

# TRIKKI KIDZ EARLY LEARNING GROUP

Uncertainty is where things happen. It is where the opportunities - for success, for happiness, for really living - are waiting - **Oliver Burkeman**.

JANUARY  
2023



## ON *this* MONTH

### AT TRIKKI KIDZ

Lego Masters Family Competition ----- 28

### AROUND THE COUNTRY

Chinese New Year ----- 22

Kid Inventors' Day ----- 17

Australia Day ----- 26

International Lego Day ----- 28

### LEGO MASTERS FAMILY COMPETITION

During the month of January, we are running a Lego Masters Family Competition at both services to coincide with International Lego Day. We encourage families with Lego to make something with their child for display in each service foyer. Let's make our foyers look bright and colourful to start the new year! Special prizes will be awarded for creativity. All entries must be in before 28<sup>th</sup> January. We can't wait to see your creations! Have fun!

## HAPPY NEW YEAR

We would like to extend a big warm welcome to all of our children, families and educators. We hope you enjoyed the Christmas period and had an opportunity to relax and unwind.

After a tumultuous few years, we are looking forward to discovering what 2023 has in store. Hopefully we can put bushfires, floods, earthquakes and the global pandemic behind us!

January is a month of orientation and fun at Trikki Kidz. We put curriculum aside during this time to focus on relationships, getting to know each child and their family.

Child Profile Questionnaires are an important document at this stage of the year. They help educators in getting to know your child better. We ask that families please take the time to complete these and return them to your child's lead educator as soon as possible.





**AUSTRALIA DAY – JANUARY 26**

Australia Day is a day to reflect, respect and celebrate the Australian spirit and the best of this country – our mateship, our sense of community and our resilience. We find optimism and hope as we look to the future.

Australians, and we celebrate our achievements by coming together and connecting with family, friends and the community. **Go to your local council website to find events happening around you.**

**CHINESE NEW YEAR - JANUARY 22**

Chinese New Year 2023 falls on Sunday January 22. This date marks the beginning of a new lunar year according to the traditional Chinese calendar rather than the Gregorian calendar. Celebrations culminate with the Lantern Festival on February 5.

Did you know Chinese New Year is celebrated by more than 20% of the world? It's the most important holiday in China and to Chinese people all over. **Find out more here.**

**SWEET CORN PASTA SALAD**



**PREP 5 MIN | COOK 10 MIN SERVES 6-8**

**INGREDIENTS**

- 500 grams orecchiette or other short pasta (penne is great for little ones – its super easy to grip and nibble on)
- 1/3 cup extra virgin olive oil
- Zest and juice of 1 lemon
- 1 punnet of cherry tomatoes (quartered for little ones self-feeding using a spoon OR cut in half for little ones still using hands)
- Half a Lebanese cucumber (diced for little ones self-feeding using a spoon OR cut into long chip shaped rectangles for little ones still using hands)
- 1 cup mint, leaves picked and roughly chopped
- 1 1/2 cups sweet corn kernels
- 1/2 cup ricotta

**METHOD:**

Bring a large pot of water to the boil. Add pasta and cook according to packet instructions or until al dente. Drain and rinse under cool water. Place the cooked pasta into a large mixing bowl along with the olive oil, lemon juice and zest and mix to combine. Add the cherry tomatoes, cucumber, mint and corn kernels and mix to combine. To serve, dot each portion with a little ricotta and enjoy.

Recipe and image from [mylovelittlelunchbox.com](http://mylovelittlelunchbox.com).



The top Family organiser apps to simplify busy lives.



**COZI FAMILY ORGANIZER**

**COZI | ORGANISATION | FREE VERSION & SUBSCRIPTION**

Cozi is the must-have organiser for families. It helps coordinate and communicate everyone's schedules and activities, track grocery lists, manage to do lists, plan ahead for dinner, and keep the whole family on the same page. Seeing what everyone is doing and where is easy using the Cozi interface. Store recipes so they are ready when you are. This app has endless benefits for all families.

**FAMILY WALL**

**HAPPY FAMILY ORGANISATION | FREE VERSION & SUBSCRIPTION**

Family Wall helps manage your family's everyday life by sharing everyone's schedules and activities, tracking grocery lists, planning for dinner, managing to-dos as well as locating kids when they are outside. Family wall features a shared calendar, tick-able lists and meal planning. You can even create a budget together. Share family moment easily and privately. Real time locator and safe and secure family messaging.

