

TRIKKI KIDZ EARLY LEARNING GROUP

If you have good thoughts
they will shine out of your face
like sunbeams and you will
always look lovely.
— Roald Dahl



ON *this* MONTH

AT TRIKKI KIDZ

Father's Day Evening (Cobram) (Wed 6pm) --- Aug 31
 Father's Day Breakfast (Barooga) (Fri 8am) ----- 2
 Early Childhood Educators Day ----- 7

AROUND THE COUNTRY

Wattle Day ----- 1
 Asthma Week ----- 1-7
 Save the Koala Month ----- 1-30
 National Flag Day ----- 3
 Father's Day ----- 4
 Child Protection Week ----- 4-10
 Early Childhood Educators Day ----- 7
 Indigenous Literacy Day ----- 7
 Talk Like a Pirate Day ----- 7
 International Literacy Day ----- 8
 World Rivers Day ----- 25
 World Maritime Day ----- 29

SEPTEMBER 7 EARLY CHILDHOOD EDUCATORS DAY

Early Childhood Educators' Day recognises and celebrates the work of Australia's educators in early learning services for their wonderful contribution to the wellbeing and healthy development of the young children in their care.

It's a chance to say thank you to Australia's early childhood educators!

FIND OUT MORE ABOUT EARLY CHILDHOOD EDUCATOR'S DAY





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. Hold a bake sale, create some Koala inspired art, have a face mask night and chill out like the Koalas do!

BE A HERO FOR THE KOALAS THIS MONTH

10 MINUTE TOMATO SOUP



PREP 5 MIN | COOK 10 MIN SERVES 4

INGREDIENTS

- 1/2 cup (125 ml) olive oil
- 3 garlic cloves, crushed
- 1.4 L tomato puree (tomato passata)
- 750 ml good quality (organic, if possible) vegetable stock
- 2 tablespoons balsamic vinegar
- 1 tablespoon brown sugar
- 2 small loaves of Turkish bread, cut into 1cm thick slices
- fresh basil leaves, to serve

METHOD:

Place a large stock pot over low-medium heat. Add 2 tablespoons olive oil and garlic and cook for 1-2 minutes, stirring constantly, or until the garlic is cooked and wonderfully fragrant. Add the tomato puree and vegetable stock and stir to combine. Add balsamic vinegar and sugar and stir to combine. Bring soup to the boil, reduce heat and simmer for 8 minutes or until slightly thickened.

Meanwhile place a large non-stick fry pan over medium heat. Drizzle olive oil into pan and add Turkish bread slices. Cook for 1-2 minutes or until the bread is golden and toasted. Flip each piece of bread and cook for another 1-2 minutes (add more olive oil, if necessary).

To serve – divide the tomato soup between 4 bowls and place onto a large wooden board. Dot the toasted croutons around the board and top with fresh basil leaves. Enjoy X

Recipe and image from mylovelittlelunchbox.com.

App reviews

Time to refresh those apps! Remove ones that are no longer being used and try some new ones.



THINKROLLS SPACE

AVOKIDDO \$7.99 | 4+

Thinkrolls Space is a child-friendly puzzle game that's out of this world. Colourful heroes boldly roll where no Thinkroll has rolled before, in over 200 mazes set across seven unique planets.

A cast of oddball aliens will make you grin from ear to ear. But you'll need brains and nimble fingers to reach your goal—and catch the waiting UFO that will beam your Thinkroll to the next fun-filled planet.

PERFECT PITCH TODDLER

EAR TRAINING FOR INFANTS \$5.99 | Under 5

Perfect pitch is impossible to learn as an adult but studies have shown that you can teach it to a child while they are still in their language learning phase of development. Perfect Pitch Toddler is a collection of games that use animals teach children to listen to notes on a piano and identify them.

PATTERNS & SHAPES: IBBLEOBBLE

KIDS PRESCHOOL MATCHING GAME \$2.99 | 3+

Patterns with Ibbleobble is an exciting preschool shape matching game that helps children learn pattern sequences. This app will help them decipher sequence problem-solving, understand repetition and familiarity, allowing them to recognise and make predictions.



