

"A RIVER CUTS THROUGH ROCK, NOT BECAUSE OF ITS POWER, BUT BECAUSE OF ITS PERSISTENCE." JAMES N. WATKINS

NEED DINNER FAST?  
TRY THIS YUMMY  
10 MINUTE  
TOMATO SOUP

WHY READING  
WITH KIDS IS A  
REALLY BIG DEAL

**Little Assets  
Melbourne City**



# On this month

AT LITTLE ASSETS

Educators Day ----- 6<sup>th</sup>  
Footy Day ----- 28<sup>th</sup>

## AROUND THE COUNTRY

Wattle Day ----- 1<sup>st</sup>  
Fathers Day ----- 3<sup>rd</sup>  
National Flag Day ----- 3<sup>rd</sup>  
National Child Protection Week ----- 3-9<sup>th</sup>  
Sea Week ----- 4-10<sup>th</sup>  
Indigenous Literacy Day ----- 6<sup>th</sup>  
International Literacy Day ----- 8<sup>th</sup>  
Sustainable House Day ----- 17<sup>th</sup>  
Talk Like A Pirate Day ----- 19<sup>th</sup>  
World Rivers Day ----- 24<sup>th</sup>  
Save the Koala Day ----- 29<sup>th</sup>  
World Maritime Day ----- 29<sup>th</sup>

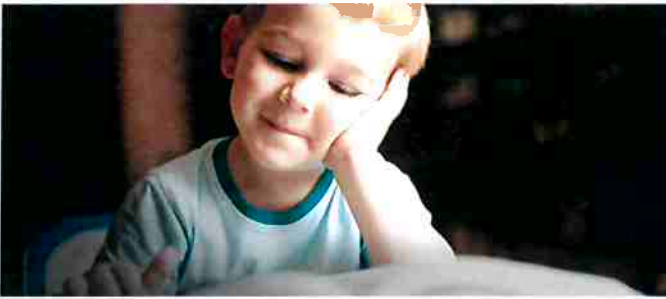
# Hello to *September!!!!*

Dear Parents,

We are looking forward to your presence on Friday' 1<sup>st</sup> of September for Father's Day Afternoon Tea. So please join us and make this day not only special for yourselves but also for your children.

Please Note: We will be sending out "Care Requirements Form for 2018" and "School Leavers Form" to you all next week so kindly ensure these forms are completed and emailed back to me as soon as possible so I can confirm your booking for 2018 in a timely manner. Thank you.





**INTERNATIONAL LITERACY DAY – 8<sup>TH</sup>**

Literacy and being able to read and write, is the foundation of learning. Once children have learnt to read and write they are able to use these skills to learn and develop. On International

Literacy Day each year, UNESCO reminds the international community of the status of literacy and adult learning globally. For more information and local events go to: [www.Unesco.org](http://www.Unesco.org)

**NATIONAL CHILD PROTECTION WEEK – 4 - 10<sup>TH</sup>**

National Child Protection Week invites all Australians to play their part to promote the safety and wellbeing of children and young people. "Protecting children is everyone's business." To find out more go to: [Napcan.org.au](http://Napcan.org.au)



**10-MINUTE TOMATO SOUP**

PREP 10 min | COOK 15 min | SERVES 4

**INGREDIENTS**

- ½ cup (125 ml) olive oil
- 3 garlic cloves, crushed
- 1.4 L tomato puree (tomato passata)
- 750 ml good quality (organic, if possible) vegetable stock
- 2 tablespoons balsamic vinegar
- 1-tablespoon brown sugar
- 2 small loaves of Turkish bread cut into 1cm thick slices
- Fresh basil leaves, to serve

**METHOD:** Place a large stockpot over low-medium heat. Add 2 tbsp. olive oil and garlic and cook for 1-2 minutes, stirring constantly, or until the garlic is cooked and fragrant. Add the tomato puree and vegetable stock and stir to combine. Add balsamic vinegar and sugar and stir to combine. Bring soup to the boil, reduce heat and simmer for 8 minutes or until slightly thickened. Meanwhile place a large non-stick fry pan over medium heat. Drizzle olive oil into pan and add Turkish bread slices. Cook for 1-2 minutes or until the bread is golden and toasted. Flip each piece and cook for another 1-2 minutes (add more olive oil, if necessary). To serve - divide the tomato soup between 4 bowls. Dot with toasted croutons and top with fresh basil leaves. Enjoy. [www.mylovelylittlelunchbox.com](http://www.mylovelylittlelunchbox.com)

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



Source: Recipe and images belong to mylovelylittlelunchbox

**App reviews**

Here are a few fun apps to celebrate the sea. One for everyone!