**CALROO**

**RUBY THREE LLC | ORGANISATION | FREE**

Calroo is the perfect family organizer that brings families closer together. It provides one central place where you can see, plan and manage all of your family's activities. With Calroo, you always know who is doing what, and asking a family member for help is as easy as a swipe. Calroo is free and ad-free, keeping the focus where it belongs - on your family.





## FOCUS: OVERPLANNING AND OVERSCHEDULING

As the new year begins, we set about creating small goals in order to achieve our BIG New Year's resolutions. And while there is no error in planning for success, there is error in over planning to the point that there is no room for life to happen organically. Our new year's resolutions fail more often than not because we over plan how to achieve them with so much vigour that when week two rolls around and we didn't quite tick all the boxes we wanted to we give up. Or we spend so a long time to plan our road to reaching our goal, addressing every step to success that in the end we are too scared to even start in case we fail. So how can you avoid unnecessary anxiety and overwhelm while still working towards your New Year's Resolutions?

### **Set a trajectory:** Where do you want to end up?

To reach a goal you must plan, of course, but set a time limit. Write out a basic outline of steps. Choose a time and date to begin and start.

### **Set deadlines for your goals and tell someone!**

Nothing motivates like a deadline...and being held accountable to that deadline! Think about a **reasonable** timeline for whatever you are working on and set a deadline for when you think you can achieve it. Then tell someone!

### **Redefine what perfect means to you.**

If you set out with a highly detailed plan and expect to hit every small goal every time, you're setting yourself up for disappointment. Life, children, spontaneity get in the way. Try to achieve your daily/weekly goal 60 – 70% of the time.

### **Consider plans a road map:**

Your plan for the day, the week, or even the year, is a road map that gives you a sense of direction. It's an overview of the various paths you could take. Just as you may find yourself on a detour and then need to turn back to your map to find the best way to continue on your journey. Sometimes you may find you need to slow down and simply do (in the words of Anna Frozen 2) "the next right thing" which will help you continue on your journey to achieve your goal.

**Expect the unexpected:** Refer to roadmap! Your goal, simply head in the right direction. A little planning goes a long way...emphasis on the **little**. While it can be hard to let go of the desire to be prepared for every possible outcome or event, the truth is, you **can't** be. You don't have enough information because you haven't gone far enough down the path.

Once you start, you collect the information you need to make the next right decision. And the next, and the next, and so on. It won't be perfect, but it **will** be good. You just have to start!

There is more to read at the links below!

Source: Janssen, Ashley. (2022) Why Overplanning Is a Trap And How to Stop. Retrieved from [ashleyjanssen.com/why-overplanning-is-a-trap-and-how-to-stop/](https://ashleyjanssen.com/why-overplanning-is-a-trap-and-how-to-stop/)  
Saunders, Grace. (2015). How to stop overplanning (Even if you're a perfectionist). Retrieved from [hbr.org/2015/08/how-to-stop-overplanning-even-if-youre-a-perfectionist](https://hbr.org/2015/08/how-to-stop-overplanning-even-if-youre-a-perfectionist)



### **Overscheduling Kids**

When you sign your child up for scouts, soccer, dance... your intentions are good. You want your child to learn how to hone skills. Or you hope to make it a tad easier for a shy child to make friends. While enriching your child's life is a good thing, overscheduling activities can take a toll on your child — and family. Kids whose time is overly organised don't have time to be kids, and their family doesn't have time to be a family," says paediatrician Deb Lonzer, MD. "They typically don't eat well, sleep well or make friends properly."

**Be reasonable and realistic:** Check your calendar and own commitments, where is your unscheduled time. Assess your child's own want to participate in afternoon activities. Don't fill every free afternoon. Consider your child's age and your proximity to an activity before committing. (Travel time can add to your and their stress and free time).

**The beauty of down time:** Limiting organised activities clears the calendar for the all-important "down time" kids need for play, relaxation and family. "During downtime, all electronics should be powered down," Dr. Lonzer stresses. Play board games, shoot hoops, bake whatever. Help your child understand that living more in the moment is a good thing. "Tell them, 'Let's not worry about what's next, let's worry about what's now.'"

