

'IF YOU BELIEVE IT WILL WORK, YOU'LL SEE OPPORTUNITIES. IF YOU BELIEVE IT WON'T, YOU WILL SEE OBSTACLES.' - Wayne Dyer



HATCHLINGS

Early Learning Centre

SEPTEMBER
2023

ON *this* MONTH

Educators Day Celebrations----- 6

AROUND THE COUNTRY

Mental Health Week-----1
National Child Protection Week -----3-9
Early Childhood Educators' Day ----- 6
National Indigenous Literacy Day ----- 7
International Literacy Day ----- 8
Brave Hearts Day -----9
R U Ok Day -----14

Focus of the Month:

Area 3 – Physical Environment

This includes topics around Body Safety, Healthy eating and Health & Hygiene Practices.

Policies under Review

Child Protection Policy

Child and Youth Management Strategy

Welcome to Spring!

We have officially hatched 😊

We are well on the way in our Hatchlings Early Learning Journey. Thank you to all our families for the support that you have shown over this time and we ask that you continue to be patient with us as we work through implementing a few new systems. Thank you to families for jumping on board and keeping your fees up to date. We encourage families to come and talk to us if you are finding any difficulties in making payments as we wait for our CCS to come in.

Bookings: We have limited spaces left across the service and if you would like to pick up any extra days before we offer these outside families please come and see us at the office. We will also be taking 2024 bookings at the end of this month! Where has the year gone?

Kindy Hub: We hope to have our new app up and running in the coming month so that you can keep up with photos and communication.

Feedback 
is always welcome

Ph: 07 5499 36466

caboolture@hatchlingsearlylearningcentre.com.au



INTERNATIONAL LITERACY DAY– SEPTEMBER 8

Celebrations take place annually around the world to remind the public of the importance of literacy as a matter of dignity and human rights, and to advance the literacy agenda towards a more literate and sustainable society.

EARLY CHILDHOOD EDUCATORS' DAY – SEPTEMBER 6

Today we recognise and celebrate the work of Australia's educators in early learning services in their important role of supporting children's wellbeing, learning and development in the early years. Say THANKYOU to those special people today. [Find out more here.](#)



VEGGIE PACKED CHICKEN BOLOGNESE

PREP 5 mins | COOK 30 mins | SERVES 6

INGREDIENTS

- | | |
|------------------------|--------------------------|
| 1 onion | 2 tbs tomato puree |
| 2 carrots | 1 tbs white wine vinegar |
| 2 zucchinis | 1 tsp sugar |
| 1 stick celery | 2 bay leaves |
| 3 garlic cloves minced | 1 tbs oregano |
| 80 g bacon pieces | salt and pepper |
| 500g chicken mince | 400g spaghetti |
| 400ml passata | parmesan to serve |
| 200ml chicken stock | |
| 60ml milk | |

METHOD

1. Finely chop onion, grate carrots and zucchini.
2. Fry the onion, carrot, zucchini, celery, bacon, and garlic in 1 tablespoon of olive oil for 3-4 minutes until softened.
3. Turn the heat up to high and add the chicken mince. Fry until the chicken mince has changed colour. This will take roughly 3-4 minutes.
4. Add in the passata, stock, tomato puree, milk, white wine vinegar, bay leaves, oregano, sugar, salt and pepper. Simmer for 25-30 minutes.
5. Cook pasta to instructions
6. Add grated parmesan and a sprinkling of chopped parsley.

Tip: Add a can of chopped tomatoes for extra veggies.

Enjoy x

Recipe and image from mylovelylittlelunchbox.com

Podcast Reviews

APPS TO INSPIRE
THE SCIENTIFIC
MIND.



MY AURORA FORECAST & ALERTS | JRUSTONAPPS B.V

The northern lights, or aurora borealis are beautiful dancing waves of light that have captivated people for millennia. Seeing the lights in Australia isn't very common, but you can use this app to view the lights via live webcams from around the world.

PLAY AND LEARN SCIENCE | PBS LEARNING

The Play and Learn Science app contains a suite of educational kids games from PBS Kids designed to encourage early science learning! Kids can play a range of games that help them learn core scientific concepts, all while building and developing problem-solving skills.

