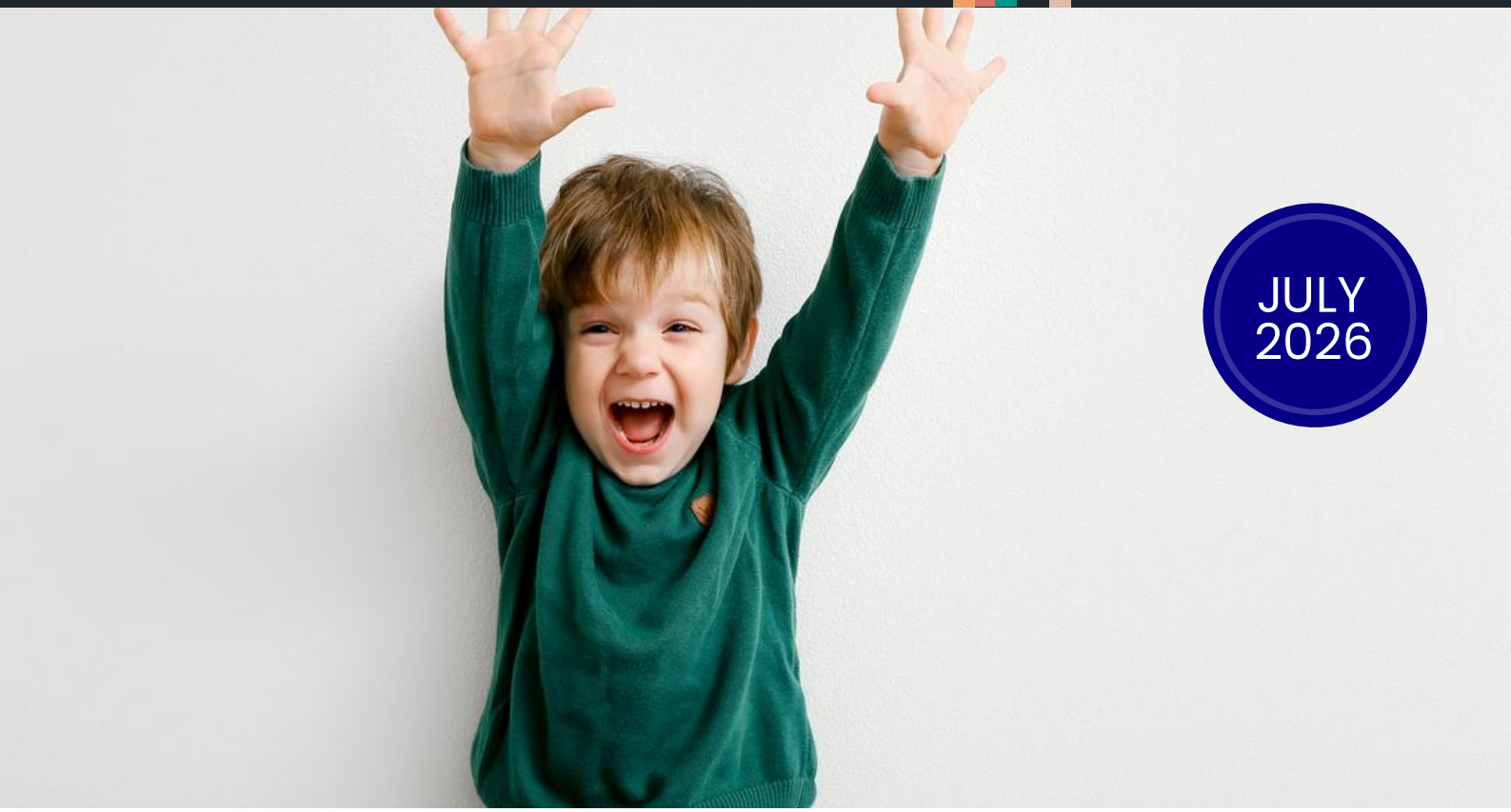
"What day is it?" asked Pooh. "It's today," squeaked Piglet.
"My favourite day," said Pooh."— **A.A. Milne**

Little Assets Melbourne City



JULY 2026

ON this MONTH

AT LITTLE ASSETS

NAIDOC Week---------- 5-10
Floral Friday----------10
Pyjama Week----------20-24

AROUND THE COUNTRY

NAIDOC Week ----------5-12
National Pyjama Day ---------- 24
Schools Tree Day ----------24

JULY UPDATE

Dear Families,

Our Parent-Teacher Interviews conclude this week, and we would like to sincerely thank all families who took the time to meet with our educators. Please remember that our educators and leadership team are always available to talk if you have any questions, concerns, or would simply like to discuss your child's learning and development. A post interview survey will go out soon. Kindly take time to provide your feedback so we can continue to work on our professional development and improvise.

