



# Little Assets South Morang

IN THIS ISSUE

## August 2022.

Dear Families,

### *Welcome to our August Edition!*

We have a very busy and exciting month ahead of us. We have many planned events for the month of August but one of our events we are most excited for is science week. National Science Week is Australia's annual celebration of science and technology. Running each year in August, it features more than 1000 events around Australia, including those delivered by universities, schools, research institutions, libraries, and science centres. We would love for families to give their ideas about science week experiences.

On the 4<sup>th</sup> of August Little Assets will be celebrating National Aboriginal and Torres Strait Islander Children's Day.

National Aboriginal and Torres Strait Islander Children's Day is a time for Aboriginal and Torres Strait Islander families and communities to celebrate the strength and culture of our children.

If you would like to leave your input, kindly speak to management or your classroom teachers.

Thank you for your support and dedication.

- Flavour of The Month
- Food apps for children
- Spotlight on South Morang
- Community involvement
- Book of the Month!
- Podcast Alert!!
- Teaching kids about healthy boundaries.
- Families eating together
- Quote



## FLAVOUR OF THE MONTH:



### Banana Cake...



#### Ingredients:

- 1/3 cup (75 grams) melted coconut oil or extra-virgin olive oil or high quality vegetable oil\*
- 1/2 cup honey (168 grams) or maple syrup (155 grams)
- 2 eggs
- 1 cup (225 grams) mashed ripe bananas (about 2 1/2 medium or 2 large bananas)
- 1/4 cup (56 grams) milk of choice or water
- 1 teaspoon baking soda (NOT baking powder; they aren't the same!) 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon, plus more to swirl on top
- 1 3/4 cups (220 grams) [white whole wheat flour](#) or regular whole wheat flour\*\*

-Totally optional: 1/2 cup mix-ins like chopped walnuts or pecans, chocolate chips, raisins, chopped dried fruit, fresh banana slices...

-Preheat oven to 325 degrees Fahrenheit (165 degrees Celsius) and grease a 9x5-inch loaf pan.

-In a large bowl, beat the oil and honey together with a whisk. Add the eggs and beat well, then whisk in the mashed bananas and milk. (If your coconut oil solidifies on contact with cold ingredients, simply let the bowl rest in a warm place for a few minutes, like on top of your stove, or warm it for about 10 seconds in the microwave.) Add the baking soda, vanilla, salt and cinnamon, and whisk to blend. Lastly, switch to a big spoon and stir in the flour, just until combined. Some lumps are ok! If you're adding any additional mix-ins, gently fold them in now.

-Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon. If you'd like a pretty swirled effect, run the tip of a knife across the batter in a zig-zag pattern.

-Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean (typically, if I haven't added any mix-ins, my bread is done at 55 minutes; if I have added mix-ins, it needs closer to 60 minutes). Let the bread cool in the loaf pan for at least 10 minutes. You may need to run a butter knife around the edges to loosen the bread from the pan. Carefully transfer the loaf to a wire rack to cool before slicing.

<https://cookieandkate.com/healthy-banana-bread-recipe/>

happy  
healthy  
parents  
make  
happy  
healthy  
children.  
Dr. Miriam Stoppard



## Spotlight on South Morang

# COMMUNITY

**Description:** Facilitator: Drummond Street Services

**Date:** Wednesday, 10 August 2022

**Time:** 10:00AM — 11:30AM

**Location:** Thomastown Library, 52 Main Street, Thomastown

**Contact:** Family Services Education Officer

**Phone:** [9404 8865](tel:94048865)

**Cost:** Free

**Registration** [Book online](#)

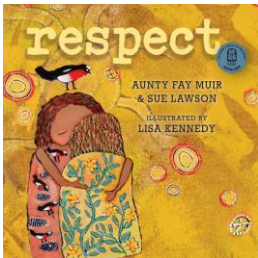
### Highlights

This session aims to assist parents/carers to better understand their toddler.

Parents/carers will be provided with valuable information on toddler development, helpful responses to typical toddler behaviour and useful strategies to manage challenging toddler behaviours.

Recommended for: parents/carers of children

## Book of the Week!



*Respect* is the first title in the 'Our Place' series of four children's picture books which welcome and introduce children to important elements of Aboriginal and Torres Strait Islander culture. *Respect* whispers a soft and heartfelt message about the basic cultural principle that informs all Aboriginal and Torres Strait Islander Nations throughout Australia. *Respect* is about a way of life that is older than flickering stars, about stories that shimmer through tall grasses, and redgum leaves that tumble to a parched and red earth. It teaches children the importance of family who show the way and how we need to listen, learn and share.

