

TRIKKI KIDZ EARLY LEARNING GROUP

The way I see it, if you want the rainbow, you gotta put up with the rain – Dolly Parton



SEPTEMBER
2021

ON *this* MONTH

AT TRIKKI KIDZ

R U Ok? Day ----- 9

AROUND THE COUNTRY

Wattle Day----- 1
 Indigenous Literacy Day ----- 1
 Early Childhood Educators Day ----- 1
 Asthma Week ----- 1 - 7
 Save the Koala Month ----- 1 - 30
 National Flag Day ----- 3
 Father's Day ----- 5
 National Child Protection Week ----- 5 - 11
 International Literacy Day ----- 8
 Talk Like a Pirate Day ----- 19
 World Rivers Day ----- 26
 World Maritime Day ----- 30

COVID LATEST UPDATE

We hope everyone is safe and well as we continue to navigate our way through life with Covid. It is pleasing to see that Shepparton is on top of its recent coronavirus outbreak. It was a little too close to home for us in Cobram-Barooga, so we are incredibly thankful to the Shepparton community who did the right thing to bring the virus under control. Smaller regional towns like ours won't have the resources required to cope in the event of an outbreak, so it is even more important that we all continue to be vigilant.

At Trikki Kidz, we will continue to follow our CovidSafe Plan. In lockdown stages 4 and above, restrictions will be placed on parents entering the service and daily temperature checks will take place of children on arrival. At other times, we will allow parents to enter the service however, we ask that you wear a mask, socially distance from others and refrain from being on the premises for any longer than 15 minutes.

It is our responsible to continue to monitor children for covid symptoms. Any child displaying a runny nose, cough or fever will not be allowed to attend the service. We understand that this can be frustrating for some families who have children with constant runny noses. If the family believes it is allergy related, then we ask that they visit their GP and ask them to provide a medical certificate confirming this and advising that the child is safe to attend care. This will allow us to continue to keep everyone safe.





INTERNATIONAL LITERACY DAY – SEPTEMBER 8

International Literacy Day is a day to remind world leaders, influencers and the general public of the current literacy challenges for millions of people.

International Literacy Day (ILD) 2021 will be celebrated under the theme “Literacy for a human-centred recovery: Narrowing the digital divide”. **Find out more about National Sorry Day here**

SAVE THE KOALA MONTH – SEPTEMBER 1 - 30

September is ‘Save the Koala Month’, learn about the plight of koalas and help to make a difference. There are likely to be less than 80,000 Koalas remaining in Australia today and it could be as low as 43,000. Much of their habitat has already been lost. This makes it vitally important to save what is left.

Find out how you can help here

MANGO, COCONUT AND MACADAMIA MUFFINS



PREP 10 min | COOK 30 min SERVES 12

INGREDIENTS

- 2 cups spelt flour
- 4 tsp baking powder
- 1/4 tsp bicarb soda
- 2 eggs
- 4 tbsp unsalted butter, melted
- 1/2 cup milk of choice
- 1/2 cup Greek yoghurt
- 1 tsp vanilla
- 1 cup mango diced
- 1/2 cup macadamia nuts, chopped
- 2 tbsp shredded coconut

METHOD: Preheat oven to 180 C. **Whisk** the eggs and add the milk, yoghurt, vanilla, melted butter and mango and stir to combine. **Add** in the flour, baking powder and bicarb soda. **Mix** to combine. **Pour** the mixture into 12 muffin cases and sprinkle with the nuts and coconut. **Cook** for 30 minutes before cooling on a wire rack.

Dietary Tips:

Dairy free: use coconut yoghurt and a plant-based milk such as oat, coconut or almond and swap the butter for coconut oil. **Vegan:** use 2x chia eggs, coconut yoghurt, coconut oil and a plant-based milk **Gluten free:** use either a gluten free flour or buckwheat flour

Love this recipe and want more? Go to [Jo Kate Nutrition](#) Jo’s course The Nourished Family provides you with a realistic approach to nutrition, health and cooking and will teach you foundational principles to use for the rest of your life.

App reviews

Entertain, engage, learn, laugh, and play!