**Marine Missions**

National Geographic Society

**Recommended: 4+**

Explore with Jacques the hermit crab and learn that a healthy ocean is a

Healthy world! This app from National Geographic Kids teaches children about ocean animals and the importance of water conservation in a fun and interactive adventure game. Help Jacques on his mission to clean up the world's ocean!

**Wild About Whales**

NSW National Parks and Wildlife Service

**Recommended: Family**



Find where the whales are, submit your own sightings and share your coastal adventure with our social gallery. Learn about different whale species you might see and tips for spotting them, take photos and share them, use our maps to find the perfect vantage points and find tours and accommodation near you. You can also be alerted when they are sighted nearby!



**Sago Mini Ocean Swimmer**

Sago Sago

**Recommended: Children 5 and under**

Laugh out loud as you explore a magical underwater world with Fins the fish. Invite Fins out to play and let the adventures begin. Guide Fins through the water and discover dozens of fun surprises. Dive into sunken treasure, meet mysterious monsters and enjoy a treat at an underwater ice cream stand. Based on the wildly popular Sago Mini Forest Flyer, this open-ended play experience is sure to delight.



## FOCUS ARTICLE: WHY READING TO KIDS IS A BIG DEAL



Here's what the experts say about the benefits of reading to your kids.

Albert Einstein was once asked what we could do to make our children smarter. He answered, "If you want your children to be intelligent, read them fairytales. If you want them to be more intelligent, read them more fairytales."

### Research & Statistics

Increasingly, the research backs him up. The more we read to our children, the greater their vocabulary. The greater their vocabulary, the better they do at school. The better they do at school, the more successful they will be in life. As parents, isn't this what we want?

A 2013 study by the University of Melbourne followed more than 4,000 Australian kids from pre-school to mid-primary, and found the single most important predictor of overall success at school was the amount they were read to as toddlers.

*Reading to Young Children: A Head-Start in Life* found children who were read to 3-5 times a week were almost six months ahead of their peers in reading and cognitive skills (activities of thinking, understanding, learning and remembering) by the time they started school.

### Children who enjoyed daily story time were almost 12 months ahead

By age 8-9, these kids recorded higher scores in National Assessment Program – Literacy and Numeracy (NAPLAN) tests than kids who went without. In addition to the purely academic benefits, children who were read to regularly as toddlers showed greater school readiness, a better approach to learning and better physical, social and emotional development.

This is one of the most recent studies in a significant body of research that links regular reading to young children with greater success in later life. A 2013 British study, *Social inequalities in cognitive scores at age 16: The role of reading*, found kids who read for pleasure were likely to do significantly better than their non-reading peers throughout primary and into secondary school. These children tended to be those whose parents had read to them regularly at the age of five.

"It's likely that strong reading ability will enable children to absorb and understand new information, which affects their achievement in all subjects," says study co-author Dr Alice Sullivan.

### Dads also have an important role to play especially when it comes to their sons

Jim cites a study where boys whose fathers read to them regularly were better readers than their peers whose fathers didn't.

"As you read to a child, you're pouring into their ears (and brain) all the sounds, syllables, endings and blendings that will make up the words they will someday be asked to speak, read and understand," writes Jim. Equally important, the stories themselves fill in gaps of knowledge they need to understand things outside their immediate surroundings.

### Ten Minutes A Day

Australian-literacy advocate Love2Read recommends reading to children for 10 minutes every day.

"I'm the daughter of a time-and-motion expert who would never admit 'there is no time'," says author Jackie French. "There are a million ways to share a story with your child once you tell yourself this is something you must do."

Read:

1. While you cuddle them to sleep.
2. When they need comforting.
3. While you're having a coffee break.
4. On Skype from your hotel room on your next business trip.
5. Over the phone from your office.
6. The cereal-box in the supermarket queue and entertain the shoppers.

"When you are really bushed, put your feet up, shut your eyes and let your child read you a story," says Jackie. "It doesn't matter if they can't really read the words; if you have read to them often enough, they will make up a story just for you as they turn the pages."

