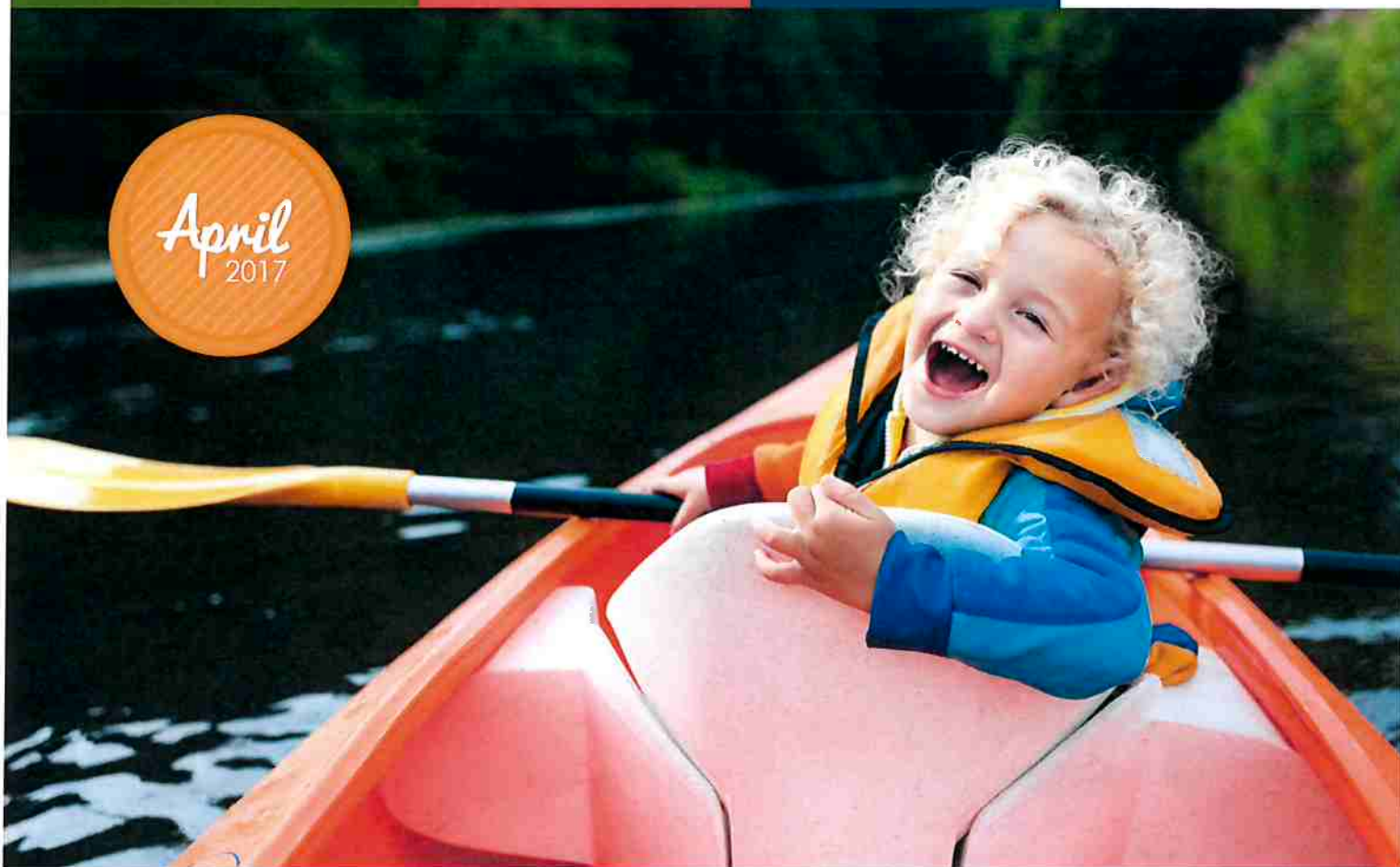


PLAY IS OFTEN TALKED ABOUT AS IF IT IS A RELIEF FROM SERIOUS LEARNING BUT FOR CHILDREN PLAY IS SERIOUS LEARNING - FRED ROGERS

