

TRIKKI KIDZ EARLY LEARNING GROUP

We do not inherit the earth from our ancestors; we borrow it from our children – Chief Seattle

NOVEMBER
2021

ON *this* MONTH

AROUND THE COUNTRY

Melbourne Cup Day	2
Outdoor Classroom Day	4
Orangutan Caring Week	7-13
National Recycling Week	8-14
Remembrance Day	11
World Kindness Day	13
Australian Food Safety Week	13-20
Universal Children's Day	20

National Quality Framework | Quality Area 2:
Element 2.1.1 – Wellbeing and comfort. Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest, and relaxation.

SLEEP / NAP TIME



Naptime is not only important for regaining energy, it's also beneficial for brain development in young children. Several studies have shown that napping allows for improved cognition and memory development.

In fact, one study had preschool children play the game "Memory" either after a nap or after quiet playtime. The children who napped showed better recall than those who did not.

What if my child no longer has naps? Children who do not wish to sleep are provided with alternative quiet activities and experiences, while those children who do wish to sleep are allowed to do so, without being disrupted. If a child requests a rest, or if they are showing clear signs of tiredness, regardless of the time of day we provide them with a comfortable, safe area they can rest in.





REMEMBRANCE DAY – NOVEMBER 11

The eleventh hour of the eleventh day of the eleventh month gained a special significance in post-war years. The moment when hostilities ceased on the Western Front became universally associated with the remembrance of those who had died in the war.

Every year at 11am on November 11 communities gather to pay their respects to those fallen. It is important that we continue to talk about and celebrate the brave men and women who fought then and now. **Visit your council website for information on your local commemorative ceremonies.**

NATIONAL RECYCLING WEEK – NOVEMBER 8-14

National Recycling Week provides an important opportunity for councils, workplaces, schools, and individuals to improve their recycling knowledge, build better recycling habits and build trust in recycling. **Find out how you can help here.**

FAMILY FAVE – CRUMBED CHICKEN



PREP 10 min | COOK 10 min SERVES 4

INGREDIENTS

- 500g chicken breast, thinly sliced into schnitzels,
- 1 cup quinoa flakes (available in the health food aisle)
- 1/2 cup tapioca flour (or corn flour works too)
- 2 eggs
- Zest of 1 lemon
- 1 tbsp garlic powder
- Salt

- 1/2 red cabbage
- 2 radish
- 1 pear, thinly sliced
- 1/4 cup walnuts
- Aioli

METHOD: Slice the chicken. Add the eggs to a bowl and whisk. On a large plate, mix the quinoa flakes with the tapioca flour, garlic powder, zest, and some salt. Dip the chicken into the egg and then into the dry mixture. Heat some olive oil or ghee in a frypan and cook the chicken until browned. For the slaw, thinly slice the cabbage, pear, and radish. Add to a bowl and top with a drizzle of good quality aioli and sprinkle with the walnuts. Serve the crumbed chicken with the salad.

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.



Realistic & accessible parenting advice!



MAGGIE DENT

Commonly known as the 'queen of common sense', Maggie Dent has become one of Australia's favourite parenting authors and educators. She has a particular interest in the early years, adolescence, and resilience, and is an undisputed 'boy champion'. Maggie is an advocate for the healthy, common-sense raising of children in order to strengthen families and communities. She is a passionate, positive voice for children of all ages. Her blog includes articles, videos, podcasts, and top tips! A one stop shop for parenting advice. www.maggiedent.com

JANET LANSBURY

Janet Lansbury is a parenting advisor, writer, and teacher. She has served on the board of directors of Resources for Infant Educators (RIE) for over a decade, written childcare articles and been a frequent presenter at early childhood conferences. A former actress/model (Janet Julian), Janet found her true calling when she gave birth to her first child and sought guidance from renowned infant expert Magda Gerber. Inspired and mentored by Gerber in the early 1990s, Janet became a RIE Parent/Infant Guidance Class instructor and has since had the privilege of providing support and guidance to thousands of parents and caregivers. Janet's blog has a worldwide following, it is easily categorised for each stage of childhood. You are bound to find the advice you are looking for. www.janetlansbury.com



FOCUS: DON'T 'JUST GOOGLE IT'



One day, as I was going out, I couldn't find my car key. I nearly googled — "where is my car key?" Since when did I become comfortable using "google" as a verb? Since when I become part of Google Generation which I define as people who excessively rely on the search engine to solve any real-life issues.

I'd like to examine the impact of over-reliance on internet search engines. I'm not a neuroscientist or a psychologist, but I'm looking at the issue as a forgetful adult who relies on Google a lot and also as a concerned parent of a 10 years old whose favourite phrase is "Just google it".