DAILY VROOM

VROOM, | 2+

By tapping into kids' natural drive to explore and learn about their everyday world, this app's tips engage kids on a deeper learning level and encourage more fun, meaningful adult-child interactions. Every day, Vroom delivers a tip for you and your child right to your phone. You’ll get tips chosen for your child’s age. Explore tons of tips and find ones that are just right for your family. There’s brain science behind every Vroom tip. With each short activity, you teach your child the life skills that help them thrive.

ZIGAZOO: KID-POWERED VIDEOS

EDUCATIONAL GAMES FOR KIDS | 5+

Zigazoo makes education fun by encouraging kids’ learning with engaging, interactive games for kids! Created by parents and teachers, Zigazoo is the number one kid safe app that encourages kids to be creative and learn. Parents can sit back and relax as their children enjoy safe screen time and educational media with Zigazoo!

THINKROLLS

AVOKIDDO | 3+

Boost your child's brain power and intelligence! Thinkrolls is an award-winning logic puzzle game that helps young kids develop reasoning and problem-solving skills through a delightful and engaging gameplay.



FOCUS: How to help kids cope with disappointment

Among the many painful effects of the coronavirus pandemic on children is the distress of losing the chance to participate in important events — sports, significant birthdays, school excursions or that big family holiday. As the crisis goes on, even missing out on regular day-to-day activities, like sleepovers or going out for dinner continues to be upsetting for many kids. Adults are going through some of the same kinds of difficulties, but they often have plenty of experience processing such challenges. Kids, on the other hand, may be experiencing these intense emotions for the first time.

Try these tips to help your child learn to handle disappointments with ease.

Empathise first - We all experience disappointment at times and we tend to reach for our most trusted resources when we do. Remember that your child is coming to you because she needs empathy and understanding, not a rock-solid coping plan.

Children respond to disappointment in different ways, and there's no perfect response to these negative emotions. Some might immediately erupt into tantrums while others become silent, sullen or stubborn. It's important to remember that coping with disappointment is even difficult for adults at times. This isn't a skill that kids can learn in a day. And while tantrums might feel embarrassing or overwhelming in the moment, we all need to vent at times. Use empathic responses like, "I understand that this is difficult. I know you feel disappointed right now." Give your child the time and space to cry, feel sad and soak up a hug from mum or dad. Connection helps kids recover from adversity. Meet heated responses with calm ones to model healthy coping strategies and save the discussion for a later, calmer moment. What your child needs most in the heat of the moment is empathy and understanding. You can review positive ways to handle disappointment after your child recovers from the disappointing event.

Be a guide, not a fixer - As a caregiver, you can't be there to soothe every difficult emotion or solve every problem for your child as they grow. It's important to act as a guide when it comes to managing setbacks instead of jumping in with the fix. The next time your child comes to you for help with a disappointment, try asking a few questions that empower him to solve the problem:

How did it feel when that happened? What did you wish would happen?, What can be done differently the next time?

This helps your child brainstorm the problem and think through possible solutions while you comfort him. And to think about how to turn the problem around into something good.

Help your child manage expectations - It's natural to build excitement for something like a family holiday by talking about all of the wonderful things that might happen, but the word "might" is very important. Young children have a tendency to engage in all-or-nothing thinking. When parents say, "A stop at the aquarium might be fun," young children hear: "We're going to the aquarium and it will be great!" When that doesn't happen, or isn't so great due to long lines, it can be a huge disappointment. Parents can't prevent disappointing things from happening, but they can reduce distress in response to these events by helping kids learn to manage anticipation.

Try this: Make a list to indicate hopes, possibilities and sure things. On your big family, for example, you hope to go to an aquarium for a day, it's possible that you'll go out for dinner or go to a museum, and you'll definitely spend some time at the beach. This helps kids anticipate the excitement without expecting to do it all. In the event that Covid could interfere with the holiday as a whole, prepare kids for this by having that discussion too and talk about things you can still do if you have to stay home. Plan the 'staycation option'.

Practice delayed gratification - In a world that thrives on instant gratification, it can be difficult for kids to understand that many things require time and practice. A child can't expect to sit down at the piano for the very first time and play a masterpiece without mistakes. That's not how life works. The same goes for sports, puzzles, games, art and just about everything else.