PESTO CHICKEN TRAY BAKE – A QUICK AND EASY HEALTHY WEEKNIGHT DINNER FOR THE WHOLE FAMILY

THE PARENTS PLAY BOOK – A GREAT WAY TO COMMUNICATE WITH YOUR CHILD

# Little Assets Melbourne City



## Welcome to the 4<sup>th</sup> Edition of our monthly newsletter!!!!

Dear Parents,

Hope you all are well. There are few centre updates that we would like to bring into your notice:

1. We would like to remind you that the presentation on "Child Nutrition" is booked in for next Wednesday! 5th of April from 6:30-7:30 p.m.
2. On another note we would like to remind you all to send your children with their favorite books (labelled please) to mark the **International Children's Book Day** which we will be celebrating next Monday, i.e. 3rd of April.
3. We would also like to request you to kindly provide us with your **updated details** if you have recently moved house or have changed your contact numbers and/or emergency contacts. Also if your child has recently been immunized, please do not forget to email us the **updated immunization statement**.
4. As we are an **egg-free and nut free centre**, we request families to ensure no such products are brought to the centre. We also do not allow any outside food as we have several children with allergies and anaphylaxis attending the service.
5. If your child is currently **undergoing any allergy test**, kindly inform us about the same so we can keep a note in our communication book and inform our chef and educators about the same.

6. Finally we would like to inform you that as a **part of regulatory quality assessment process**, we are due to go through an **Assessment & Rating process in between 24th of April to 22nd of May**. We will receive an exact date closer to the date. As a part of this, a member of regulatory authority will be visiting us and will be spending a day or two overlooking at our practices and processes at the service. Based on the visit, we will then be provided a rating as to where we sit in terms of quality and assessment.

We last got assessed around **July 2013 and we receiving "Meeting" all National Quality standards**. We are excited about the visit and can't wait to showcase where we have travelled to since then in the level of care and education we provide at Little Assets. If you have any **input/feedback**, please do not hesitate to comment below and/or email us directly. As you know we have an open door policy so feel free to drop in and give us some of your valuable ideas which we can then embrace into our day-day practices.

Kind Regards,  
Anjali Raminvar

## On this month

### AROUND THE CENTRE

- April 3<sup>rd</sup> -----International Children's Book Day Celebration
- April 5<sup>th</sup> -----Presentation on Child Nutrition
- April 13<sup>th</sup> -----Easter Egg Hunt
- April 24<sup>th</sup> -----ANZAC Day Baking

### AROUND THE COUNTRY / WORLD

- International Children's Book Day-----2<sup>nd</sup>
- World Autism Day -----2<sup>nd</sup>
- Nature Play Week -----12<sup>th</sup> - 23<sup>rd</sup>
- Intl Day of Human Space Flight -----12<sup>th</sup>
- Easter -----14<sup>th</sup> - 17<sup>th</sup>
- Baisakhi -----14<sup>th</sup>
- Earth Day -----22<sup>nd</sup>
- Anzac Day -----25<sup>th</sup>
- Pay It Forward Day -----28<sup>th</sup>





**ANZAC DAY – 25<sup>TH</sup>**

On 25 April every year, Australians commemorate Anzac Day. Anzac Day goes beyond the anniversary of the landing on Gallipoli in 1915. It is the day on which we remember all Australians who served and died in war and on operational service. There are events being held Australia wide to find one near you go to [awm.gov.au/commemoration/Anzac](http://awm.gov.au/commemoration/Anzac)

