please apply sunscreen to your child on arrival. This will be reapplied throughout the day.

Holidays and Bookings

The end of the year is coming fast! We still have a lot of fun to fit in to the year though.

We have some holiday request forms out if you are going to be away over the Christmas break and also if you are in Kindergarten, we ask that you fill out an end of enrolment form as you will need to give 4 weeks' notice to ensure that we can prepare for 2024 placements.

We still have some places left across the centre in our rooms. If you are wanting to pick up an extra day, please let us know asap so that you don't miss out.



Get red, RED, ready for Day for Daniel 2023!

Day for Daniel is Australia's largest child safety event of its kind.

It's held in schools, workplaces, early childhood centres and public and private events all across the nation. Most commonly held on the last Friday each October, but you can plan and hold your own Day for Daniel event at any time.



PEACH COCONUT & VANILLA POPSICLES

PREP 10 mins | FREEZE TIME | SERVES 10

INGREDIENTS

- 350 g coconut yoghurt (or natural or Greek yoghurt)
- 1/4 cup (90 grams) rice syrup (or any other liquid sweetener like honey or maple syrup)
- 1 tbs vanilla bean paste
- 3 peaches, stones removed, chopped into small wedges

METHOD

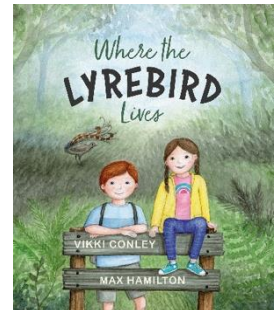
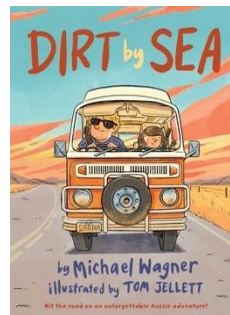
1. Place the coconut yoghurt, rice syrup and vanilla bean paste into a small bowl and stir to combine. Set aside.
2. Place the peaches into the jug of a blender along with 1/3 cup of the coconut yoghurt mixture – blitz until smooth.
3. Alternate layers of coconut yoghurt and peach to fill each popsicle mould.
4. Use a skewer to swirl the layers and pop into the deep freeze overnight.
6. **To serve** – run mould under hot water to loosen the popsicles.

Enjoy x

Recipe and image from mylovelylittlelunchbox.com

Book reviews

A FEW OF THIS YEARS THE CHILDREN'S BOOK COUNCIL OF AUSTRALIA WINNERS



DIRT & SEA | MICHAEL WAGNER

Explore our wonderful coastline and the joy of a family road-trip with Dad and Daisy! Daisy lives in inland Australia with her dad and her grandparents. It's home, and she loves the red dirt land around her. But when her dad realises that she's never seen the beach he sets off to show her the ocean in a once-in-a-lifetime father-daughter trip.

WHERE THE LYREBIRD LIVES | VIKKI CONLOEY

High in the mountains through the sleepy clouds. Deep in the forest past the chiming birds. Will we see the lyrebird? I don't know. Tip-toe, tip-toe. The beauty of the Australian rainforest and the magic of family-time come together in this lyrical and delightful story of intergenerational connection, habitat and adventure.



NUMBER LINE

You will need a number line (you can print it or draw one up yourself), magnetic numbers and a magnetic surface or your fridge.

This activity involves children **sorting numbers** along the number line. It is a great way for children to learn numbers, counting and also develop early graphing skills. Sort each number to match the correct number on the number line. Point and counting each number on the number line. Talk about which numbers have the most numbers matching. Find the activity [here](#)

FOCUS: Stand back and avoid saying ‘be careful!’: how to help your child take risks at the park.

There is ongoing concern about the impact of “helicopter parenting” on children’s growth and development. Keen to ensure the best outcomes for their children, helicopter parents tend to hover over their kids, constantly trying to prevent misadventure or harm. But child experts say this can lead to a lack of resilience and tenacity in children. Children can also struggle with problem-solving and initiative.

How can we overcome this? We are educators who study risky environments. Our new research looks at parent’s perceptions of an outdoor play park. It shows how outdoor parks provide opportunities for children to engage in risky play and develop independence and problem-solving skills.

The importance of risk

Risk taking means engaging in any behaviour or activity with an uncertain physical, social, emotional or financial outcome. Risk is an everyday part of life, from driving a car to buying a house at auction or climbing a ladder.

We cannot eliminate risk, so we need to learn how to navigate it. This means taking responsibility for assessing potential consequences and taking necessary precautions. For example, crossing the road carries risk, but we learn how to look for cars or cross at traffic lights if the road is very busy.

Recognising and appropriately responding to risk taking is an integral aspect of children’s growth and development. In 1998, US educator and wilderness guide Jeff Little observed risk was instrumental to lifelong learning.

Outdoor experiences are particularly good places to develop skills around risk because they are not a controlled environment. For example, no two trees are the same to climb and conditions can vary depending on the weather.

Our study

In a new study we surveyed parents and caregivers about children’s risk taking in the Boongaree nature play park in Berry, New South Wales.

The park includes fixed equipment such as slides and climbing ropes as well as natural elements such as water, stone, timber, sand and greenery. We chose Boongaree after it became the focus of media and social media debate due to a spate of injuries, including broken bones. The Daily Mail suggested it was Australia’s “most dangerous playground”. Following community concerns, the park’s tunnel slide was replaced in May this year with another slide with less “momentum”.

Over multiple visits to the park in June 2023, we recruited 302 adults to complete a survey about their children’s park use. We then followed up with a closed Facebook group of 56 parents from the same group.

The benefits of risk

We asked parents to share their views about the park and they told us risky park play had many benefits. These included allowing children to:

be challenged and solve problems, connect to the outdoors, direct their own play, be physically active, be creative and curious, demonstrate confidence and independence and, build social capacity, by sharing equipment and taking turns.

How to support your child in outdoor, risky play

So next time you go to the park, how can you support your child to take appropriate risks? Here are some tips, based on our work on children, risk and outdoor play:

Start with a positive mindset: playgrounds are designed to develop physical and social skills. So be prepared for your child to try new things at the park (rather than just play it safe with the same old equipment).

Be ready to support – and to stand back: there are times when it is best to stand back and let children experience the equipment or the area for themselves. There are others where parents are needed. So, keep a monitoring eye on things. But don’t assume you will be helping all the time.

Language matters: try to steer away from language such as “be careful”. This can set children up to be afraid of a situation. Reframe your language to something more supportive, such as “is there a stronger piece of wood to put your foot on?” or “have you seen the hole over there?” You could also say something like, “look around, do you want to explore left or right?”. This prompts your child to think about the best approach for them and builds self-confidence and problem-solving skills.

Give useful advice: help children with specific guidance on how to use equipment safely. For example, when climbing you could say, “use three points of contact, two hands and one foot on that ladder”.

Let the child decide: allow your child to decide what pieces of equipment they use and how far they climb. Do not push them to complete activities they are not comfortable with. And by the same token, intervene only when the equipment is clearly above their skill development level.

Have fun: show excitement, join in the imaginative games and reinforce the message that it is acceptable to say no or yes to challenge – both choices are OK!



Read the article via the QR code.

The Conversation (2023). Stand back and avoid saying ‘be careful!’: how to help your child take risks at the park. Retrieved 15 September 2023



HATCHLINGS
Early Learning Centre

Play
Rest
Engage