The impact on the brain - Let's start with the benefits of using technology to gain knowledge because there is no doubt, we're able to obtain information more easily and swiftly than the pre-Google era of 1998. A neuroscientist professor Steven Pinker argued in The New York Times (June 10, 2010, Mind Over Mass Media) that; Far from making us stupid, these technologies are the only things that will keep us smart. While Professor Pinker acknowledges that the constant feeding of information can be distracting or addictive, he is casting a positive outlook on how technologies can assist human brainpower. However, he was focusing on scientific discoveries as a way to measure brainpower and smartness. Needless to say, brain development cannot solely be measured by the amount of knowledge we can store in our brains. We need to look at how we can transform this additional knowledge. A technology writer Nicholas Carr in The Atlantic (July/August 2008 Issue, Is Google Making Us Stupid?) argues that; as we come to rely on computers to mediate our understanding of the world, it is our own intelligence that flattens into artificial intelligence. Carr also warned of capacity for concentration and contemplation being chipped away by the internet. I think both arguments, albeit over 10 years old, are still very relevant today. I can definitely relate to the side effects of the internet — distraction, and addiction.

The danger of the internet search One Christmas evening, my family was playing Trivial Pursuit. One question came out "What is the longest river in the world?" Relieved to have gotten an easy question, my wife answered, "Nile". "No", my son disputed. "Just Google it!" So I took my phone out to settle the dispute and Googled it. "Nile, it is", I said. "No. It depends on how you define the source of the Amazon.", my son insisted. So, I typed "Which is longer Nile or Amazon"

He was right, some scientists claim that Amazon is actually longer than Nile. The dispute arises from the fact that it's extremely difficult to pinpoint the exact source of the river in the snow-capped mountain. We found many interesting research papers on this topic.

While traditionally Nile is considered the longest, there is no clear answer. Unless you're a geologist, you probably do not have enough knowledge to fully understand the way rivers are measured, or even the exact definition of river.

This event highlighted a few issues with internet search.

1. The answer depends on how you formulate the question.
2. There is not always a clear answer.
3. You need to read full articles to fully understand the subject.

Learning is fun - My son is an avid reader. He read somewhere about this subject and knew the answer, whereas I and my wife learned this "fact" without learning the context. We were efficient like a machine in terms of storing and withdrawing necessary information. But we think everything in binary. We simply use our brain to store knowledge and that's it. We stopped thinking.

Our brains should be better than that. I was glad that my son challenged Google. On that night, we actually learned something, not through Google, but through discussion, and by actually being curious about the rivers, and imagining how the scientists' 14-day expedition went, and so on. It was also much more fun than just getting the straight answer and moving on.

We always seek for instant gratification. We expect our demands to be satisfied without any delay. Yet, we must understand that learning takes time and efforts. Arafeh and Lenhart in The Digital Disconnect (2002; Pew Research Center) found that some students think internet as a way to complete their schoolwork as quickly and painlessly as possible, with minimal effort and minimal engagement. That's us, trying to take a short cut to get the answer. By doing so, we missed so many interesting things which could have led to more questions and findings. We missed all these opportunities. But I was relieved that my son was not becoming a robot like us. He knew how to use the internet to his advantage — get the information backed by his own knowledge.

Final thoughts We cannot imagine our lives without the internet. I remember my school days when I had to use encyclopedia for research. I check the index, find the right volume, and page, and read the whole article. I couldn't use "Ctrl + F" to skip to the exact section I needed to read. But this effort taught me many things along the way to the answer.

The technologies are keeping us "smart", if it means we get correct answer quickly. But learning how to get to the answer is more important for brain development. Only the creativity in the process can lead to achieving unthinkable. Otherwise, we will just become a machine.

Source: Casper. (2020, August 23). Don't just google it!
Retrieved from <https://medium.com/age-of-awareness/dont-just-google-it-2f3971b08882>



HEALTH & SAFETY: Water safety supervision

Kids' water safety is paramount all year round, but especially during the summer when families will be spending a lot more recreation time in swimming pools and various bodies of water. Susie Allison at Busy Toddler has shared an amazing (an incredibly easy) water safety tip that airline pilots use for cockpit safety, and guess what? This safety measure adapts surprisingly well for kids in any environment but is especially handy around water.

Allison's husband is a former airline pilot, and the couple started this system "almost the day our first came home from the hospital." Shared in a Reel on her Instagram page, Allison writes, "My husband and I have been using a cockpit safety measure for our whole span of parenting AND IT WORKS WONDERS. It keeps the kids safe, makes sure supervision is specified, and helps us never just assume the other adult is watching out."