We are currently reviewing our Centre Philosophy and would greatly appreciate your feedback. Please feel free to complete all or any of the reflection questions and place them in the feedback box located outside the office. Your input helps shape the values and direction of our service.
In addition, our Resources Survey is still open and provides a valuable opportunity for families to share their thoughts on the books, learning materials, and resources we provide, along with suggestions on how we can continue to improve.
As winter is now here, please check your child's bag regularly and ensure they have warm clothing packed each day, including a beanie for outdoor play.

Finally, in accordance with our Centre's Illness Policy, if your child is unwell or has a contagious illness, please notify the centre by email as soon as possible so we can inform other families to monitor for signs and symptoms of illnesses such as Hand, Foot and Mouth Disease. Please note that for contagious illnesses, medical clearance is required before your child returns to the centre. Thank you for your ongoing support and partnership in helping us maintain a safe, healthy, and nurturing environment for all children and families.

Community Events

NAIDOC WEEK – JULY 5 - 12

This is a special time to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. The 2026 theme, "50 Years of Deadly", marks five decades of NAIDOC Week and celebrates the powerful legacy of Aboriginal and Torres Strait Islander voices, stories and leadership. Learn more and join in this national celebration led by the National NAIDOC Committee, **here.**

NATIONAL TREE DAY – JULY 26

Over the past 30 years, millions of Australians have volunteered their time to do something good for the environment and their community by planting a tree. Planet Ark's National Tree Day started in 1996 and has grown into



Australia's largest community tree planting and nature care event. It is a wonderful opportunity for children, families, schools and communities to connect with nature and learn about the importance of caring for our environment.
By planting trees and caring for green spaces, we can help create shade, support wildlife, improve local habitats and grow a healthier future for everyone. **Find out more here.**

Kids in the kitchen

CHOCOLATE HAZELNUT GRANOLA

PREP 10 min | COOK 20 – 25 min | SERVES 12



INGREDIENTS

3 cups rolled **(traditional) oats**
1 cup **puffed rice** (or an extra 1 cups of **oats**)
1 cup **hazelnuts**, *chopped*
1/2 cup **sunflower seeds**
2 tablespoons **white** (or black) **chia seeds**
1/3 cup **cocoa powder**
pinch of **sea salt**
3/4 cup **mashed cooked sweet potato**
1/4 cup **coconut oil**, *melted and slightly cooled*
1/3 cup **pure maple syrup**
1 tablespoon **vanilla bean paste**
1/2 cup **dark chocolate chips** *(OPTIONAL)*
To serve: **warm milk**

Method: **Preheat** oven to 180°C and line an oven tray with baking paper. Set aside. **Place** the oats, puffed rice, hazelnuts, sunflower seeds, chia seeds, cocoa powder and sea salt into a large bowl. **Mix** thoroughly using a wooden spoon. **Add** the mashed sweet potato, coconut oil, maple syrup and vanilla to the bowl and **mix** thoroughly to combine. **Arrange** granola on the prepared tray in a single layer. **Bake** for 20-25 minutes (stirring every 5-7 minutes to ensure even browning) or until golden, crunchy and wonderfully fragrant. Allow the granola to **cool completely**. **Add** the chocolate chips and stir to combine. **Serve** granola with warm milk.

Enjoy x

Find this recipe and more at My Lovely Lunch Box

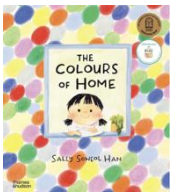
Book reviews

Books that make you pause and enjoy what is all around you a little bit more.



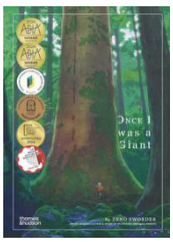
Now I See Winter | Mac Barnett & Jon Klassen

Sparse and rhythmic text invites readers to explore a farm setting through winter. In winter, the tree is bare, snow falls from the sky, a sweet treat is a candy cane and the perfect hat is one that keeps you warm. *Now I See Winter* celebrates all the wonderful things about the season from a kid's point of view and why it's their favourite time of year. Spring, summer and autumn also available.



The Colours of Home | Sally Soweol Han

Shortlisted for the 2026 CBCA Book of the Year Award for Early Childhood. When Bomi moves to a new country everything seems different except for the silver moon. Making a faraway place feel like home isn't easy, but as she explores Bomi finds comfort in matching new with old. Soon she discovers the colours of home everywhere she looks.



Once I Was a Giant | Zeno Sworder

Trees make all of our lives possible but they are often absent from stories because we tend to only care and feel for characters that are like us. This story aims to bring trees alive for young people. The story covers the entire span of an individual tree's life and the intimate relationships it shares with the forest and the creatures that it nourishes and houses.

