

'IF YOU DON'T PUT YOUR IDEAS INTO THE WORLD, NO ONE ELSE CAN BENEFIT FROM THEM' – Adam Grant



ON *this* MONTH

CENTRE EVENTS

Christmas Party 5:30-7:00pm	15
Christmas combined Chapel 10:30am	22

AROUND THE COUNTRY

International Day of People with Disability	03
Human Rights Day	10
International Mountain Day	11
International Migrants Day	18
Christmas Eve	24
Christmas Day	25
New Year's Eve	31

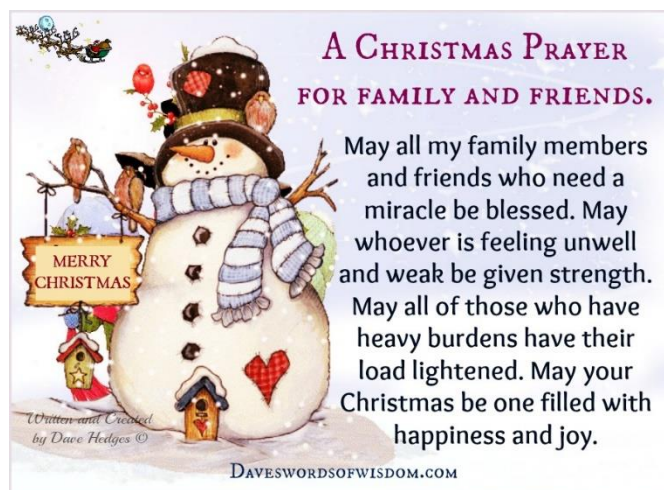
Fees and Enrolment for 2024:

Thank you to all families for staying on top of your fees. All families must be up to date with their fees plus the 2 weeks ahead payment to be able to continue your enrolment in 2024.

Concert and celebrations

We are looking forward to our Christmas Concert and party on the 15th December. This will start at 5:30 at Citipoint Church just at the end of Watt Street. Our concert will start at 6:20pm. There will be food and drinks provided. There will be a family photo booth and lots of space to have a run around.

Kindy Graduation – This will be at Citipoint church starting at 5:30pm on Wednesday 17th January. All family members welcome.





HUMAN RIGHTS DAY – DECEMBER 10

Every year, Human Rights Day provides an opportunity for all to renew with the spirit of humanity's long struggle for rights and dignity and to mobilise against old and new challenges, in the shape of poverty and inequality,

violence, exclusion and discrimination. The 2023 theme is 'Dignity, Freedom and Justice for all'. [Find out more here](#)

INTERNATIONAL DAY OF PEOPLE WITH DISABILITY – DECEMBER 3

The International Day of People with Disability (IDPwD) is observed each year on December 3. The theme for 2023 is 'United in action to rescue and achieve the Sustainable Development Goals for, with and by persons with disabilities.' IDPwD aims to increase public awareness, understanding and acceptance for people with disability and celebrate the achievements and contributions of people with disability. [Find out more here.](#)



CHRISTMAS BROWNIES

PREP 15 mins | COOK 30 mins | SERVES 16

INGREDIENTS

85 grams good quality **dark chocolate**
 1/2 cup (125 grams) **butter**
 1 1/3 cup (315 grams) **caster (white) sugar**
 2 **eggs**
 1 tablespoon **vanilla extract**
 1/2 teaspoon **sea salt flakes** (or pinch of salt)
 2/3 cup (100 grams) **plain flour**

To Decorate:

50 grams **dark chocolate**, *melted*
 3 **candy canes**, *crushed*

METHOD

Preheat oven to 175 C and line a 20 cm x 20 cm square tin with baking paper. Grease the baking paper with a little butter. Set aside.

Place chocolate and butter into a heat-proof bowl and place over a saucepan of simmering water. Do not let the bottom of the bowl touch the water. Stir the mixture until melted.

Take off heat and allow to cool for 5 minutes.

Add the sugar, eggs and vanilla to the melted chocolate and whisk to combine.

Add the salt and plain flour and whisk to combine.

Pour the batter into the prepared tin.

Bake for 25-30 minutes or until a skewer inserted removes cleanly. Allow to cool in the tin. **Cut** into 16 bars.

To Decorate:

Drizzle melted dark chocolate over brownies and top with crushed candy canes. Enjoy x

Speech Therapy

We know how hard it can be to find a great speech therapist. We are blessed to be able to have Jon Cronk partnering with our service to support families as he is starting out in the new year. If you are looking to engage in speech therapy for your child, you can contact Jon on the email address below. He will be able to come and do a site visit here and if there are several children this will bring the travel cost down for families also. If you have an NDIS you can participate in this if you have speech as part of your plan.

