



EARLY EDUCATION FDC

## EARLY EDUCATION FAMILY DAY CARE SCHEME



### ON THIS MONTH

#### AT SERVICE NAME

Service event/item .....	0
National sorry day .....	13/02/2022
Valentine day.....	14/02/2022
International mother language day.....	21/02/2022
World thinking day.....	22/02/2022

#### AROUND THE COUNTRY

Sustainable Living Festival .....	1-28
Chinese New Year .....	1
World Wetlands Day .....	2
World Read Aloud Day .....	2
Safer Internet Day .....	8
National Apology Anniversary .....	13
World Day of Social Justice .....	20

## NEWS FROM THE OFFICE

We would like to give a warm welcome all the new families and educators who have joined EARLY EDUCATION FDC! Currently we have educators working in areas Toongabie, Blacktown, the Ponds, Auburn, Hornsby, Marsden Park, Colebee, Box hills, Winston hills etc.

All of our educators have successfully completed Certificate 3 or Diploma in children service. they are equipped with the right knowledge and skills to provide the best care possible.

We have been providing services during COVID epidemic and following the guidelines provided from health department. There are only few cases of COVID positive within our service. The educators are provided with ARHT to test themselves their family members or children come in care showing any COVID related symptoms.

Regular rapid testing is a critical tool to find people who are potentially infectious with COVID-19. We are trying to manage risks related to COVID-19 to help keep our workforce and children safe and maintain operations.

Thank you to all educators who work hard to provide quality services and appreciate the value of continuing education to develop their professional skill

**Quality improvement plan** The aim of a QIP is to help providers self-assess their performance in delivering quality We prioritise areas for improvement against the 7 quality areas of the NQS and the related regulatory requirements of education and care, and to plan future improvements.

The quality improvement plan is constantly updated by educators and staff, to ensure all relevant issues are addressed and new practices are implemented.

All parents and educators associated with our Service are welcomed to view the quality improvement and provides feedback. Feedback can be provided utilising email, phone calls or face to face.

## Activities with children

Communication is one of the most important skills a person can have. It is essential that parents and educator work together to ensure children have highly developed communication skills and can articulate their thoughts.

This can be done by **TALKING TO YOUR CHILD DURING ACTIVITIES**

By dictating what you are doing, you will increase your child vocabulary, confidence to speak and ability to form sentences

Example of this include

During bath time

Pretend play bath the doll

Turn the tap on. Water! More water. the water is cold. Oh, mom is turning the hot water on. Careful! It's hot.

Where is the soap? here is the soap! Its pink soap, it's smells good

Get in the bath, here you go, get the soap.

Where is your arm? Where is your tummy, wash your tummy? your foot is dirty. wash your foot

It's all clean now. bye water. the water is all gone

## While getting dressed

Its time to get dressed. First put your pant on. put a leg in here and a leg in there. Now pull them up That's it. NOW YOUR PANTS ARE ON. What comes next?

Put your singlet on. Put it over your head. Arms up, pull the singlet down. Now it's on.

You need a jumper

Which jumper today? Let's pick the green jumper. put your arms up. pull the jumper over your head.

You need socks now. Where are your socks? Can you see them? There they are. get your socks in your foot . now you are dressed

## Fun with literacy

### THE HUMBLE NURSERY RHYME

**Nursery rhymes are important for young children because they help develop an ear for our language.**

**Both rhyme and rhythm help kids hear the sounds and syllables in words, which helps kids learn to read!**

Nursery rhyme experiences, awareness, and knowledge were found to be positively related to accomplishment in

early phonological and print-related skills. So, practise them in the car, on a walk or before bed. Sing them high, sing them

Learn how you can help your child cope with the big and small changes in life. Reduce your child's stress and teach them how to thrive when change happens. Most of us, and especially children, appreciate some level of predictability in our lives. Children need time to process all the information that they are exposed to and appreciate daily routines that offer a sense of security and safety.

So how then do we help children handle change—both the big changes (new sibling, family

illness, new school, missed playdate) and the little changes (new breakfast foods, new morning routine, new shoes)?

## Tips for Helping Children Cope with Change

According to a growing body of research, kids learn how to cope with change and ups and downs of life by developing resilience. For years it was considered one of the inherent traits we were all born with but psychologists today now know that it's one of the most important qualities parents can teach their kids (along with compassion). And how do they learn it? Apparently by watching us. Studies have shown that children as young as two years old copy the coping, stress-management and thinking styles of the adults around them. And they can sense if parents are anxious or worried and will tend to mimic that.