Routines are helpful when it comes to helping kids learn to delay gratification. Establishing a rule where kids have thirty minutes of downtime before heading to the park to meet friends after school teaches kids to slow down and wait instead of running from activity to activity. Practicing goal setting as a family is another useful strategy. If your child struggles with jigsaw puzzles because it's difficult to see the big picture through all of the pieces, you can help by working on one corner at a time and setting timers to help your child remember to take breaks.

Teach self-calming skills - Learning how to process uncomfortable emotions plays an integral role in coping with disappointment. When parents model and teach self-calming skills, kids learn that they can get through hard things.

It takes time to develop the skills to cope with disappointment. Be patient when your child has big reactions to seemingly small events. Sometimes a good venting helps kids work through their emotions so that they can think more rationally about the disappointing event and what they can do to recover.

Source: Hurley, Katie (2019, January 17). *How to Help Kids Cope With Disappointment* from <https://www.pbs.org/parents/thrive/how-to-help-kids-cope-with-disappointment>

UNO NUMERACY AND MORE

1. COLOUR RECOGNITION. Let toddlers **divide Uno cards by colour**. It will enhance their knowledge of basic colours (yellow, red, blue, green). Age 2+.

2. NUMBER RECOGNITION USING UNO CARDS. Picking the same number, colour is irrelevant.

3. SORTING UNO CARDS BY COLOR AND NUMBER.

A little bit more enhanced: Sorting by both colour and number.

4. GO FISH. Shuffle the cards, deal each of the players 5 cards, other cards face down on the table. One player calls out the card he / she has in hand (example: "Do you have red No.1?"). Other players check their hands, if they have it, they collect both cards, and if they don't, they draw another card from the pile. A player who collects most cards is the winner.

Source: besttoys4toddlers.com



HEALTH & SAFETY: Dental care for children

Tooth decay in children is on the rise in Australia, with children aged 5 to 10 having an average of one and a half decayed, missing or filled baby teeth. So, it's more important than ever to teach your child good oral health habits that will stay with them for life.

Caring for children's teeth is important

It is important to look after your child's teeth from the moment they start teething. Keeping your child's teeth and gums clean will protect against infection, cavities and pain. Decayed baby teeth can damage the permanent teeth underneath. If a child loses a tooth because of decay, it can cause crowding problems when their adult teeth come through later.

Teeth development

Baby teeth can arrive in any order, although the central bottom teeth are often first. Most children have a full set of 20 baby teeth by the time they're three years old. The 32 adult teeth replace the baby teeth between the ages of 6 and 20 years.

Tips to keep your child's teeth clean

- Brush your child's teeth twice a day, using small circular motions. Their teeth should be cleaned after eating and before bed using toothpaste with fluoride that is suitable for children. This can help to strengthen the outside of the teeth and prevent decay. Make sure they brush for at least 2 minutes and remind them not to swallow the toothpaste.
- Help your child to brush their teeth from the time they get their first tooth until they are 7 or 8. After that, supervising them is still important.
- Try to get into a regular tooth brushing routine, and give your child plenty of praise when they brush their teeth well. Replace toothbrushes or toothbrush heads every 3 months.
- Children should floss as soon as they have 2 teeth that are in contact with each other. You should supervise flossing until they are about 10.
- To develop strong teeth, make sure your child eats a healthy, balanced diet and avoids foods with a lot of added sugar, such as lollies, biscuits and soft drinks. Always choose fluoridated tap water.

Toothbrushes

It's important to choose the right toothbrush – one designed specifically for your child's age. These toothbrushes have small oval heads, soft bristles of different heights and non-slip, cushioned handles. They also often have cartoons and fun designs on the handle, which your child might like. The novelty of electric toothbrushes might also appeal to your child. Some electric toothbrushes can give a slightly better clean than manual brushes, but it's best to go with what your child prefers.



Keeping toothbrushes clean

After cleaning your child's teeth and gums, rinse the toothbrush with tap water. Store the toothbrush upright in an open container to allow it to air-dry. You should replace toothbrushes every 3-4 months, or when the bristles get worn or frayed.

Visiting the dentist

Regular check-ups - Regular dental check-ups are important from the age of 1, or within 6 months of the first tooth appearing. Always make a visit to the dentist a positive experience. Never use the dentist as a threat for not brushing teeth or other behaviour.