On a final note, she advises modelling a good work-life balance. "Let your kids see you pacing yourself, not procrastinating or cramming, but budgeting your time well," Dr. Lonzer advises.

Health Cleveland Clinic. (2018). Is Your Child Overscheduled? Kids Need 'Down Time' Don't let the calendar run your family's life. Retrieved from <https://health.clevelandclinic.org/is-your-child-overscheduled-kids-need-down-time/>

**PEG UNO:** Place various UNO cards on the floor. Children start with the box of clothes pegs and run up to a UNO card and attach a clothes peg. If the UNO card displays number three, the children run up to the card three times and attach a clothes peg three times. Since the cards on the floor are different, the children can choose a number they know and as such make the game suitably difficult for themselves. If the children do not know the numbers very well, dots can be glued/drawn on to match the number, which enables the children to see how many clothes pegs they need to attach.



# HEALTH & SAFETY: HEAD BUMPS

Children often bump or bang their heads, and it can be difficult to tell whether an injury is serious or not. Summer holidays means more time playing outside and occasionally a few more injuries. Head bumps can be the trickiest to know how to react. Hopefully this fact sheet can help you feel a little more prepared.

Any knock to the head is considered a head injury. Head injuries are classified as mild, moderate or severe. Many head injuries are mild, and simply result in a small lump or bruise. Mild head injuries can be managed at home, but if your child has received a moderate or severe injury to the head, they need to see a doctor.

## Seek help immediately by calling an ambulance if:

- Your child has had a head injury involving high speeds or heights greater than a metre, for example, car crashes, high-speed skateboard accidents or falling from playground equipment.
- Your child loses consciousness (passes out).
- Your child seems unwell and vomits more than once after hitting their head.

## Glossary of head injury terms

**Concussion** – a mild traumatic brain injury that alters the way the brain functions. Effects of concussion are usually temporary, but can include altered levels of consciousness, headaches, confusion, dizziness, memory loss of events surrounding the injury, and visual disturbance.

**Loss of consciousness** – when a person is unable to open their eyes, speak or follow commands. They have no awareness of stimulation from outside their body and cannot remember the immediate periods before and after the injury.

- **Signs and symptoms of head injury** - The symptoms experienced straight after a head injury are used to determine how serious the injury is. The information below is a guideline.

**Moderate to severe head injury** - If your child has a moderate or severe head injury, they may: lose consciousness, be drowsy and not respond to your voice, be dazed or shocked, not cry straight after the knock to the head (younger children), be confused, have memory loss or loss of orientation about place, time or the people around them, experience visual disturbance, have unequally sized pupils or weakness in their arm or leg, have something stuck in their head, or a cut causing bleeding that is difficult to stop, or a large bump or bruise on their head, have a seizure, convulsion or fit, vomit more than once. **You should call an ambulance immediately if your child has a moderate or severe head injury.**

**Mild head injury** - A mild head injury or concussion is when your child: may display altered level of consciousness at the time of the injury, is now alert and interacts with you, may have vomited, but only once, may have bruises or cuts on their head, is otherwise normal.

**You should seek medical advice if your child has any of the above symptoms of mild head injury and you are worried about them.** Otherwise, continue to observe your child for any of the signs and symptoms listed under care at home.

**Care at home** - Children and adolescents with concussion can take up to four weeks to recover, but most concussions will get better on their own over several days. Following a mild head injury, your child will need to get plenty of rest and sleep, particularly in the first 24 to 48 hours. Your child may have a headache after a head injury. Give them paracetamol (not ibuprofen or aspirin) every six hours if needed to relieve pain. There is no need to wake your child during the night unless you have been advised to do so by a doctor. **Call an ambulance immediately if you have any difficulty waking your child.**

Children who have had a head injury may develop symptoms at various times. Some of the symptoms may begin minutes or hours after the initial injury, while others may take days or weeks to show up. **If your child experiences any of the following symptoms, take them to the doctor or nearest hospital emergency department immediately:**

- vomiting more than once
- bleeding or any discharge from the ear or nose
- fits/seizures/twitching/convulsions
- blurred or double vision
- poor coordination or clumsiness
- any new arm or leg weakness, or any existing weakness that gets worse or does not improve
- difficulty swallowing or coughing when eating or drinking
- sensitivity to noise
- slurred or unclear speech
- unusual or confused behaviour
- severe or persistent headache that is not relieved by paracetamol.