FOCUS: How to Talk to Kids about Food and Health

Teaching our kids about food and health is one of the many roles of a parent. In today's age of social media, this message can be lost among the noise of friends, celebrities and health influences online. With the number of children with eating disorders rising, we need to find ways to balance all these negative body image messages our children are getting. I am often asked about how to talk to kids about food and health. Helping your kids to have healthy eating habits when they are older is not just about the words that you use, but the things that parents do around food in front of their children. Teaching children about nutrition and food is not just about talking to your kids about food and health but also how your own relationship with food as a parent.

As a society we often place too much value in food. We use words like "healthy" and "unhealthy" or clean food or we use food as a reward for good behaviour or punish with food for bad behaviour. These messages we are giving our kids, means that food has too much value. No food is bad or good (unless it will cause food poisoning), yet the messages our kids get around food is all about food being good or bad. Schools are still teaching our kids about healthy and unhealthy foods, but to many kids, these words don't mean anything. It also means that food is black and white, it is either healthy or not, but in real life, food is not that black and white. Although parents have to be careful about how they talk about food, we know from studies that talking about nutritious foods is OK. A study published a few years ago showed that parents who talked with their older kids about food and health had kids who were less likely to diet and use unhelpful weight control practices like bingeing and purging. If parents talked to their kids about their child's weight instead then the child was more likely to start dieting and binge eating. The message is clear that parents should avoid talking about weight and diets with their child but focus on talking about food and health instead.

Talk About the Properties of Food If you want to start teaching your child about food, talk to them about parts of the food and what they can do for their body. Carrots are orange and they help you to see better; or eggs help to make your muscles strong so that you can play soccer well. Talking about the food and making it about your child can help to make this message mean even more to a child. When it comes to foods that you would call unhealthy. You can say that these foods don't help us to grow as much which is why we don't eat these foods every day. It is also good to let your child know that they don't have to like every food that they are given. I always say to my kids that they don't have to eat anything they don't want to. I like when my kids take a tiny taste of a new food. If they don't like the food ask them what it is, they didn't like. Was it the taste or how it felt in their mouth? If they do like a food avoid over praising the child or saying things like "I knew you would like it". Again, thank them for trying the food and ask them what they liked about it.

Avoid Placing Too Much Value in Foods We also unconsciously place too much value in foods around our kids. How often have you used food as a reward? I often hear parents told to use smarties or M&Ms for when a child is toilet training as a reward for going to the toilet. How about when kids go to the doctor as they get a lolly for being good when they get a needle. How about the dessert bargain, when we say that a child can have dessert if they finish the vegetable on the plate? What about when we call a food a treat food? All these messages teach our children that these are special foods and that they want to eat these foods over every other food. All of these

strategies may work in the short term, but eating is about the long-game not the short game. This is about setting your child up for healthy eating habits when you are no longer around to guide them. If you want to reward your child, stick with non-food rewards, it may not work as well in the moment, but this will help your child so much more with their eating in the future.

Talk About Your Child's Appetite Part of helping your child to learn about food and eating is to also talk to them about their appetite. Asking your child to "finish everything on their plate" or to "have one more bite of a food" is over ruling their hunger and fullness cues. Yes, I know that sometimes kids say they are full when they mean they don't like the food but pushing them to eat the arbitrary "one more bite" will work in the short term but is not teaching your child to honour their hunger. This may lead to overeating when a child gets older.

I like to talk to my kids about eating until they are not hungry any more, rather than eating until they are full. Hunger and fullness are signals in our brain that come from hormones in our stomachs. There is a delay in us being full in our stomach and those signals getting to our brain saying that we don't feel like any more food. Asking our kids if they are full doesn't account for this delay in these hormones getting to our brain. I like to talk to my child about not being hungry anymore and that is when they stop eating, rather than eating until they are full. I know this is a subtle difference but an important one.

Just to note, that all of us have different hunger and fullness signals and for some people these fullness signals don't work as well as they should. A lot of this has to do with genetics. If your child is one that is hungry all the time then place some limits on the timing of meals and snacks. Be open about when they can eat and if they want some food out of these time frames, then they have to wait until the next meal. Also talk to your kids about the reason they are hungry, ask is it because they are bored or are, they truly hungry.