Corrective treatment - As your child's adult teeth grow through, make an appointment with the dentist if you notice any misalignment of the teeth or jaw. They will advise whether [corrective treatment](#) is required.

When to seek further help - See the dentist if your child develops any of the following: bleeding, red or swollen gums, pus coming from the gums, a bad taste in the mouth that won't go away, loose teeth (this can be caused by infected gums), abscesses (these can be under the teeth and will usually be very painful).

Tips: Children are more likely to go along with cleaning teeth if it's fun and part of a daily routine. For example, you can sing 'This is the way we brush our teeth, brush our teeth, brush our teeth, so early in the morning' while you're brushing. Or you could pretend the toothbrush is a train, saying 'Toot toot chugga chugga' as you move it around your child's teeth. Say you have to clean of the fairy dust or cheetah spots is also a good way to distract them.

Source: Healthdirect (2019, December). Dental care for children Retrieved from <https://www.healthdirect.gov.au/dental-care-for-children>

Raisingchildren.net.au (2019, July). Dental care for Preschoolers Retrieved from <https://raisingchildren.net.au/preschoolers/health-daily-care/dental-care/dental-care-preschoolers>



TEACH YOUR CHILDREN ABOUT OCEANS AND OCEAN LIFE

As parents, we all know that our children are our future, so that's why we have to start teaching them at an early age to respect and love our natural world, especially our beautiful oceans.

How can we do that?

- Visit the sea aquarium to give your children an up-close view of sharks, sea turtles, manta rays and other ocean life.
- Share books about the ocean and its creatures, which can delight your children.
- Explore the ocean via the internet together.
- Buy sea animal toys. Playing with these toys can help children to build their relationship with these creatures.
- Do ocean-themed craft activities, such as making sand jars and a paper-plate aquarium, etc.
- And remember, 'A visit to the ocean will be the best thing you can ever do for them.'

Source: <https://saveourseas.com/sosf-shark-education-centre/teach-your-children-about-oceans-and-ocean-life/>





SINGING TOGETHER

“Through singing, children share in rich communication and relationships, a sense of belonging, meaningful learning and many happy experiences.”

Songs are a great way to help anyone learn and remember, and they are an awesome tool used by teachers all over the world. An important part of any preschool classroom, singing contributes to teach behaviour, basic skills, and social skills. Preschool songs also use rhymes to help children to learn vocabulary and communication skills. Why we sing:

- Being sung to is special, creating closeness and relaxation.
- Shared singing with adults supports the development of secure and trusting relationships.
- Participation in action songs and singing games promotes togetherness
- Learning songs of their culture supports children’s sense of belonging: in families, communities and early childhood settings.
- Singing aids joint attention, listening and concentration.
- Singing promotes speech and language: rhythm, rhyme, repetition and slower pace of articulation make songs a valuable developmental tool.
- Singing builds social and pretend play skills: the structure and actions of songs provide a framework, supporting the development of intersubjectivity (shared thinking and understanding).
- Our voice is our built-in musical instrument: awareness of beat, rhythm and pitch, acquired through singing and being sung to, lay foundations for all musical learning.

Source:
<http://thespoke.earlychildhoodaustralia.org.au/sing-belonging-becoming-song-infanttoddler-child-care-settings/>

National Quality Framework | Quality Area 1:
 Element 1.1 – The educational program enhances each child’s learning and development.

FINAL REMINDERS

- As the warm weather is fast approaching, we would like to remind families to familiarise themselves with our Sun Safe Policy and Clothing Policy. It is recommended that children wear a top with sleeves and not a singlet as this provides far greater protection when the UV is high.



- Our new drink bottle procedure is working very well however, we just ask families to remember to pack their child’s drink bottle each day as we are finding that many are forgetting to do so. With children having their own drink bottle it is easier for us to see how much each child is drinking and it also avoids cross contamination issues. Please ensure your child’s drink bottle has their name clearly labelled.



THIS MONTH LETS... DO YOGA

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

You might already do yoga yourself, but have you ever included your children in your yoga session? Or maybe you have never done yoga before. Jump on google and search simple yoga positions and learn together. Cosmic yoga is a very popular channel kids love. See the link below.

Try www.youtube.com/watch?v=LhYtcadR9nw