Article source: Why Reading to Kids is A Big Deal

April 10, 2017

To read this article in its entirety, follow the link below:

<http://www.childmags.com.au/why-reading-to-kids-is-a-big-deal/>

## WORD FAMILY PING PONG Materials: golf tees, Styrofoam, ping pong balls, marker

Teach simple word families with this activity. Stick golf tees in a Styrofoam base, this creates the perfect platform to interchange different letters written on Ping-Pong balls. Think of some simple word families eg: mat/cat/fat. Write the letters on Ping-Pong balls. Create a word using the balls placed on top of the ties and then ask your child to change the first ball to make a new word. 'mat' becomes 'cat'. This game lends itself to giggling and throwing the Ping-Pong balls, and all shenanigans can count as literacy training. The Ping-Pong balls can also be used to spell out children's names or other words.



# HEALTH & SAFETY: Bedwetting in Children

*Things to remember:* Bedwetting is very common in young children and there are many possible causes. It is not the child's fault and is not a behavioural problem. Most children outgrow it.

☒

**How common is it?** It is very common. Most children need to wear a nappy or protective pants at night to avoid wetting their bed up until at least age five. At four years of age nearly one in three children wet, and this falls to about one in 10 by age six. Some teenagers wet the bed too. This is especially common if a parent or other close family member wet their bed at this age as well.

## What causes it?

There are a number of causes of bedwetting (or enuresis). We don't know all of them.

- Some children wet the bed due to being in deep sleep. They do not wake up to go to the toilet in time.
- Other children have smaller bladders that cannot hold onto a lot of urine overnight.
- Some children don't make enough of a hormone called Anti-Diuretic Hormone, known as ADH. This hormone helps to concentrate urine overnight.
- Children who don't make enough ADH have a lot of dilute urine and so wet the bed.
- Children with constipation may have problems with bedwetting. They may have problems with daytime wetting too.
- Bedwetting can run in families, but we have not yet found the gene that 'causes' bedwetting.
- In rare cases, there is an underlying medical cause. So always have your child checked by a medical doctor before you start any treatment.

Bedwetting is NOT due to underlying behavioural problems. Never scold or punish a child for bedwetting. They are asleep when it happens and cannot help it.

**When to see your doctor about bedwetting** If you're worried about your child's bedwetting, or if it's causing issues for your child and your family, you might like to see your GP for advice about treatment and management. There are lots of ways to treat bedwetting. Your GP can talk you through the options and help you find the treatment that best meets the needs of your child and your family. Your GP might also refer your child to a bedwetting clinic or specialist.

**Lifting and waking as a treatment for bedwetting** Lifting is when you lift your child out of bed while he's still asleep and take him to the toilet to do a wee. Waking is when you wake your child and take him to the toilet to do a wee. You can do this before you go to bed yourself, or at a set time during the night. Lifting and waking can help to stop bedwetting in the short term, but it **usually doesn't stop bedwetting altogether**. It isn't a long-term solution.

**Limiting drinks before bedtime as a treatment for bedwetting** Limiting drinks before bed can help your child manage her need to wee during the night, and can help to reduce bedwetting. For example, you might agree with your child that she won't have any drinks after dinner.

Make sure you still encourage your child to drink lots of water during the day so that he doesn't get dehydrated. It's best for your child to avoid drinks with caffeine in the evening – for example, cola, tea, coffee or hot chocolate. These drinks increase the amount of wee your child makes.

*It's a good idea to buy a waterproof mattress protector or underlay for your child's bed to stop her mattress getting wet and smelly. Bedwetting sheets are another option – these are a combination of fabric and waterproof material that go over the bottom bed sheet. They can make it faster and easier to change your child's bedding in the night.*

To read this article in full and for links to more information go to: <http://raisingchildren.net.au/articles/bedwetting.html>



## 'SUSTAINABLE HOUSE

Sustainable House Day provides a great opportunity for people to visit some of Australia's leading green homes. This unique peer-to-peer education is a valuable resource for anyone looking for inspiration, ideas and the key to sustainable living. If you are interested in attending Sustainable House Day go to [sustainablehouseday.com](http://sustainablehouseday.com) for more information.

