

September 2025

NEWSLETTER

LITTLE ASSETS

MONTHLY NEWSLETTER



Welcome to Our September Newsletter!

As we step into September, we're excited to welcome the warmer days and the sunshine that's beginning to return. It's a lovely time of year, and we're looking forward to enjoying more outdoor activities and soaking up the fresh spring air.

This month, we'll be celebrating Father's Day a special opportunity to recognise the incredible dads, grandads, and father figures in our community. Keep an eye out for details on how we'll be marking this occasion!

We're also preparing for Photo Week, which will commence on September 15th. This is always a fun and memorable time, so please make sure to mark your calendars. More information will be shared soon.

Here's to a joyful and sunny September!

Father's Day

SUNDAY 7TH SEPTEMBER 2025

CHANGE YOUR WORDS

FIXED

I can't do it.

I give up.

It's too hard.

I don't know how.

I am not good at this.

I don't like challenges.

GROWTH

I will keep trying!

I will try a different way.

With more practice it
will get easier.

I can learn how.

How can I get better?

Challenges make
me better.



CHANGE YOUR MINDSET

ATTENTION FAMILIES!

We proudly invite you to help us
celebrate our wonderful educators!



EARLY CHILDHOOD EDUCATORS' DAY

WED 3 SEPT 2025



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Talking
about

parenting?

Do you work with parents and children?

New research and guidance shows that:

**Words
matter**

The way **we talk about parenting** affects how parents engage with our services.

**We can
have different
conversations**

The **Talking about Parenting Toolkit** offers new ways to talk to parents about navigating life's choppy waters.

**It helps to
put children
first**

Starting conversations with a **focus on children** and their needs can set us on the right track when talking with parents.



Learn more about
talking to parents



View the Talking about
Parenting Toolkit



This resource has been co-produced by the **Australian Institute of Family Studies' CFA Information Exchange**, the **National Association for Prevention of Child Abuse and Neglect**, and the **Parenting Research Centre** for National Child Protection Week, 1-7 September 2019. It draws on the collaborative work between FrameWorks Institute and the Parenting Research Centre.



Banana bread



Ingredients:

- 2-3 ripe bananas, mashed (about 1 1/4 to 1 1/2 cups)
- 1/3 cup (76g) unsalted butter, melted
- 1/2 teaspoon baking soda
- Pinch of salt
- 3/4 cup (150g) sugar
- 1 large egg, beaten
- 1 teaspoon vanilla extract
- 1 1/2 cups (205g) all-purpose flour

Instructions:

1. Preheat oven to 350°F (175°C). Butter a 8x4-inch loaf pan.
2. In a large bowl, mash the bananas until smooth. Stir in the melted butter.
3. Add the baking soda, salt, sugar, beaten egg, and vanilla extract. Mix well.
4. Gradually add the flour, mixing until just combined. Do not overmix.
5. Pour the batter into the prepared loaf pan.
6. Bake for 55-65 minutes at 350°F (175°C), or until a toothpick or wooden skewer inserted into the center comes out clean. A few dry crumbs are okay; streaks of wet batter are not.
7. Let the bread cool in the pan for 10 minutes, then turn out onto a wire rack to cool completely.

Tips:

- For extra moist bread, use brown sugar instead of granulated sugar.
- Add in some chopped nuts, chocolate chips, or dried fruit for extra flavor and texture.
- If your bananas are not very ripe, you can brown them in a pan over medium heat for a few minutes before mashing them.
- This recipe can also be made into muffins. Simply bake for 20-25 minutes at 350°F (175°C).

Healthy Daily Habits for KIDS

HAIR

Brush or comb your hair twice a day to keep the tangles out. Never share your brush or comb.



TEETH

Brush teeth twice a day - after breakfast and before you go to bed.



NAILS

Keep fingernails and toenails clean and trim them once a week. Bath time is usually best for trimming and cleaning under the nails.

SLEEP

Go to bed at about the same time every night. Spend some time doing a quiet activity such as reading a book or listening to music.



BODY

Take a bath or shower once a day. Wash your hair with shampoo often.

HANDWASHING

Always wash your hands with soap and water before eating, after playing outside, after going to the bathroom and after coughing or sneezing.



CLOTHING

Wear fresh clothes every day, even if your old clothes don't smell. Clean underwear is especially important.





✧ BETWEEN ✧

— THE PAGES OF —



a wonderful
PLACE TO BE

RUOK?™

I'm **here** to **hear**

Thank you....

Dear Little Assets Families,

Thank you for all reading 2025 newsletter.
We appreciate your time and engagement.

Warm regards,
The Little Assets Team