**INTERNATIONAL CHILDREN’S BOOK DAY – 2<sup>ND</sup>**

International Children’s book day has been celebrated since 1967. It is celebrated on or around Hans Christian Andersen’s Birthday (2<sup>nd</sup> April). We celebrate to inspire a love of reading and call attention to children’s books. This year’s theme is ‘Let us grow with the book’. Find out more at [www.lbby.org](http://www.lbby.org)

**EARTH DAY – 22<sup>ND</sup>**

Earth Day is a day that is intended to inspire awareness and appreciation for the Earth’s natural environment. This year’s campaign is all about environmental & climate literacy. Stand up! Join up! Take action! Go to [www.earthday.org](http://www.earthday.org)



**PESTO CHICKEN TRAY BAKE**

PREP 20 min | COOK 50 min | SERVES 4

**INGREDIENTS**

- 1 carrot & 1 capsicum cut into batons | 1 zucchini, cut into rounds
- 1 eggplant, halved and cut into moons | 1 red onion, cut into thin wedges | 1 small bunch asparagus ends trimmed cut into three
- 200 grams cherry tomatoes, halved | 3 tablespoons olive oil
- sea salt and pepper | 500 grams chicken breast
- 2 tablespoons basil pesto | 1 cup (250 ml) Greek yoghurt
- To serve: a small handful of fresh basil leaves

**METHOD**

1. Preheat oven to 190 degrees Celsius and line oven tray with paper. Place carrot, zucchini, red capsicum, eggplant, red onion, asparagus, cherry tomatoes and 2tbs of olive oil onto the prepared tray - Season with salt and pepper and toss to combine. Pop into the oven for 30 minutes.
  2. Meanwhile, place the chicken and pesto into a large bowl. Season with salt and pepper and toss to combine. Nestle the chicken breast into the vegetables and bake for another 20 minutes or until the chicken is cooked through. Make sauce by combining yoghurt, pesto and 1tbs of olive oil into a small bowl and season with salt and pepper. To serve pop the yoghurt sauce into the corner of the tray and sprinkle with fresh basil.
- See this recipe in action at [www.mylovelylittlelunchbox.com](http://www.mylovelylittlelunchbox.com)

*SAFETY – Remember to always supervise kids in the kitchen.*



Source: Recipe and images belong to [mylovelylittlelunchbox.com](http://mylovelylittlelunchbox.com)

**App reviews**

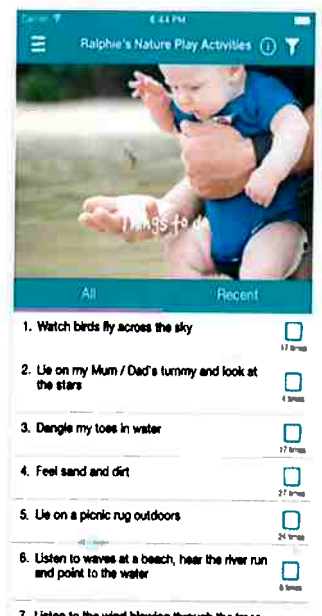
Can an app get you and your children outdoors more? Here is one to try!



**GROW with Nature Play**  
 Queensland Outdoor Recreation Federation  
 \$2.99 | 0-3 years old

Unlock the secrets of playing in Nature to Grow super healthy happy kids. Grow with Nature Play is the practical play app featuring heaps of things-to-do, tips, hints and all sorts of information about how and why playing in nature can benefit your baby. Designed for children 0-3 years old, the important formative years of a child’s life. The app was developed in consultation with leading early childhood development research by Nature Play QLD - the community organization that advocates the importance of unstructured outdoor play for children.

Studies across the globe have shown that unstructured play outdoors – “nature play”, delivers significant health benefits to children including cognitive, social and emotional development, and helps children build independence, resilience and creativity and directly leads to environmental awareness and stewardship later in life.