All of our Kindy children will have a free speech screen in the new year to start off the year to see where they are at and each family will get a report to follow up on if they choose.



Three Pillar Health

Are you looking for a speech therapist who can visit your child while they are here at our centre?

We are partnering with Jon Cronk from Three Pillar Health.

Please reach out to Jon at jon@threepillarhealth.com.au

POM-POM COUNT

You will need some cup-cake liners, tweezers, pom poms and a marker. Write numerals 1-9 in the bottom of the liners and lay them in a tray with pom poms and tweezers. Children will count out pom-poms using tweezers into the cupcake liners to match the numbers in each. You can make this activity more difficult by writing larger numbers into the cupcake liners.



FOCUS: Why are my kids good around other people and then badly behaved with me?

Parents may be familiar with this scenario: a child is well behaved at school and polite to their teachers but has a meltdown at home in the afternoon. Or they say please and thank you at a friend's house but are rude with their family. They follow the rules if they visit a neighbour but have to be constantly reminded about not slamming doors and raiding the pantry at home. Why is this so? And is there anything you can do about it?

Children learn early their behaviour matters

Even well-behaved children misbehave from time to time. When young children get tired, such as after a play date or a long day at daycare or school, they can become irritable and disruptive. Children are also naturally curious and may misbehave sometimes just to see what happens. However, some children seem to behave consistently worse at home than with other people. To understand this phenomenon, it's necessary to understand why children behave the way they do. From the very beginning, a child's behaviour produces results or outcomes. For example, babies soon learn crying is a very effective way of signalling they are in distress. Parents quickly learn to change a wet nappy or feed their infant when they cry. A smile often results in an adult smiling back, cooing or cuddling the baby. So, children quickly realise their behaviour can be an effective way of controlling the actions of others.

The bad behaviour pay-off

Children's behaviour, whether desirable or undesirable, is influenced by the consequences it produces. Sometimes, the reactions of parents or siblings can accidentally reward misbehaviour, and children learn undesirable behaviour has a payoff. For example, children may learn that when they don't do as they're told, they get extra attention from their parents. This attention may be reasoning, discussing, arguing, nagging or repeating instructions over and over. It may not be seen as a "reward" to adults, but children are getting more attention from mum or dad. Children may also learn when they whine and complain for an electronic device, they are more likely to get it.

Unfortunately, in this scenario, the child is rewarded for whining and the parent is rewarded for giving them the iPad because it stops a highly irritating noise (at least in the short term). As both the child and the parent are rewarded, this interaction is likely to occur again.

Why are kids better at school?

When children are with less familiar people, they do not know how others will respond or what behaviour will result in a payoff. In these circumstances it is common for there to be less undesirable behaviour, at least temporarily.

Children can also behave better at school than at home because teachers have very good systems in place. Children are kept busy with a variety of engaging activities, expectations of children's behaviour are clear, and the payoff for desirable behaviour is reliable. Teachers are well practised at recognising and rewarding desirable behaviour through attention, praise and sometimes token reward systems.

Children also tend to imitate their peers' behaviour, particularly if they see it gets results, such as attention from the teacher or access to prized activities.

How can parents help kids to behave better at home?

The good news is if children behave well in one setting, we know they are capable of doing the same at home. Parents can value children's need to relax at home while still expecting them to be polite and follow rules. By making some small changes, it's usually possible to see much improved behaviour.

Here are some practical things parents can do:

- establish routines. Have a routine for when your child gets home from school or outings. This might include allowing your child to unwind and relax, giving them a healthy snack, and then setting them up with an engaging activity. Routines make it easier for everyone to transition from one setting to another. It is even better if the routine includes activities – such as colouring-in or a run around outside – that are calming or burn off energy.
- set simple house rules. Have a few simple rules that clearly communicate to your child how you expect them to behave. For example: "use an inside voice" or "keep the toys on the floor".
- notice good behaviour. Let your child know when they have done the right thing. Do this by describing what you are pleased with ("you two are sharing the toy so nicely"). This will make it more likely the behaviour will occur again.
- spend small amounts of time with your child regularly. This is especially important when your child approaches you for help or attention. It shows you're there for them and they do not need to become louder or act out to get your attention. Spending small amounts of time - as little as one or two minutes - often throughout the day is a powerful way of strengthening your relationship with your child and preventing problem behaviour.
- have realistic expectations. Change is easier if you focus on one or two goals at a time. Also, when striving to improve behaviour, expect occasional setbacks. No child (or parent) is perfect!



Read the article via the QR code.