### 6 Ways to make your home more sustainable today

1. Become a master recycler An astonishing amount of recyclable products are sent to landfill each year simply due to a lack of effort from consumers. Refresh your knowledge on what can be recycled in your area by visiting your council website.
2. Stop flushing wet wipes Unfortunately, a huge oversight in packaging laws means companies can advertise their wet wipes as being 'flushable' simply because they will disappear when flushed, without taking into account the long-term repercussions of the product on plumbing systems. Wet wipes may say they're flushable but they're not.
3. Switch energy providers your choice of energy provider



plays a major role in what industries receive funding.

4. Start composting
5. Stop buying one use products Ditch plastic water bottles, buy a reusable cup for takeaway coffee, use loose-leaf tea instead of tea bags, refuse plastic bags, and swap paper napkins for cloth.
6. Dispose of e-waste correctly Australia's rapidly changing technological landscape means "e-waste" such as disposed computer, television and mobile phone products is increasing. These items cannot be placed in your curb-side bin. Visit [recyclingnearyou.com.au](http://recyclingnearyou.com.au) to find out where you can dispose of these items.

Read this article in full at <https://www.domain.com.au/>



## Put to the vote: German nursery where children make the decisions



Dolli Einstein Haus in Pinneberg is run on a democratic basis, with votes on everything from food to nappy changes

At the Dolli Einstein Haus, constitutional crises are usually solved before breakfast. When one delegate's motion in favour of rice pudding with cherry compote was roundly defeated the delegates were left facing a hung vote over the choice of french toast or pancake with apple puree. Another council member then demanded sausages with spaghetti. But a second-round runoff broke the deadlock: 12:4 in favour of pancakes, an absolute majority that everyone could live with.

At most nurseries, parents worry that their child will pick up nits, a runny nose or bad language. At the Dolli Einstein Haus in Pinneberg, however, parents hope that their offspring catch a different kind of habit: a taste for democracy.

The nursery, which was certified as Germany's first "democracy nursery" earlier this year, is run on a mission to test how far decision-making processes can be devolved to the under-sixes, by giving children a vote on anything from breakfast menus to nappy changing.

Once a week, each group at the nursery meets for a session at which there are two rounds of votes: one on the topping of the afternoon cake, and one on the Friday morning breakfast menu. The former is essentially a referendum, with the educators for example offering a choice between lemon and chocolate cake, while for the latter the children can nominate four meal options and vote anonymously for what they prefer. In both votes, the result is strictly first past the post and constitutionally binding.

In spite of the potential power struggles these democratically trained toddlers may cause at home, the head of the program said she was not aware of any parents who had pulled out of a democracy nursery so far. On the contrary: after seven nurseries were certified in February, a further 12 are to follow by the end of the year.

Source: *The Guardian* – Philip Oltermann | 11/8/17  
<https://amp.theguardian.com/world/2017/aug/11/german-nursery-children-make-decisions-vote-dolli-einstein-haus>

## Father's Day Gift Ideas

With Father's Day just around the corner, CareforKids has compiled few gift ideas for us. A couple of these projects need to be done in stages, which is why we've given you a bit of extra lead time.

**Loose change tray** - A perfect gift for the dad who loses everything. Easy to make and suitable for very young children.

**King Dad crown** - The kids will enjoy making and decorating these cool golden crowns, which can be as simple or as fancy as your supplies and time frame permit.

**Plaster handprints** - This activity requires a few materials but results in a gift dads will treasure forever. Kids can add the final touches by painting the dried plaster of Paris.

**Tie painting** - A quick and easy idea which makes a great gift for dads who work in an office.

**Can cooler** - The ultimate Australian accessory: a stubbie holder, craft foam is the main ingredient of this project which would be great fun for older kids.

**Mug warmer** - For dads who prefer their beverages warm. This project substitutes foam for felt and would work best for older kids.

**Golf cart pen holder** - This activity uses simple supplies and makes a fun present for desk bound dads dreaming of lazy days on a golf course.

**DAD photo frame** - Print some digital prints of the children in your service to glue into the centre of these bright colourful picture frames.

**Garden plaque** - Another activity which may require you to order in supplies but which has a lovely final result and would make a great gift for all garden mad dads.

These craft ideas (and plenty of others) can be found on [Activity Village](#).



## Dance Party

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

When was the last time you turned on some music and let loose on the dance floor? Or for this purpose the lounge room floor with your kids? For the next 5 minutes turn on some music and get down and boogie. Copy your kids moves and teach them some of your tried and true favourites!

**Feedback**  
is always welcome



How can we make our newsletter even better?

What information would you like us to include?

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