## FOCUS ARTICLE: The Parents Playbook

As a psychologist who had mostly treated adults, Dr. Larry Cohen realised once he became a parent that the single most important skill a parent might acquire was to play with their kids. "For adults, play means leisure, but for children, play is more like their job," writes Larry in his book, *Playful Parenting*. "Play is also children's main way of communicating, of experimenting, and of learning." And when we understand that play is a child's way of thinking, talking and connecting, its potential as a parent's tool for managing behaviour and helping their child grow comes into focus. Larry uses play as a tactic for managing everything from aggression, dependence, lack of communication, separation anxiety, sibling rivalry and discipline to routine events like getting ready for bed and playground injuries.

Among the issues he heads off with play are:

**DEPENDENCE:** One tactic he recommends is to let the kids make up the rules of the game and win. Some parents worry this will leave a child unprepared for the real world's rules and competition, but Larry advises a taste of power through winning 'fills their cup' and levels out their upset at the real world's limits and frustrations.

**SEPARATION:** They're clinging to you? Cling to them instead. This role reversal gives them connection and renders them powerful, and then they're willing to let go.

**CO-OPERATION:** Let the kids make up silly rules, which you follow, and even break, in order to be 'punished'. Kids love this, and when it's time for them to follow your rules, they're more likely to do so, Larry advises.

**TANTRUMS:** Larry's favourite tantrum stopper is to jump in with play as tensions rise. Say something like "One of us needs to scream. Shall I, or do you want to?" He notes that children use limits to unleash their frustration but paradoxically, they tend to throw tantrums when they don't get limits because they store up frustration too long. So make up some instant funny limits – "No standing on both legs!" "No giggling!" and the frustration comes flooding out as giggles.

**BRING ON THE BAD!** - An unexpected tactic Larry suggests is to invite kids to do the 'bad stuff'. This gives adults room to think better about to handle the situation, and the playful twist catches kids off guard. For example, if kids' arguments are driving you nuts, ask the kids, "Could you guys please have a fight?"

He once encouraged his daughter's six nine-year-old friends to deliberately shriek their heads off just before leaving the park; then later at home, he could ask them to be quiet.

**ROUGH IT UP** - Every parent should know how to wrestle, Larry recommends. It is a major tool for nurturing confidence, letting go of old hurts, and connecting physically (a wrestle becomes a bear hug). "Wrestling with them can help them find their true selves again," he says. Jemma Bradley in Melbourne has used play for the past seven years with her two daughters, 11 and eight. "By far the play I use the most is roughhousing where I get down on the floor and we tackle, or I throw the girls into the air (I still can), or they try to roll me off the bed wrapped in a duvet, or they sit on my back while I try to fling them off, or I lie on my back with my legs in the air and they balance on the end of my feet. Both girls love this. "When the sibling rivalry gets intense, which it often does, I can suggest wrestling and they will cheer 'yes'. When they have anxiety, roughhousing is what they ask for."

**LOOK, LAUGH AND LEARN** - A pay-off of active play with kids is that the more time we spend in their world, the more co-operative they're likely to be when we want them to join our world, whether it's a trip to the store or a visit to an aunt.

Lismore, NSW, family day care educator Megan Edwards has used play as a parenting tool for most of her 15-year-old son's life. "Using play to set limits brought so much more fun into my relationship with my son and helped me to avoid the distance that punitive limit-setting can sometimes create. This brought the type of close



loving relationship with my adolescent son I'd hoped for."

Even if you play all the time, however, it's a good idea to set aside what Larry calls *PlayTime*. This one-on-one interruptions-free period can make a great relationship even better, but it can also heal a troubled child. If you schedule it, the kids will save up their feelings for it, he advises, which can make them less demanding at other times. It gives kids permission to bring up topics that might normally be off-limits or discouraged.

Sydney's Benn Lim, father to two sons, five and one, says an element of play he finds "very powerful" is to watch his son role-playing with Lego people. "If I pay close attention and ask the right questions, I start to hear about his day at school, which is more than I would ever get from him if I asked directly."

