

# Monthly Newsletter

LITTLE ASSETS KEW

February 2025



## Here’s what has happened in the last month and what’s to come!

Happy February! This is a special time of year, and we have lots of exciting activities and events planned for the children. We would like welcome all our new children and their families.

At Little Assets, we believe that every child deserves a nurturing and supportive environment where they can learn, grow, and explore.

Our team is committed to providing a safe, fun, and enriching experience for your little one, and we look forward to being a part of their journey. Thank you again for being a part of our Little Assets’ community.

We look forward to another wonderful month of learning, growth, and fun with your child. As always, if you have any questions or concerns, don’t hesitate to reach out.

Regards,  
Selina Lucky  
Centre Manager



Dear Families,

January was a busy month as we focused on the transition and orientation for our children. We are thrilled to announce that the transition has been a success! Most of our children have adapted wonderfully to their new room, and it's been amazing to see their excitement as they engage in this fresh environment.

As part of our ongoing commitment to support each child's development, we have introduced goal forms. By working together, we can ensure that each child receives the support they need to achieve their goals and thrive their learning environment.

Regards,  
Dikshya Manandhar  
Educational Leader



Days to Remember	
9th Feb	World Pizza Day
11th Feb	Safer Internet Day
12 th Feb	Chinese Lantern Day
14 th feb	Valentines day
21 Feb	Internation al Mother Language day



# From the Kitchen

## Chicken Dumplings

### Ingredients

Ground Chicken

Finely chopped vegetables (carrots, cabbage)

Soy sauce

oil

Dumpling Wrappers

salt to taste

### Method

In a bowl, combine the ground chicken, chopped vegetables, soy sauce, oil, and salt. Mix well until all ingredients are evenly incorporated. Take a dumpling wrapper and place about a teaspoon of the filling in the center. Moisten the edges of the wrapper with water, fold it in half to create a half-moon shape, and pinch the edges to seal (a fork can be used to press it as well). You can make your decorative touch. Place the dumplings in a steamer and steam for about 20 minutes until cooked through. Served the dumplings with soy sauce!



## Settling into Childcare: Strategies for Success

For parents and caregivers who are new to childcare, or are preparing for this milestone, the most daunting adjustment for families can be the anxiety of being apart for the first time. Separation anxiety is common although easily addressed with a positive outlook and a few expert tips from professional educators, to help you reduce your nerves and feel excited.

This change can be as challenging for the child as the grown-ups involved. You may find that you both have an unexpected, emotional response. For this reason, it's important to focus on the benefits so that all parties can quickly transition into a healthy, happy routine.

### 5 Tips For Minimising The Anxiety Of First-Time Childcare

#### Become familiar

Familiarise your child with the new environment in advance. Pre-plan a visit for your child where he or she can meet the educators and experience the environment for themselves. Talking with educators about what your child will be doing in advance, will build your confidence. If possible, drive past the location, point it out to your child and chat to them about the people they will meet, the activities they will engage in and the children they will play with. It will make the space feel safe so your child can look forward to this new milestone, minimising their anxiety and developing their understanding of the upcoming change.

#### Be prepared!

Always be prepared works for boy scouts, and boy, it will work for you! Organisation and preparation is the key to minimising a rush on the morning of your child's first day. Children are sensitive to the stress of adults, so the more organised you are, the more seamless you can make morning drop-offs. Prepare their backpack the night before, plan or lay out their clothes, and have a routine already in mind to get you from A to Z, making the morning stress-free for everyone involved!

Remembering to pack a special, transitional object (like a favourite toy, photo or blanket) for your child to take helps them feel secure during the first stage. Photos of them on your desk or in your wallet, to take with you, will also help ease the separation. Everyone is likely to take some time to adjust to this new stage of life.

#### Keep calm, and say 'see you soon'

It may be tough, and there can be the temptation to sneak off, but a calm see you later, with a kiss and cuddle at drop-off, even if your little one is in tears, is what experts recommend. Assuring them that you will be back later and avoiding a drawn-out goodbye makes it easier for you both to get on with the rest of the day. Maintain your trust in the professionals you have chosen for your child. They will acknowledge and comfort him or her individually, supporting them to settle in and begin to explore new experiences and friends.

#### Debrief and discuss

Educators will be happy to share with you an update from your child's day on pick-up. It's important to continue the conversation with the child, asking questions about their day and learning about their feelings as they embark on this new phase. Positive chats will help your child adjust and understand the experience, while making you feel involved in their development. Every child and family is unique, so communication is the most effective way to navigate this milestone and address any lingering or emerging anxieties. This experience is new, but it can be exciting, and needs to be nurtured with the positive attention that it deserves.

Talk honestly with each other within the home, and draw on the support of the educators, who are highly experienced with the challenges of families and children encountering new routines. As you work together with your early childhood service, you will feel informed and empowered by the experience, so that you can be the best support to your child as they grow and adjust.

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THANK YOU FOR READING!