



# Little Assets South Morang

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## April 2021.

Dear Families,

### *Welcome to our April Edition!*

We have a very busy month ahead, full of learning and community projects. We are looking forward to having you all apart of our sustainability project to support Earth Day.

We will be planting more herbs and vegetables in our garden and would appreciate extra helping hands! If you would like to participate, kindly have a chat to management.

Little Assets have been working with the City of Whittlesea council to build connections within the community and to develop our community project that we have been working on. We would love your input towards this special project that is very important to us. We encourage our families to visit our community wall and pin a photo of your family, a place in the community that means something to you or history about our location. We want to learn more about our community and its history.

### *Highlight of month:*

This month we are having an incursion on the 28<sup>th</sup> of April. Magic Learning are visiting our service to provide children with a unique sensory learning experience. The themed sensory bins encourage children to use scientific processes while they play, create, investigate, and explore!

If you would like your child to be apart of this sensory incursion you can book in a casual day. Spaces are limited.

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## FLAVOUR OF THE MONTH:



### *Greek Salad Pasta*

This month we are adding Greek salad pasta to our menu as a side dish to complement our lunch! Check out the recipe:

- Rotini Pasta
- Diced Tomatoes
- Cucumber
- Black Olives
- Chopped Garlic
- Olive Oil
- Oregano
- Feta

1. Cook pasta in boiling salted water until al dente!
2. While pasta is cooking, combine tomatoes, cucumber, garlic, feta, olives, and place into a large serving bowl.
3. Drain pasta and then add to serving bowl. Stir the pasta into the salad.
4. Stir in oregano



## How much food does my child need?

### FOR MORE INFORMATION

<https://www.healthdirect.gov.au/healthy-eating-for-children>

Children need to eat more as they grow. As a guide, your child should [eat these foods every day](#):

- 2 to 3 years: 1 serve of fruit; 2½ serves of vegetables; 4 serves of grains; 1 serve of meat/poultry; 1½ serves of dairy
- 4 to 8 years: 1½ serves of fruit; 4½ serves of vegetables; 4 serves of grains; 1½ serves of meat/poultry; 1½ to 2 serves of dairy
- 9 to 11 years: 2 serves of fruit; 5 serves of vegetables; 4 to 5 serves of grains; 2½ serves of meat/poultry; 2½ to 3 serves of dairy

### *Tips to encourage healthy eating habits*

Teaching your child how to eat healthily now means they will be more likely to make their own healthy choices as they get older.

- make mealtime family time, without any screens
- make healthy foods fun, for example by cutting fruit or sandwiches into interesting shapes
- encourage your children to sit with you at the table
- eat a healthy breakfast every day
- try out new foods and show your children where food comes from; let them help you buy food from the shops
- cook and try new recipes together
- do not keep junk food in the house
- keep a bowl of fruit handy for a snack
- wash your hands and make sure food is prepared and stored safely

## Spotlight on South Morang



Create connections with your neighbours. Neighbourhood Connect Training and Mentoring program-now online!

New opportunities for Neighbourhood Connectors. Join Neighbourhood Connect Training and Mentoring program and make a start at feeling more connected in your neighbourhood.

Where: OnlineRegister:

<https://www.neighbourhoodconnect.org.au/projects/>

When: 24<sup>th</sup> April 10<sup>00</sup> – 11.45am

Come along and join our fully facilitated event 'Bush Explorers' where children will have the opportunity to explore, create, imagine and discover nature.

Who: Children (aged between 2-5 years) and their parents

Where: Gumnut Park and playground 1025 Donnybrook Rd, Donnybrook

When: Tuesday 20 April, 9.30am - 11.30am

### A Sneak Peek at Aprils Events:

#### *Thursday 8 April Hana Mastari (Floral Festival in Japan)*

The floral Festival of Japan, Hana-Matsuri, is a religious holiday that symbolises Buddha's birthday. The holiday is celebrated, yearly, in April 8th in the Buddhist temples all over Japan.

#### *Thursday 22 April Earth Day 2021*

Since its inception in 1970, Earth Day continues to grow as a worldwide phenomenon focused on promoting clean living and a healthy, sustainable habitat for people and wildlife alike. Celebrating Earth Day serves as a conscious reminder of how fragile our planet is and how important it is to protect it.