"When airline pilots need to make a change of controls in the cockpit, the pilot currently flying says: 'Your airplane.' This signals a change of controls is coming. The other pilot must respond back with 'My airplane,' acknowledging that they are now flying the aircraft.

Allison continues, "When one of us needs to make a change in supervision or go do something different or help someone else, we announce it and make a verbal change: 'Your Kate & Matt.' And we wait for the other to respond 'My Kate & Matt.' This is the verbal and acknowledged shift of supervision duties for those two kids from one parent to the other. THIS SYSTEM WORKS."

And when it comes to assumptions, well, those don't come in to play. Allison writes, "We never assume the other is watching. We never assume they noticed we walked away. We never assume the kids are being supervised."

By stating clearly "Your" and the names of your children, then waiting for confirmation, you will know that your partner has taken over keeping an eye on the kids, which is especially important around water. "Your kids." - "My kids."

Water Safety

Drowning continues to be one of the biggest killers of Australian children. Every year a number of children are killed and hundreds more are rescued from near drowning situations. The most common factor in childhood drowning is lack of supervision.



Using a method like the one described in the opposite column ensures an adult is actively observing children at all times. Active supervision should not be limited to pools and water ways either. Whenever a child is in water, including a bathtub they should be supervised by a competent adult.

AUSTRALIA'S NATIONAL DROWNING REPORT BY THE ROYAL LIFE SAVING SOCIETY OF AUSTRALIA SHOWS THAT IN 2020/2021

25 children aged 0-4 drowned in Australia

An increase of 108% on 2019/2020 and a 9% increase on the 10-year average. 24% of these deaths occurred while bathing.

14 children aged 5-14 drowned in Australia

An increase of 56% on 2019/2020 and a 27% increase on the 10-year average.

Before summer really kicks in familiarise yourself with these four key actions to ensure the safest Summer possible.

Supervise - Actively supervise children around water. Eyes on. Hands on. Focus all of your attention on your children all of the time, when they are in, on or around the water.

Restrict - Restrict children's access to water. Place a barrier between your child and water. If you can't create a child safe play area with no water in it.

Teach - Teach children water safety skills. Make sure your child grows up water aware, water familiar and water confident.

Respond - Learn how to respond in case of an emergency. Many children are alive today because their parents knew how to perform CPR and respond quickly.

Source: Royal Life Saving Australia (2021) Royal Life Saving National Drowning Report 2021 Retrieved from royallifesaving.com.au

Source: Schmidt, Ellen. (2021, July). This airline safety tip works wonders at the pool with your kids. A two-word hack used by pilots is also great for kids' water safety. Retrieved from mother.ly/parenting/two-word-water-safety-tip



NUMBER PUZZLE



Cereal box number puzzles are so easy to make and a fun way to create an easy numeracy activity your pre-schooler will enjoy.

Simply cut a side out of a cereal box and write a range of numbers your child is learning or working towards. (1 – 5, 1 – 10, 1 – 20, etc.)

Then cut between the numbers to make rows and columns, you can make this as easy or as challenging as your child needs.

Activity and image from handsonaswegrow.com/cereal-box-puzzles-counting/

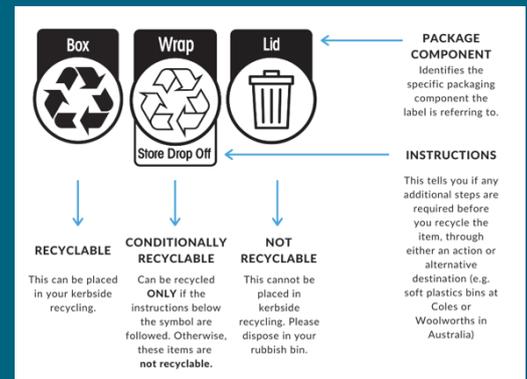


CHECK IT BEFORE YOU CHUCK IT

Recycling can be confusing, getting to know the Australasian Recycling Labels (ARL) will help make recycling much easier. The ARL ensures packaging is disposed of correctly and can be recovered for future use in new products.

Curby begun on the NSW Central Coast but is now being introduced to 1 million Australian homes. Curby makes recycling soft plastics easy. Register your interest [here](#)

Source: recyclingnearyou.com.au/arl/



5 Minute MOVES

HIT THE PLAYGROUND

Short simple activities to get some active minutes in the day. Next time you are at the playground don't just sit back and watch the kids have all the fun! Join in too. Your children will love having you play along and climbing, crawling, hanging, and sliding all increase the heart rate.

See how many slides you can all have in a minute? Who can cross the monkey bars? Who can swing the highest?