This eloquent and delicate story shows young and old alike, what *Respect* looks like for Aboriginal and Torres Strait Islander peoples.

<https://www.magabala.com/products/respect>



## Circle Round

### From WBUR

Created and produced by parents of young children, WBUR's Circle Round adapts carefully selected folktales from around the world into sound- and music-rich radio plays for kids ages 4 to 10. Each 10- to 20-minute episode explores important issues like kindness, persistence and generosity. And each episode ends with an activity that inspires a deeper conversation between children and grown-ups.

## FOCUS: Teaching Kids About Healthy Boundaries?

Setting healthy personal boundaries, and being able to recognise and heed others' as well, is paramount for building strong relationships on a foundation of respect. But maintaining boundaries can be complicated. And if you're unused to examining your own, it can feel uncomfortable to begin to do so as an adult. That's why it's so important to teach children about healthy boundaries from a young age. The earlier they learn about their own limits and see the importance of respecting other's, the easier it will be for them to navigate healthy relationships as adults. What are personal boundaries? The term 'personal boundaries' covers a whole slew of interactions and relationships. Our boundaries will necessarily change depending on the setting, the people with whom we're interacting, and our own comfort. 'Personal boundaries' apply to a variety of situations as well. Boundaries govern our definitions of personal space, how comfortable we are with lending money, whether or not our opinions of ourselves can withstand external pressure, and more. To teach children the importance of personal boundaries, it's helpful to understand the many manifestations those boundaries have in our relationships. Types of boundaries

**Material -** Our material boundaries govern how we approach lending money and other possessions. Even young children must be familiar with material boundaries, as parents teach them lessons about sharing or respecting other children's toys and items.

**Physical -** Physical boundaries affect how we define personal space and our comfort with physical touch. Bodily integrity, or the right to physical autonomy, is an incredibly important lesson for children to learn. Parents can show children how to respect physical boundaries, for example, by not forcing them to hug or kiss family members when they do not wish to do so. This reinforces the fact that people have the right to say 'no' to physical contact.

**Mental -** Also referred to as intellectual boundaries, mental boundaries allow us to form our own thoughts and help us to navigate discussions and debates. Healthy

mental boundaries allow us to hold independent opinions, giving us confidence in our own stances. Too rigid of mental boundaries, however, may cause us to become set in our ways, unable to grow or change when presented with new information or a new perspective.

**Emotional -** Emotional boundaries are some of the most important to maintain but can also be the most difficult. Healthy emotional boundaries help us stay independent, allowing us to separate our needs, wants, and emotions from those of our friends and loved ones. They also prevent us from placing unwarranted blame on others for our own emotions or, conversely, accepting blame for others' emotions.

**Teaching children healthy boundaries**

**Set a good example** Like with many other lessons passed on from parents to children, teaching children about healthy boundaries is easier when parents can do so by example. Take stock of your own personal boundaries and do an honest assessment. Start by asking yourself the following questions. Are you managing your boundaries consistently? Are the boundaries that you set healthy, rigid, or porous? When you have to enforce your boundaries with your children, do you have a discussion with them about why you are doing so? Check in with yourself periodically about the state of your personal boundaries, keeping them healthy, and your children will have a strong example to follow as they grow up. Emphasize confidence and emotional intelligence

**Healthy boundaries often require us to be confident in our own opinions, desires, and needs. In order to build that confidence, children need to learn how to identify what they need, where their limits are, and the types of interactions with which they are comfortable. Parents can help children build emotional intelligence through open and honest discussion. Talk about emotions frequently in age-appropriate terms, and encourage them to bring up their feelings without shame. Once your child is old enough, ask questions that will help them gain a better understanding of their motivations and reactions. You can begin with questions like: How did that make you feel? Why do you think you felt that way? Would you do anything differently next time? Teach them that it's okay to say 'No' Being able to say**