### *Podcast Alert!!*



Join [Giovanna Fletcher](#) as she embarks on frank and warm conversations about parenthood with high-profile mums and dads. The mother-of-three, discusses all aspects of parenting: the highs, the lows and the challenges, following the success of her book [Happy Mum, Happy Baby](#).

# Nature Play Week.

26<sup>th</sup> of April

Nature Play week was developed by individuals and organizations in the Kids Nature Network to encourage families and children to explore and learn from nature; to learn about the world around them.

Nature play week is all about getting children involved and creating a sense of wonder. Little Assets will have many open-ended learning opportunities for children, and we encourage our families to be a part of this. Educators have been brainstorming with the children things that we can do to celebrate Nature Play Week.

The children in the Toddler room have decided to create a bird feeder for our outdoor areas. Educators and children have discussed many ways that they can make the bird feeder using recyclable items, they have drawn out a plan on how they are going to execute their idea! We are looking forward to having these hanging in our gardens and took look after our wildlife.

The positive **effects of nature** exposure include improved cognitive functioning (including increased concentration, greater attention capacities, and higher academic performance), better motor coordination, reduced stress levels, increased social interaction with adults and other **children**, and improved social skills.



## Did you know...

A report from the [National Wildlife Federation, Back to School: Back Outside \(Coyle, 2010\)](#), showed such benefits include:

Improved classroom behaviour;

Increased student motivation and enthusiasm to learn;

Better performance in maths, science, reading and social studies;

Reduced Attention Deficit Hyperactivity Disorder (ADHD);

Higher scores on standardised tests (including college entrance exams); and

Helps under-resourced, low-income students to perform measurably better in school.

**Families ensure you pack a change of clothing & gumboots during Nature Play Week! We will be exploring many types of natural elements and continue to learn from messy play.**

## Playdough....

No need to ever buy store-bought play doh after you try our homemade playdough recipe! This easy playdough recipe takes 5 minutes to prep and 5 minutes to make. And the playdough will last for months! It's super soft, stretchy and non-toxic for kids. With just a few ingredients your kids will love playing with this playdough.

## Ingredients:

- 1 cup of flour- ½ tsp cream of tartar- ½ cup salt- 1 tbsp vegetable oil- 1 cup of water- food colouring.

## Method:

1. In a large bowl combine all dry ingredients and mix well.
2. Mix food colouring with water and oil, stir well.
3. Mix wet and dry ingredients together. Use your hands to knead the dough.

# Toilet training

Toilet training is a milestone that many parents look forward to. Most children are ready to start toilet training around two years of age, although some children become interested as early as 18 months. Signs of being ready to start toilet training include:

- showing interest in watching others go to the toilet
- being able to walk, and to sit for short periods
- going several hours between wet nappies
- being able to follow simple instructions.

Some parents choose to use a toilet or a potty to start toilet training, or use both. See which one your toddler prefers and go with what works.

When you start toilet training, choose a day when you don't plan on leaving the house – this allows time and space to learn a new skill in a familiar and safe environment.

## Here are some other useful toilet training tips:

- Stay positive and calm when toilet training.
- Dress your toddler in clothes that are easy to take off, like pants with an elastic waistband.
- Teach your child some words for going to the toilet – for example, 'wee', 'poo' and 'I need to go'.
- It's a good idea to ask regularly if they feel the need to go to the toilet – this helps children become aware of the urge before it's too late.
- Sit your child on the potty (or toilet) at times you've noticed they might poo – such as 30 minutes after eating.
- Look for cues they're ready to use the toilet, such as jiggling. If nothing happens after five minutes or so, take a break – sitting for too long can start to seem like a punishment.
- Make sure you reward success and praise your toddler for trying. This could include switching to training pants or picking a colourful pair of underpants.

Accidents will definitely happen, and most children aren't dry all night until much later – but toilet training can be fun and rewarding for both you and your toddler as you see him or her grow in confidence.



From birth to **toilet training**, a baby goes through an average of **8000** **diaper** changes.

[www.facts.zone](http://www.facts.zone)



We hope you enjoyed our April Newsletter.  
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