The Conversation (2023). Why are my kids good around other people and then badly behaved with me? Retrieved 19 November 2023

LEARNING AND DEVELOPMENT

Child Development & Milestones 3-5yrs

At 3 to 5 years your child will show more interest in the world around them and start becoming more independent. They begin to dress, feed and toilet themselves and will start asking lots of 'who', 'what', 'where' and 'why' questions.

Parenting a preschooler can be challenging. Here are some things you can do as a parent to help your preschooler at this time:

- read to your child and ask them questions about the book
- let them help with simple chores
- encourage them to play with other children
- be clear and consistent with your expectations
- speak to your child with complete sentences to help them learn the correct words and phrases
- help them problem solve when they get upset
- provide a limited number of choices such as what to wear, when/where to play and what to eat.
- explain safety rules, such as crossing road, wearing helmet on a bike and how to be safe around strangers

Read More about these milestones and what to look for in relation to possible delays in development:

- [Starting Blocks "3-5yrs Milestones"](#)
- [First Five Years "Child Development Milestones 3-5yrs"](#)
- [Raising Children "3-4yrs: Preschooler Development"](#)
- [Raising Children "4-5yrs: Preschooler Development"](#)

Record Keeping Policy

The Education and Care Services National Regulations specify a number of records which are required to be maintained by the service and prescribes the length it should be stored for as well as ensuring confidentiality.

It is important that all records and forms are completed fully and are legible. Most records for children are required to be kept until three years after the child finishes care at the service, but some records must be kept for longer. Incident, illness, injury and trauma records must be kept until a child is aged 25yrs and records related to child safety must be kept for 45years from the date the record was created. Records related to attendances and absences must be kept for 7yrs.

We are also required to keep a range of records related to staff, volunteers and visitors. Ask for a copy of our Record Keeping Policy for further details.

POLICIES AND PROCEDURES

SAFETY TIPS

Rockers, bouncers and other items that result in baby "sleeping on an incline increases the risk of sudden death for babies from:

- rolling into a position that blocks the airways
- dropping their head onto their chest, which restricts their breathing.

When babies are left unsupervised and fall asleep in these products, they risk serious injury or sudden death." [Red Nose Australia](#)

The following articles provide further information:

- [Red Nose "Don't sleep your baby in a rocker"](#)
- ["Red Nose warns against the use of incline sleepers"](#)
- [ACCC "Infant inclined products and sudden death risks"](#)



Infant Inclined product safety

"Reports indicate 151 babies in Australia have died in inclined products such as rockers, bouncers and on propped items"

[ACCC](#)

TOP TIP

Bouncers and rockers are designed to allow a baby to either bounce or rock in an inclined position. Baby must be supervised at all times.



Adventurous Play / Risky play

Risky play is thrilling and exciting play where children test their boundaries and flirt with uncertainty. Risky play provides opportunities for challenge, testing limits, exploring boundaries, and learning about injury risk.

Risky play is important because:

- It provides children with the opportunity to assess risk and manage sticky situations
- It gives kids a sense of accomplishment and fun.
- Swinging, climbing, rolling, hanging and sliding are not only fun for children but are also essential for their motor skills, balance, coordination, and body awareness.
- Developing less fear.

What are the benefits of risky play?

Children need and should take risks in order to explore limits, have new experiences, and develop their **capacities**. A strong motivation to respond to challenges involving a risk of injury helps them learn how to walk, climb stairs, and ride bicycles. As they grow and develop they will have to make choices about what is safe to attempt and what is not.

Develops self-confidence and well-being. It becomes a source of pleasure for the child as they foster new learning experiences. Importantly, it aids them to when interacting with children of different age ranges.

National Quality Framework | Quality Area 3:
Physical Environment Element 3.2 The service environment is inclusive, promotes competence and supports exploration and play-based learning.

WEBSITE OF THE MONTH

WWW



www.familyconnect.org.au

Provided by Relationships Australia, Family Connect sets children up for success and good mental health.

This website provides activities aimed to develop a family's listening, appreciating and emotional skills, along with self-responsibility.

You practice the skills through having meaningful conversations with your family. Each new conversation introduces new skills and techniques that build upon each other.

You can also access the Family Check-in Tool for further strategies.



The after dinner walk

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

Maybe a little more than 5 minutes however, very worthwhile. After dinner is finished for the night take a walk, down your street, to a local park. It doesn't have to be a long walk but getting out into the fresh air while the days are long can be a great way to get some extra movement into your day.

Walking after meals improves overall well-being, help digestion, and reduce blood sugar levels. Doing an activity as a family post meals can also give you a chance to unplug and connect.

Source: *NYtimes.com*