Conclusion Teaching your kids about food and healthy is a lifelong process and one that can be hard for parents in the age of social media. We do know that talking to your kids about food and health will be good for your kids when they are older. Always avoid mentioning your child's weight or putting them on a "diet". There are a few keys phrases you can use when talking about food and always remember that teaching your child eating habits is about the long-game and not the short-game.

Top Tips for Talking to your Kids about Food and Health

- Avoid using the term healthy or unhealthy to describe a food
- Talk about the properties of a food and how it can help your child's body and mind
- Avoid rewarding with food or using the dessert bargain
- Avoid pressuring your child to eat a food
- Ask your child to eat until they are not hungry any more
- Eat together as a family, the same meal
- Expose your kids to a wide range of nutritious foods at home

There is more to read at the link below!

Source: Cohen, Dr Jennifer. (2019) How to Talk to Kids about Food and Health. Retrieved from <https://www.drjennifercohen.com/talk-about-food-and-health/>

DUPLO/LEGO TOWER: You will need Lego or Duplo, and pack of cards or numbers 1-10 written on cards Place the cards randomly in a space. Demonstrate the activity by choosing a number and collect the correct amount of Lego pieces and create a tower. Now it's your child's turn. Once all the towers are made you could order them from smallest to largest, compare different numbers, count the difference. Have fun!



HEALTH & SAFETY: Protecting Our Kids: Teaching Children About Personal Safety

One of the most important things we can do as parents and caregivers is protect our children by educating them about personal safety. Teaching children simple strategies about keeping safe can help them build confidence, resilience and empower them to be safe in a variety of situations. It's not difficult to educate children about personal safety. All it takes is the willingness to start, some help with content, and time.

The importance of personal safety

Research shows that teaching children about personal safety:

- Reduces the likelihood of a child entering into an unsafe situation.
- Clearly demonstrates how to respond to an unsafe situation.
- Increases a child's sense of confidence and in doing so increases their resiliency.
- Increases a child's knowledge of their personal rights i.e. "I have the right to feel safe with people".
- Increases the likelihood that the child will speak out if they feel unsafe and tell someone they trust.
- Can interrupt or prevent grooming.

It's never too early to teach personal safety It's never too early to sow the seeds of personal safety and children can begin learning about keeping safe as young as three. As parents, we need to teach our children five basic principles (which form the basis of our personal safety education program for young children, Ditto's Keep Safe Adventure). These principles are:

- To trust their feelings and to distinguish between 'yes' and 'no' feelings
- To say 'no' to adults if they feel unsafe and unsure
- That they own their own bodies
- That nothing is so yucky that they can't tell someone about it
- That if they feel unsafe or unsure to run and tell someone they trust.

The 3 Rules of Personal Safety The above personal safety principles can be distilled into three 'rules' (also known as 'Ditto's 3 Rules') that you can teach your children. Children should learn these rules through repetition and fun, engaging activities, which you can find in our free Parent's Guide to Personal Safety. You can also purchase resources related to personal safety that you can use as tools to teach your children these rules.

1. We all have the right to feel safe with people. This rule teaches children and young people that they have the right to feel safe and secure where they live, play, and learn, and that no one has the right to make them do something that makes them feel unsafe or unsure.

2. It's OK to say 'NO' if you feel unsafe or unsure. This rule teaches children and young people that it is OK to stand up for themselves and to be assertive if something doesn't feel right.

3. Nothing is so yucky that you can't tell someone about it. One of the reasons that children and young people fail to disclose harm is because they are afraid of getting into trouble. This rule helps to encourage them to speak to a trusted adult, even if something seems scary or terrible.

Other helpful advice

Talk to your kids: Encourage your children to feel comfortable telling you anything, especially if it involves another adult. Encourage your children to identify other trusted adults they can talk to in confidence.

Be aware: Learn about the people with whom your child is spending time. Take notice if someone shows one or all of your children a great deal of attention or begins giving them gifts. Take time to talk to your children, find out why the person is acting in this way.

Empower your kids: Knowledge is power. Teach your children about their bodies. Teach them the correct language to use when describing their private parts. Emphasise that those parts are private. This will make them more at ease if they need to tell you about a touch that made them feel uncomfortable. Additionally, if a child uses a word like 'garage' or 'golf stick' to describe their private parts, a disclosure might be missed.