FOCUS: Why Kids Like to Test the Boundaries

As a baby, your child followed your lead. Then you navigated the “Terrific Twos” and came out the other side. So, it’s all calm sailing from here, right? Our little people are constantly growing and developing, and at some point, they start to realize they are independent people who exist as separate entities from their parents. This is when kids like to test boundaries. *“Time to take a bath!”* No way, I hate baths today. *“Try some broccoli.”* Nope, that’s going straight on the floor. As infuriating as this limit testing can be, it’s a sign of normal development.

We typically first see our kids test boundaries when they are around 3. This is because they are moving into a developmental stage where they are less dependent on you. Your child will start to do things like talk, feed themselves, use a potty, and even begin to dress themselves with limited input from you. However, with this growing independence and desire to assert themselves can come defiance. They are also learning how their behaviours influence others around them and will start to test the boundaries so they can make their own decisions. This all culminates in the testing to see what they can and cannot get away with. Limit testing occurs right up into the teen years, just in a different context. Our teenagers go through another developmental phase associated with independence. We might continue to see these testing behaviours as they gain personal responsibility and crave increased opportunities to express their needs and preferences.

What’s Going on in Their Brains?

Defiance and limit testing are not only driven by regular developmental changes. They are also a way children can gauge their sense of security in the world as they start to navigate it without you by their side. In general, the human mind thrives off predictability; we like to know the rules and what to expect to decide how to react and respond. It also makes us feel safe when we can reliably predict or understand the rules and expectations. It’s no different for our children, except they haven’t learned the rules yet. So, consistency and predictability are vital for our little people as it helps them feel safe in an unknown and massive world. And rules and consistent limits reduce limit testing behaviours in the long run. Some of the most challenging behaviours we see, like defiance or dysregulation, arise when our children feel overwhelmed. When we give them clear limits, kids know where they stand, and they feel calmer and more settled because they know what to expect from themselves and you. Or from situations and how they should respond. But knowing what to expect doesn’t always mean compliance. Our kids need to receive the same messages many (many) times before they learn the rules. This is why limit testing can persist if we aren’t consistent.

Tips for When Your Kids Test Boundaries

Aside from being consistent, below are some tips to get your kids to respect and listen to your boundaries.

Communicate the Limits - Ensure your child clearly understands the limits you have put in place. This could include getting them to repeat the rules or limit you have set. It also might consist of writing up or drawing steps they must follow. Remember that repetition is the key.

Prepare for Transitions - Transitions are hard for kids. They don’t want to stop what they are doing or don’t understand things like the concept of time (i.e., being late), so they struggle to move between tasks. Ensure you give them warnings, including telling them before the event/situation occurs (where practical) that a transition will be coming. Then provide them a warning and cue that the time is nearly up.

Offer Options If Possible - You can keep the boundary but still offer them the opportunity to be independent or make choices. It can trigger defiance when kids feel like they have no choice or control over their world.

Help Them Regulate Kids love and need rules, but they don’t always like them. This might bring up some strong feelings, so ensure that you stay firm but still help them manage any big emotions. You could remove triggers, help them take calm breaths, cuddle them, or help them get some excess energy out with star jumps or running on the spot.

Let Them Be the Boss . . . Sometimes Rules are great, but too many can be overwhelming for kids, and they can become defiant when they get no opportunities to be autonomous. This can lead your kids to try to test the boundaries. Try letting them be in charge sometimes. But this means managing your fears or challenges of letting go. Ensure you set both of you up for success by still putting some parameters in place.

Find the Positives Reframe the conversation and language to focus on the positives or change your attention to the behaviour.

Pick Your Battles Decide which are the non-negotiables and focus on those instead.



This is just part of a larger article
read more via the QR code.

Braley, Pam. (2014). The Vestibular System.
Retrieved from theinspiredtreehouse.com

BOARD GAMES FOR NUMERACY

You might not expect much from a preschool board game. Players roll dice, or spin a spinner, and move their game tokens around a board. But when young children play number-based board games, something exciting can happen. If a game requires that players move their game tokens along an ascending sequence of numbered spaces — and speak these numbers out loud — it can help kids develop a crucial understanding of the number line and much more. Why not have a game night at home, begin with simple games like Trouble, Snakes and Ladders and Monopoly.

