

# TRIKKI KIDZ EARLY LEARNING GROUP

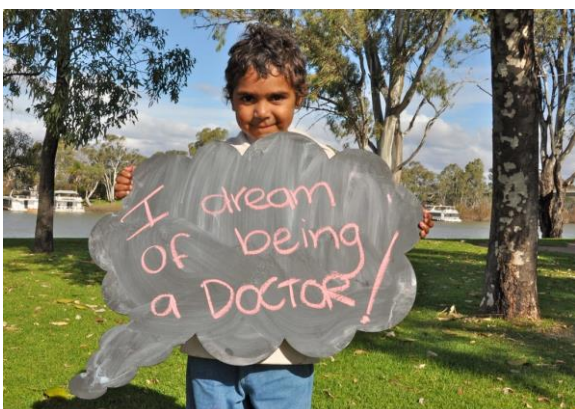
If you see someone without a smile, give them one of yours.  
— Dolly Parton

AUGUST  
2023

## ON *this* MONTH

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## NATIONAL ABORIGINAL & TORRES STRAIT ISLANDER CHILDREN'S DAY

Last month we observed National NAIDOC Week in celebration and recognition of the history, culture, and achievements of Aboriginal and Torres Strait Islander People. It is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest continuous living cultures on earth.

This month we will observe National Aboriginal and Torres Strait Islander Children's Day, on Friday 4 August 2023, another opportunity to celebrate First Nations cultures.

This year's National Aboriginal and Torres Strait Islander Children's Day theme is 'Little Voices, Loud Futures'. The focus is on raising awareness for the bright futures of our children and the potential for their voices to pave a new path for our nation.

To find resources, activities and more, visit [National Aboriginal and Torres Strait Islander Children's Day](#)







INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLE – AUGUST 9  
**The theme for this year is 'Indigenous Youth as Agents of Change for Self-determination.'**

Indigenous peoples have an equal right to govern themselves, equal to all other peoples. Indigenous youth are playing an active role in exercising their right to self-determination, as their future depends on the decisions that are made today. [Find out more here](#)

**CHILDREN'S BOOK WEEK – AUGUST 19-25**

CBCA Book Week is the longest running national literacy initiative in the country. During this time schools, libraries, booksellers, authors, illustrators, and children celebrate Australian children's literature. Children's book character parades are often a highlight. This year's theme is 'Read, Grow, Inspire'. [Find out more here.](#)



**NO BAKE HEALTHY CARROT CAKE**

PREP 15 mins | BAKE 20 mins | MAKES 12

**INGREDIENTS**

- 3/4 cup (190 ml) **butter**
- 2 1/2 cups (375 grams) **plain flour**
- 1 1/4 cups (260 grams) **dark brown sugar**
- 1 teaspoon **cinnamon, ground**
- 1/2 teaspoon **baking powder**
- 1 teaspoon **bicarb soda**
- pinch of **salt**
- 2 **eggs**
- 1 1/2 cups (375 ml) **Greek (or natural) yoghurt**
- 2 tablespoons **vanilla bean paste** (or extract)
- 2 **bananas, mashed.**
- 1 1/2 cups (260 grams) **dark chocolate chips**
- 3 tablespoons **caster sugar (or demerara sugar)**
- 1 tablespoon **cinnamon, ground**

**METHOD**

**Preheat** oven to 200 C and line a muffin tin with 12 papers. Set aside.

**Place** the butter in a small saucepan over medium heat and cook until the butter is melted, foaming, and turned brown and smells nutty. Set aside to cool slightly. **Place** the flour, sugar, cinnamon, baking powder, bicarb soda and salt into a bowl and whisk to combine creating a well in the centre. Set aside.

**Into** a separate bowl, place the brown butter, eggs, yoghurt, vanilla, and mashed bananas and whisk to combine. **Pour** the wet ingredients into the well of the dry and using a wooden spoon stir until just combined. Do not over mix. **Gently** fold through the chocolate chips.

**Evenly** divide the mixture between the prepared muffin tins. **Place** the caster sugar and cinnamon into a small bowl and stir to combine. **Sprinkle** each muffin with a little cinnamon sugar.

**Bake** muffins for 15-20 minutes or until golden and when a skewer inserted removes cleanly. Enjoy x

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

**Podcast Reviews**

QUICK PODCASTS FOR QUICK TRIPS OR BRAIN BREAKS AT HOME



**PLAY SCHOOL EARS ON | ABC**

There's a mysterious noise at Play School and we need your help to figure out what it is. Put your Ears On, and join your Play School favourites on an audio adventure, made for the littlest listeners.

**BUSY BODIES | MR SNOT BOTTOM**

Is your brain more powerful than a computer? How fast is a sneeze? And what's REALLY going on inside when we feel nervous? Kids will love taking off on squishy, squelchy, gooey adventures through the human body with Mr Snot Bottom who has cheeky fun dropping serious science facts and silly, icky jokes along the way.



# FOCUS: Want to Raise Smart, Kind Kids? Science Says Do This Every Day

As parents, we have **big dreams** for our kids. We want them to be smart so they can go after what they want in life and have a reasonable chance of getting it. We want them to grow up to be kind, caring members of the community. And it would be nice if they also turned out to be the type of people who remember to signal before turns. That's a tall order. Especially when I consider the day a success if I remember to brush all my kids' teeth twice a day. And yet, now is the time to set our kids up for success in life. Short of morphing into a drill sergeant who fills every spare moment with flashcards and forced kindness, how can we raise smart and kind kids?