Teach them their rights: Teach your kids that they have the right to say NO to any unwelcome, uncomfortable, or confusing touch or actions by others. Teach them to tell you immediately if this happens. Reassure them that you are there to help and it is okay to tell you anything.

Notice changes in behaviour: Be sensitive to any changes in your children's behaviour or attitude. Encourage open communication and learn how to be an active listener. Look and listen to small indications that something may be troubling your children because children are not always comfortable disclosing disturbing events or feelings. This may be because they are concerned about your reaction to their problems. If your children do confide problems to you, strive to remain calm, non-critical, and non-judgemental. Listen compassionately to their concern and work with them to get the help they need to resolve the problem.

Practice safety skills: Practice basic safety skills with your children. Make an outing to a mall or a park a 'teachable' experience in which your children can practice checking with you before going to the restroom with a friend, and locating the adults who can help if they need assistance.

Cyber safety: is important too. Teach your child never to give out their last name, address, or phone number to a person on the Internet and never to meet Internet friends in person without a parent's supervision and consent. Parents should help children choose a screen name that does not disclose information about their location. Teach children not to post pictures with identifying information such as a school uniform. Always keep your computer in a public area of your house – not in a child's bedroom.

September 9 is Bravehearts Day find out more [here](#)

Source: *Bravehearts* (2022). Protecting our kids: Teaching children about personal safety. Retrieved from <https://bravehearts.org.au/protecting-our-kids-teaching-children-about-personal-safety/>



MAKE A RECYCLING GAME

If you already have separate bins for trash and recycling, turn recycling into a sorting game. Designate different boxes for paper products, plastic, cans, and glass — you can even print off or create your own signs to put on the boxes, with pictures of common items that would go in each one. Get sorting!





CREATE TOGETHER

The benefits of art are tremendous. We think of creativity as the ultimate long term side effect of art, but the more immediate and obvious benefits are equally important. We also think that the biggest benefit of art is that it's FUN. Art helps kids develop both fine and gross motor skills. It helps children develop their problem-solving abilities. Importantly art helps kids connect with others.

Creating art with your child doesn't need to be result driven, encourage your kids to simply create their own thing as they explore art materials, art techniques, their own capabilities, and their current ideas and interests. There is a lot of enjoyment in the process, as well as learning and communication, that takes place as they experiment and create.

Try this: Find a large piece of paper or piece of cardboard and place it in a 'paint safe' space on the floor, you could even go outside and paint on the lawn. Choose 2 colours of paint and squirt some of each onto a plate, now get out some kitchen utensils you don't mind getting paint on and get creating!

Experiment together, see what patterns you can create. Will you work together? What happens if you mix the two colours together? Can you paint small patterns and large patterns?

Keep the dialogue open and enjoy this time being created with your child.

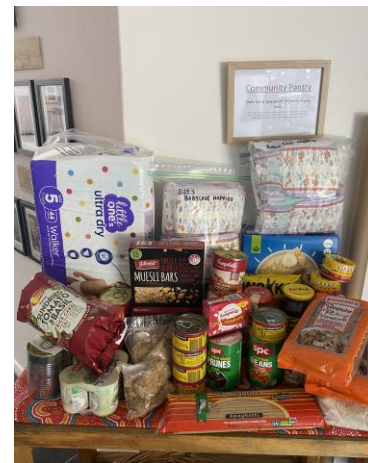
COMMUNITY PANTRY

Our **Trikki Kidz Community Pantry** is an initiative to help children and families in need.

A pantry is defined as a storage for or collection of food and provisions. Our community pantry is just like that. The supply is donated and given by people who have a surplus amount and want to help others while those that are in desperate situations can take what they need.

We stock our pantry through weekly food collections from local businesses and grocery stores, and donations from individuals and groups. Besides food, we also provide personal care items such as cleaning products, hygiene items and toiletries.

The working principle in our community pantry is simple: **Give what you can, take only what you need.**



5 Minute MOVES

Making Bridges

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

Core strength activities can be fun. Show your child how to make a bridge by lying on your back, keep knees and feet together while lifting the buttocks off the ground. This exercise strengthens the muscles around the hips and back, which are all part of the core. Ask your child to hold the bridge position for a few seconds. Increase the time, or the number of repetitions, as your child improves. Make it fun by driving toy vehicles under the "bridge" or have a bridge challenge.