If your child has had a head injury, they should return to school and sport gradually. For moderate to severe head injuries, your doctor will advise you. For advice on returning your child to their usual activities if they have had a mild head injury, see our fact sheet. [Head injury – return to school and sport.](#)

Source: The Royal Children's Hospital Melbourne. Head injury-general advice. [https://www.rch.org.au/kidsinfo/fact\\_sheets/Head\\_injury/](https://www.rch.org.au/kidsinfo/fact_sheets/Head_injury/)



**RECYCLED CRAFT:** Collect, milk bottles, cardboard rolls, bottle caps, egg cartons etc.

Having a box filled with recycled items provides an open-ended engaging activity for children. Add some masking tape and markers watch your children's imagination take over.

If you wish to create a more guided activity simply search google for 'recycled craft for kids'. There are endless ideas of what you can create with a few simple household items.





## LEARNING TO UNWIND

We all know it feels nice to have a little free time to unwind and relax. Kids reset their brains while engaging in fun, unstructured activities, it allows them to have time to process the information from the day and “integrate new information.” At this time of year our calendars are loaded with events and activities building in unwinding time is extremely important and what it may look like for each will be as individual as them. Here are a few ideas to help you and your child relax together.

**Deep Breathing:** Teach your child how to engage in deep breathing by talking to him or her about taking *big, slow* breaths through their nose and letting the air out of their mouth.

**Free Play:** According to experts, kids’ brains don’t need to be totally **inactive** during downtime. But they can benefit from having some time in **default mode**, where they aren’t focused on a specific activity.

**Go Outside** - There’s nothing like getting *fresh air*.

**Turn on the Tunes** - Listening to music, singing, and dancing are fun ways to take brain breaks throughout the day.

**Read** - Set aside quiet reading time in the house where your children (and you!) can find a cosy spot and curl up with a favourite book. Read together or alone to help relieve stress from the day and escape into a story.

**Exercise** - Whether it’s playing a sport, swimming, or running around in the backyard, exercise can be a great way for kids to clear their heads and relieve stress.

**Stimulate the senses** - Engaging the senses can create some nice calming effects for kids. Think playdough, sensory bins/walls, bubble baths with lavender.

Find out more <https://therapyworks.com/blog/language-development/home-tips/relaxation-tips-for-kids-and-parents/>

## IMPORTANT REMINDERS FROM OUR EDUCATORS

- Please label all children’s belongings, including clothing, shoes, sheet sets, drink bottles and dummies. It is even more important at this stage of the year as educators are learning which children own which belongings. It only takes a few minutes for families to label all items, but it saves educators a huge amount of time.
- Please ensure your child is wearing Sunsmart clothing at all times when attending the service. Singlet tops and dresses are not recommended. The UV rating is extremely high during the summer months and children’s delicate skin can burn easily and needs protection via all means possible. Slip, Slop, Slap.
- Please complete and return Child Profile Questionnaires as soon as possible. This information is incredibly valuable for planning and programming for each child.
- Please ensure that your child’s enrolment information is up to date and contains all current information. Are your authorised contacts the same this year, has your address changed, is your child’s medical action plan current, are there any changes to dietary requirements?

## YARRAWONGA TRIKKI KIDZ

We are pleased to advise that our Yarrowonga Trikki Kidz service is now back on track after a few unexpected development delays. We expect the build to commence construction in the coming weeks with completion scheduled for September 2023. We look forward to sharing the progress with you.

We have an extensive waitlist for Yarrowonga already which is exciting. For further information please email [yarrowonga@trikkikidz.com.au](mailto:yarrowonga@trikkikidz.com.au)



### Tissue Dance

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

This is a fun game that works on posture, body control, balance and concentration. Have everyone start by placing a tissue on their heads. When the music starts playing, everyone starts dancing. But be careful; don't let the tissue fall off your head! If the tissue hits the ground, you're out.

So simple yet so much fun! Who pulls out the craziest moves to keep that tissue on their head?