Other studies have found that there is strong evidence that good early relationships with carers can help make children more resilient. And the earlier this resilience-building is started the better. Reinforcing this "it starts at home" message, Andrew Fuller, consultant psychologist for The Resilience Foundation and author of *Tricky Kids*, says resilient parents raise resilient kids. "When your child needs you to help them make sense of the changes that might be happening, that is not the time to confront your own inner demons," he says. "It's a handy skill for parents to learn to hold their own anxieties in check." Fuller describes resilience as "the happy knack of being able to bungee jump through the pitfalls of life".

### Simple tips on helping kids to cope

- Give them a sense of being loved by their family and of belonging
- Encourage a diverse group of friends – both for them and the family as a whole
- Enjoy family rituals – like Sunday night dinner, or a weekend drive
- **Top 5 practical coping skills**
- **Give advanced warning.** Like adults, no child will cope well with change being sprung on them. If you can, start talking through the changes early so they can get their head around it as well as formulate all those questions.

**Maintain consistency.** try not to change everything at once. If you have routines in place like bedtime rituals, the books you read even the TV shows you all watch, try to keep those in place where possible.

**Answer questions.** Children often have many questions and may ask the same question repeatedly. This is one-way children gain mastery over a situation and build resilience. Keep answers simple, age-appropriate, and positive. Be honest if you don't know the answer to a question.

**Accept grieving.** when any of us move, change schools, or make any kind of change in

life, we leave something behind. Let your littlies talk about what they miss and don't try to point out all of the wonderful things about new house, school, bedroom or whatever - let them appropriately mourn what they have lost.

**Read children's picture books.** Reading books together is one way to restore a sense of connection, safety, and peace. Read a wide range of books, including a few that relate to your specific situation. Look for books with adult and child characters who work together to overcome difficult things.

**Play together.** Play is one of the best ways for children to work through stress and change. Head outside for a game of tag or gather some leaves. Make cookies, play a board game or engage in pretend play. Play is good for both children and adults!

**Be prepared to weather the change.** Many kids don't adapt immediately and there may be tears and tantrums, followed by major parental guilt. Expect that it can take time for children to adjust.

Source: Baker, Fiona. (2015). **Helping kids cope with change.** Retrieved from <https://www.kidspot.com.au/parenting/helping-kids-cope-with-change/news-story/0e2c2887df9e1c4a8af1140444fafa5c>

## kids in the kirtchen



Pesto... one of the most versatile condiments to keep stocked up in your fridge or freezer. What do you use pesto for? Here, it's added to pasta, gnocchi, sandwiches, wraps, dolloped through frittata and risotto. I have created a nut free recipe so that's it's school friendly give it a try... so creamy!

### INGREDIENTS

- 2 cups basil
- 1 clove garlic
- 60g Grana Padano or Parmesan cheese
- 50g pumpkin seeds
- 50g sunflower seeds

70g olive oil  
1/8 cup water  
Salt & pepper

**METHOD:** Simply add all of the ingredients into a blender (or mortar and pestle) and blend/grind up until the right consistency.



### SUSTAINABILITY CORNER

**Has COVID-19 changed your sustainable focus?** Amid understandable concern over health and hygiene during the pandemic, the problem of disposable.

**So what can you do now that the immediate threat is beginning subside?** reuse what you have, and try to store rather than throw out items for donation or recycling.



## STEM EDUCATION

Through STEM provide them with the foundation to succeed at school and beyond. young children learn through active exploration—and the drive to observe, interact, discover, and explore is inherent in their development.

During the earliest years, infants and toddlers develop 700 neural connections every second,” Butcher said. “These biologically driven neurological processes and natural curiosity of how the world works make early childhood an optimal time to introduce children to scientific inquiry.”

### What does STEM look like in Early Learning Settings?

- **Cooking activities**
- **Nature walks**
- **Challenging building activities**
- **Grocery store exploring**
- **Water play**

**National Quality Framework | Quality Area 1:**  
*Educational Program and Practice*

**1.1 The educational program enhances each child's learning and development.**

**1.2 Educators facilitate and extend each child's learning and development.**

University of Nevada. (2020, January 15). The Issues: Why STEM Education Must Begin in Early Childhood Education

Retrieved from <https://www.unlv.edu/news/article/issues-why-stem-education-must-begin-early-childhood-education>

## FINAL MESSAGE

The national law and national regulations require that we must keep up to date enrolment records for each child enrolled at our service. As part of the legal requirement. it is important that you provide us with any update information such as change of address, phone numbers, emergency contacts etc

Any additional information that may assist us with the care of your child would also be beneficial

Illness of family member, pregnancy announcement, change in family circumstances, etc.

This sort of information allows us to create a connection with your child and allows us to offer reassurance and extra comfort.

Thanks, you

We welcome your feed back

EARLY EDUCATION FAMILY DAY CARE SCHEME

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