Whatever the problem is, bring it into the play zone, advises Larry. "Say to kids, 'I'd like to help you with that issue. Let's play some games about that!' The kids might come up with a game themselves. If so, go along with it – this is going to be golden. If not, act out – say to them 'Do you want to play the parent? The kids? Shall we all be polar bears?' The aim is laughter, which reduces the tension, not a boring lesson in the right way to behave. To model good manners, for example, display outrageously terrible manners!"

### FIVE TIPS FROM LARRY TO PARENT WITH PLAY

1. Follow the children's lead. Don't say no too quickly, and don't over-fuss about the odd broken knick-knack.
2. Take the lead when they need a gentle push, or you need to make contact, or to introduce an avoided subject.
3. Reverse roles. It empowers kids.
4. Look for a game that addresses what's missing, like follow-the-leader for a five year old whose bigger brothers usually leave him bringing up the rear.
5. Play isn't always fun for adults. It's okay to recognize that. 'Fill your own cup' whenever you can.

*For a more in-depth guide to play strategy, see Larry's book, *Playful Parenting*, Dr. Lawrence J. Cohen.*

*This article was written by Natalie Ritchie 14/02/17 Source: Sydney's child article and image: <http://www.childmags.com.au/family/parenting/9121-the-parents-playbook>*

# HEALTH & SAFETY: Sun Safety

Australia has one of the highest rates of skin cancer in the world. In 2013, more than 2,200 Australians died from this almost entirely preventable disease. Fortunately, being SunSmart is a simple and effective way to reduce your risk of developing skin cancer. It may be Autumn but it is important to remember the sun's rays are still dangerous. Follow the guidelines below to help prevent skin cancer:

**Protect your skin** - For best protection, we recommend a combination of sun protection measures:

1. **Slip** on some sun-protective clothing that covers as much skin as possible.
2. **Slop** on broad spectrum, water resistant SPF30+ (or higher) sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
3. **Slap on a hat** – broad brim or legionnaire style to protect your face, head, neck and ears.
4. **Seek** shade.
5. **Slide** on some sunglasses – make sure they meet Australian Standards.

## Sun protection for infants

It is important to ensure that infants are well protected from the sun. Childhood sun exposure contributes significantly to the lifetime risk of skin cancer, and babies' skin is sensitive and can burn easily. Plan daily activities to ensure the infant is well protected from the sun and aim to minimise time (or take particular care) outside during the middle of the day during the summer period when UV levels are at their strongest.

## UV Index

Ultraviolet (UV) radiation is the invisible killer that you can't see or feel. UV radiation can be high even on cool and overcast days. This means you can't rely on clear skies or high temperatures to determine when you need to protect yourself from the sun.



The SunSmart UV Index is reported daily by the Bureau of Meteorology. The alert identifies times during the day when the UV level is 3 or above and sun protection is needed. As well as appearing on the Bureau of Meteorology website, the alert is published in the weather section of daily newspapers, on Cancer Council Australia's home page and as an app for smartphones.



Download the SunSmart app for iOS or Android keep track of the UV levels throughout the day. Always remember to **SLIP, SLOP, SLAP, SEEK and SLIDE!**

## SHAPES IN NATURE

Materials: Pictures of shapes as a support

Time to explore outdoors, there are shapes everywhere help your child discover them. Print images of shapes to use as a support for finding shapes in nature. Go on a walk with your child and look around ask: Can you see any circles? You may see a rock, a snail shell, a puddle. Can you see any rectangles? A log, the holes in a spider web.



## GET GROWING!

Growing plants is a fun and simple way to teach kids about sustainable living, while they have fun getting their hands dirty.

What you grow depends on the space you have. Be that a windowsill or half your backyard. There is a vegetable for you.

You need: Seed compost, 10 cm pots, (once a plant has four or five leaves you can move them outside to an optimum position with the required space and sunlight.)