'no' is a basic skill every child should learn as it's applicable to personal boundaries of all types. Whether it's declining a request to lend money, refusing to accept unwarranted blame, or enforcing your personal space, saying 'no' is a necessary part of many human interactions. But despite its basic nature, saying 'no' can still cause many of us discomfort, and that discomfort can take some getting used to. Practice early and often with your child. Run through different scenarios—saying no to a family member asking for a hug, for example, will sound different than saying no to a friend's peer pressure—and emphasize that a simple 'no' is sometimes more than sufficient. Healthy personal boundaries are essential for healthy relationships, and parents should begin teaching their children about them from a young age. Help them build confidence in their own emotional health by having conversations about the different types of boundaries and why they help us. Source: Our Family Wizard. (2022). Teaching Kids About Healthy Boundaries. Retrieved from ourfamilywizard.com.au/blog/teaching-kids-about-healthy-boundaries To read article in its entirety follow the link here

<https://www.ourfamilywizard.com.au/blog/teaching-kids-about-healthy-boundaries>



## Families eating together....

Getting the whole family to sit down for dinner can be next to impossible – with young children, sport practice, working late and homework taking up the evening hours, many family members eat at whatever time best suits them – and that's OK from time to time. But research shows that families who eat together regularly (that's more than three times a week), have shown to have more positive outcomes when it comes to health, family relationships and social development. The family dinner table, after all, is where children learn manners, converse and interact with grownups, share what's happening in their lives and experience new foods. The preparation of food and the table setting process are all part of the roles in a family and shape thoughts and feelings around food and family. Schedule Time to Eat Together • Eating together can happen at breakfast, lunch or dinner. Choose the meal that gives you the most time to talk and connect. • If you don't usually eat together, start by scheduling one meal per week and increase the number as you are able. • Circle your friends and family around healthy foods as often as you can. The more you eat together, the more you benefit. • Try to schedule activities so that they don't interfere with mealtimes. If that's not possible, create a meal together around a picnic table in a park on the way to piano lessons or soccer. Tip: Once you decide what meal you are going to eat together, mark it on your calendar like you would any other event. If you have a plan, it is more likely to happen. Everyone Can Help Plan & Prepare Meals • Eating together is more likely to happen when everyone helps. • Involve kids of all ages in planning, shopping for

and preparing meals. These are important life skills that can help us eat well. • Children are more likely to eat the foods they help you to prepare. • Cooking together is a great way to connect with each other and have fun! • Use a combination of fresh ingredients and ready-made foods to make fast, easy meals. Over time, make more from scratch. Remember, the meal doesn't have to be perfect. It's the time together that's important. • Cooking is a great time to teach about kitchen and food safety. Remind children to wash their hands before and after preparing food, to wash vegetables and fruit before eating, and not to mix ready-to-eat foods with foods that need to be cooked. Always supervise their activities. Getting burned or cut puts an end to the fun fast! Tip: If you aren't confident in the kitchen, choose simple and familiar recipes. This will help you enjoy your time together instead of trying to figure out the next step in the recipe. Make Mealtimes about Being Together - Eating together provides a time to be connected. This helps children feel loved, safe and secure. Focus on enjoying each other's company, not on what or how much each child is eating. Keep mealtime conversations positive and encourage children to talk about their day. This helps to develop more communication between family members. Tip: Turn off distractions like the TV, computer, tablets and phones during mealtimes. Keep toys and books off the table. Model Positive Eating Behaviour - You are an important role model for good table manners, trying new foods, and enjoying mealtimes. Children and youth are more likely to eat foods their parents and family also enjoy eating. Make offering new foods part of your regular mealtime routine. Children often need to see, smell, and touch a food many times before trying it,

so offer new foods with familiar foods and include foods your child has refused in the past. Not everyone likes every food, and that's okay. Encourage kids to say "no, thank you," or teach them what you would like them to do or say if they don't want to eat something. Trust children to show or tell you how much they want to eat and when they are finished eating. An important part of healthy eating is learning to stop when they are full. Being forced or pressured to finish food can make your child ignore their internal hunger and fullness cues. Try not to rush children through a meal. Children often take longer to eat than adults. Remind children to eat slowly, chew their food well and enjoy what they are eating. Read more via the source link: Health Link BC (2017). The Benefits



of Eating Together for Children and Families retrieved from [www.healthlinkbc.ca/healthy-eating/eating-together](http://www.healthlinkbc.ca/healthy-eating/eating-together)



We hope you enjoyed our August Newsletter.  
Follow us on Instagram & Facebook.



littleassets\_southmorang



Little Assets South Morang

Little Assets  
55 Gordons Road, South Morang 3752  
9001 7400  
southmorang@littleassets.com.au