HEALTH AND SAFETY: Safe use of medicines at home

Medicines can play an important role in helping children feel better when they are unwell, managing allergies, treating pain or supporting ongoing health needs. However, medicines must always be used, stored and handled safely. Young children are naturally curious and may not understand the difference between medicine, vitamins, lollies or other household products. This is why safe routines around medicine use are so important in every home.

One of the most important steps families can take is to keep all medicines out of reach and out of sight of children. Ideally, medicines should be stored in a locked cupboard or container that children cannot access. This includes prescription medicines, over-the-counter medicines, vitamins, creams, ointments, inhalers, allergy medication, teething gels and first aid products. Even items that seem harmless can be dangerous if taken incorrectly or in large amounts.

It is also important to think about where medicines may be left during busy everyday routines. Handbags, nappy bags, school bags, bedside tables, kitchen benches and bathroom drawers are common places where medicines may be placed temporarily. Children may find these items while exploring, especially if they see adults using them. Taking a moment to return medicine to a safe storage place after each use can help reduce the risk of accidental poisoning.

When giving medicine to children, always follow the instructions on the label or the advice provided by a doctor, pharmacist or health professional. Check that the medicine is suitable for your child's age and weight and never guess the dose. Use the measuring cup, syringe or device provided with the medicine rather than a kitchen spoon, as household spoons can vary in size and may lead to giving too much or too little.

It can be helpful to keep a written record of when medicine has been given, especially when more than one adult is caring for the child. This can help prevent accidental double dosing. Writing down the time, medicine name and dose can be particularly useful overnight, during illness, or when children are moving between home, relatives or care arrangements.

Children should never be told that medicine is a "lolly", "juice" or a "treat", even if it makes taking medicine easier in the moment. This can make medicine seem appealing and may encourage children to seek it out on their own. Instead, use simple and honest language such as, "This is medicine to help your body feel better, and only adults can give it to you."

Families should also check expiry dates regularly. Expired medicines may not work as intended and should not be kept in the home unnecessarily. Unused or expired medicines can often be returned to a pharmacy for safe disposal. Avoid throwing medicines in the bin or pouring them down the sink unless advised, as safe disposal helps protect both children and the environment.

It is also important to talk to children about medicine safety in an age-appropriate way. Children can learn that medicine is only to be taken when given by a trusted adult and that they should never touch, taste or share medicine with others. These conversations do not need to be frightening. They can be calm, simple reminders that help children understand how to stay safe.

For families with regular medication needs, such as asthma, allergies or ongoing medical conditions, clear routines can support safety and confidence. Keeping medicines labelled, stored correctly and checked regularly can help ensure they are available when needed and used safely.

By creating safe habits around medicine storage, dosing and disposal, families can help keep children protected while supporting their health and wellbeing. A few simple routines can make a big difference in ensuring medicines remain helpful, not harmful.

Find more information on this article via the QR code.

Keeping children safe around medicines and poisons. Retrieved *from pregnancybirthbaby.org.au/*

Build a tower

You will need: A dice, blocks (Lego works too)

To play: One person rolls a dice and begins to build a tower by counting LEGO bricks or blocks to match the number rolled. Children can count each dot, collect the matching number of blocks, and build their tower one piece at a time.

After each turn, compare the towers and talk about which one is taller, shorter, bigger or smaller. This playful activity helps preschoolers practise counting, number recognition, one-to-one correspondence and early comparison skills while building and playing.

FOCUS ARTICLE: Building Confidence Through Everyday Independence



Young children build confidence when they are given small, meaningful opportunities to do things for themselves. Everyday moments such as putting on shoes, packing a bag, helping set the table, choosing clothes or carrying their own belongings can all support a child's growing sense of independence.

While it can sometimes feel quicker for adults to step in and do things for children, allowing extra time for them to try helps build important life skills. These small tasks support problem-solving, persistence, fine motor development and self-confidence. They also help children feel like capable and valued members of their family.

Independence does not mean children need to manage everything on their own. Young children still need support, encouragement and patient guidance. A helpful approach is to offer small choices and gentle prompts, such as, "Would you like to put your shoes on first or pack your drink bottle first?" or "You have a go, and I'll help if you need me."

There may be moments of frustration, especially when a task feels tricky or takes longer than expected. These moments are a normal part of learning. When adults stay calm and encouraging, children begin to understand that mistakes are okay and that trying again is part of building new skills. Celebrating effort rather than perfection helps children feel proud of what they are learning.

Families can encourage independence by starting with simple, age-appropriate responsibilities. This might include placing dirty clothes in the basket, putting toys away, helping water plants, choosing a book for bedtime, wiping a small spill or carrying their own lunchbox. Over time, these small routines help children develop confidence, responsibility and resilience.