Your chosen vegetable seeds (each packet will detail the correct conditions for your vegetables to flourish.)

Fill small pots with seed compost and plant seeds following depth recommendations on packet. Place pots in a sunny position and wait for those 5 leaves to sprout before moving them onto their permanent home. Growing your seedlings indoors protects them from the elements and slugs during their most vulnerable stage.

*Tip 1: Start your plants indoors and protect them while they're vulnerable.*

*Tip 2: Nurture your soil with organic compost matter.*

Try: Lettuce, kale and rocket can be grown in a window box and provide a steady flow of salad greens as you can harvest leaves as the plant is growing. Cherry tomatoes and strawberries grow great in pots and are fun picking for kids. Zucchini's are great if you have a little more space. Children will enjoy the novelty of eating the flowers too.

## THE WILD WORLD

IT'S NO SECRET THAT GLOBALLY OUR CHILDREN ARE SPENDING MORE TIME IN DOORS THAN EVER BEFORE. HERE IS AN INITIATIVE FROM THE UK TO INCREASE WILD TIME – AKA TIME OUTDOORS!



THE WILD NETWORK|UK: *"We exist to grow Wild Time in families, schools and communities. Wild Time is time spent outdoors, wherever it occurs and we want to show how it is vital to help children thrive in the 21st century."*

The Wild Network grew from the following of filmmaker David Bond documentary "Project Wild Thing". PROJECT WILD THING is the hilarious, real-life story of one man's determination to get children out and into the ultimate, free wonder-product: Nature.

The Wild Network has outlined barriers that restrict access to 'Wild Time'.

### 11 barriers to wild time:

**Fear** - Stranger danger, risk-adverse culture, danger streets, calamity

**Time** - time poor parents, nature starved curriculum, lack of free range play

**Space** - vanishing green space, Play INC, kidvertising,

**Technology** - rise of screen time

The challenge: To create conditions to overcome these barriers and the impact they have.

### How:

Library of ideas: to get outside for all ages.

Wild Local: Supports and collaborates with grass-root, local efforts to get kids more wild time. *Scouts/Girl Guides.*

Communities: Connects like-minded people through online forums and events to encourage Wild Time.

Wild Learning: an easy-to-use, web-based tool, to help teachers take learning outside. The site gives you learning activities tagged against curriculum learning topics and key learning stages - all set out by time.

Go to [www.thewildnetwork.com](http://www.thewildnetwork.com) to find out more.

# KNOWLEDGE BANK

## Child Safety

There are a number of elements that can contribute to the safety of your child. These include:

**Unsafe environmental conditions** - for example, access to dangerous items or situations that are inappropriate to the child's understanding and stage of development. Get down to your child's level and have a look around to see from their perspective.

**Participation in activities that are not consistent with the child's abilities and development** - for example, using a pair of scissors when they are not aware of the dangers involved.

**Lack of adult supervision** - where parents / carers over-estimate their child's abilities to cope in different situations or environments or underestimate the potential for dangers to children in various situations and environments. No mechanism or gadget can replace parental supervision to provide a safer environment for children. At the end of the day, a product is only designed to be a product, not a child-minding substitute.

*Remember...child safety is no accident.*

Kidsafe Victoria is dedicated to reducing the number and severity of unintentional child injuries through promoting child safety. [www.kidsafevic.com.au](http://www.kidsafevic.com.au) is a great website for parents on children's safety in and around the home



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

This is one you need to head outside for. You might like to go to beach, a local park, a footy field or even just your back yard.

The exercise is simple...you just walk or run. You aren't running anywhere in particular or walking to a destination you are just moving with your child. Take a deep breath and be present in this moment. Copy them, are they running with their arms out wide, are they walking sideways, maybe they decided to roll in the grass why not try that too!

**Feedback**  
is always welcome



How can we make our newsletter even better?

What information would you like us to include?

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