It can also be helpful to build independence into predictable daily routines. For example, children may be encouraged to put their hat in their bag each morning, wash their hands before meals or help pack away after play. Repeated opportunities allow children to practise the same skills until they become more confident and capable. Independence can also support a child's emotional development. When children are trusted with small responsibilities, they often feel a greater sense of pride and ownership. This can encourage them to take initiative, solve simple problems and contribute positively to family routines. Even small comments such as "You worked that out" or "Thank you for helping" can reinforce a child's confidence and motivation.

Importantly, every child develops at their own pace. Some children may be eager to try new tasks, while others may need reassurance, modelling and extra time. Gentle encouragement, patience and consistency can make a big difference.

When children are supported to do things for themselves, they begin to believe, "I can try," "I can help," and "I can do hard things." These powerful messages support their learning, wellbeing and sense of belonging as they grow.

For more additional support regarding this topic follow the QR code.

Sustainability CORNER

Tree Treasure Hunt

Help children slow down, observe the natural world and understand the important role trees play in our environment. By noticing leaves, bark, insects, birds and animal homes, children begin to build appreciation for nature and learn why caring for green spaces matters.

Head outside for a walk and look closely at the trees in your local neighbourhood, local park or backyard. Search for different types of leaves, bark textures, seed pods, flowers, birds, insects or signs of animal homes. As you explore, talk about why trees are important. For example, they provide shade, clean air, homes for wildlife and beautiful spaces for people to enjoy.

You could also collect fallen sticks, leaves, flowers, grass, feathers or seed pods to create a nature weaving with or a collage at home, helping them connect creativity with caring for the environment. *(See this month's art activity).*

Get Crafty



Nature Weaving

Nature weaving is a simple, hands-on art activity that encourages children to explore texture, colour and pattern using natural materials.

To begin, head outside for a walk and collect small sticks, leaves, flowers, grass, feathers or seed pods. Try to find four sticks that are similar in size, around 10–25 cm in length. You will also need some string, wool or yarn.

Using the sticks, create a simple frame by tying the corners together with string, as shown in the picture. Once your frame is secure, tie string to the top of the frame and wrap it back and forth from top to bottom to create a simple loom.

Now your child is ready to weave. Encourage them to thread their collected natural treasures over and under the string to create their own unique artwork. They might use leaves, long grasses, flowers, bark or strips of paper to add colour and texture.

There is no right or wrong way to create a nature weaving. Let children experiment, make choices and enjoy the process of working with natural materials.

This activity supports creativity, fine motor skills and hand-eye coordination while encouraging children to slow down and notice the natural world around them. It is also a lovely way to talk about colours, shapes, seasons and caring for the environment.

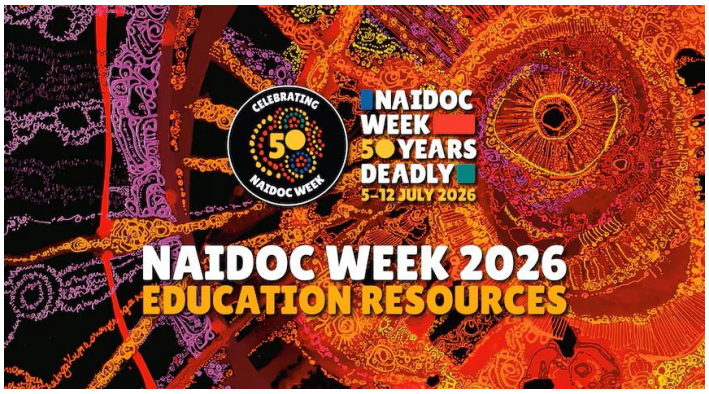
For more detailed instructions go to natureplaysa.org.au

NAIDOC Week education resources 2026 — 50 Years of Deadly

Held across Australia in the first week of July each year, National NAIDOC Week is a meaningful opportunity to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

The NAIDOC Week poster 2026 *Paralpi* was created by Zaachariaha Fielding, a proud Yankunytjatjara man from the APY Lands in South Australia.

Small actions can make a big impact in building respect, understanding and connection



5 Minute MOVES

Colour Dash

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

This quick activity helps children move their bodies while practising colour recognition and listening skills. Choose one person to call out a colour, then everyone has to quickly move to touch something nearby that matches that colour.

For example: *"Find something blue!"*

Children might run, hop, crawl or tiptoe to a blue cushion, toy, shirt or object.

To add more movement, change the action each round:

- hop to something red
- crawl to something green
- tiptoe to something yellow
- stretch up to something white
- stomp to something brown

This activity is simple, energetic and easy to play indoors or outdoors. It supports movement, observation, listening, colour recognition and quick thinking while giving families a fun way to be active together.

Feedback is always welcome

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