As it turns out, we have one magic "keystone habit" as parents that will help us raise smart, kind kids. If you haven't heard of keystone habits before, they're an elite category of habits that kick off a **chain reaction**, influencing several areas of your life at once. In other words, you can focus on just one keystone habit, and you'll experience several positive impacts. For example:

**"Keystone habits explain how Michael Phelps became an Olympic champion and why some college students outperform their peers. They describe why some people, after years of trying, suddenly lose forty pounds while becoming more productive at work and still getting home in time for dinner with their kids." - The Power of Habit"**

The best thing about this particular "keystone habit" for raising smart, kind kids is that it's completely free, it takes just 10-15 minutes a day, and anyone can do it. To get smart, kind kids, you don't have to sign your kid up for expensive tutoring or have twice-daily screenings of the movie Wonder. All you have to do is this: Read to your child. Even if they already know how to read to themselves. Because research shows reading aloud is the powerful keystone habit that will raise smart, kind kids. (More on that in a minute.)

## But This Is What Gets in Our Way

As parents, the demands on our time are **endless**. We have laundry to fold, sibling battles to mediate, and healthy dinners to prepare. Our kids need help with homework, the car is due for an oil change, and it's our turn to bring snacks after the t-ball game. We need to make doctor appointments, deposit a check at the bank, and sew that seam that ripped in our best work pants. **On and on and on.**

This is why when it comes to reading aloud to our kids, we tend to prioritize it lower. I know I do. In a 2018 survey of American families, only 30 percent of parents reported reading aloud to their kids for at least 15 minutes a day. I try to read to my kids regularly, but for two weeks I tracked how many picture books I read aloud, and I was shocked. I'd only read to my kids 6 out of 14 days – not even half of the days. And so, to soothe my guilt, I decided to dig into exactly what reading aloud to your kid accomplishes. I wondered: When it comes to raising smart kids, is reading aloud truly all it's cracked up to be? The goal is to empower them and teach self-efficacy. When kids can self-regulate, they are more likely to have more successful relationships with themselves and with others.

This is what happens when you read aloud to your child every day:

- Your child will hear a wider variety of words.
- You grow your child's brain, literally.
- You put them on the path to be a lifelong reader.
- Your child's behaviour will improve.
- You build a stronger bond with your child.
- You increase your child's capacity for empathy.

The moral of my little research project? The one single habit of reading aloud to your child kicks off a chain reaction of all these positive outcomes, and more. If you're looking for the **secret** to raising smart kids, reading aloud is it.

Holmes, Kelly. (2023). Want to Raise Smart, Kind Kids? Science Says Do This Every Day. Retrieved [Happyyouhappyfamily.com](https://www.happyyouhappyfamily.com)



This is just an excerpt of this brilliant article. To read in full and for additional advice on creating the reading habit follow the QR code link.

## THE FAMILY READ-ALoud BOOK CHALLENGE

One way to make reading aloud more doable is to turn it into a game. The article above includes a printable you can start today. Make it fun, turn it into a no brainer.

Follow the QR CODE above and scroll to the bottom of the page and print out the challenge choose a book and get started. Remember to choose a book you will enjoy reading too. If you are a little fed up reading the books you do have head to your local library and borrow some new ones. If you don't have a local library chat with some friends organise a book exchange.



# HEALTH & SAFETY: 10 Ways to Be a Role Model to Your Children

When I saw the movie *Jaws* for the first time, it made me afraid of being in ocean water. Well, I always was leery of it, but the movie definitely solidified my opinion. Even now, I never go in too far. Although the shark scenes were unnerving, they weren't the ones that left the biggest impression on me. There is a wonderful moment between Sheriff Brody and his son at the dinner table. As his wife clears plates off of the table, Brody sits staring off into the distance, clearly deep in thought. He doesn't notice his young son watching his every move from a foot away. When he takes a drink, his son takes a drink. When he folds his hands, his son folds his hands. Finally, he sees his son mirroring him. He starts to playfully make movements and faces for his son to copy, ending with a kiss. The most powerful role models for children sit across from them at the dinner table. It's you. Are you wondering how to be a role model to your kids? Here are 10 ways.

**1. Healthy Living** - When we eat properly and exercise regularly, not only does it improve our own lives, but it sets the example for our children. Childhood obesity can lead to depression and disease. This is not to say a parent needs to go overboard, but every reputable expert will tell you that moderation is the key in diet as well as exercise. Keep yourself inside the healthy range for where you are in life.

**2. Self-Improvement** - Apply whatever cliché you choose here, but you certainly can teach old dogs' new tricks. Self-improvement should always be on our minds. Try new experiences and broaden your horizons. This teaches our children to never stop growing. There's always something new to learn in this life. Try to learn something new every day. When thinking about how to be a role model, start with self-improvement.

**3. Serving/Volunteering** - Make it a regular habit to get out in your community with your family and volunteer your time and talents. This is one of the best ways to build family unity, teamwork skills, and most of all, generous and serving hearts. Teach your kids to meet the needs of others.

**4. Open up Your Life** - Do not hide who you are as a person to your children. Share your past experiences when it is appropriate—mistakes and victories. Show them that vulnerability is a virtue that comes from a position of strength. Take your children to work with you and let them see your daily life. Status doesn't mean a thing, but your attitude and your demeanor mean the world.

**5. Self-Control** - Releasing our emotions, whatever they may be, is healthy and reduces stress. How we go about doing that in front of our children, however, has major consequences. As difficult as it can be, it is essential to practice self-control as much as possible in front of our children. Bite your tongue and control that temper. If need be, take it out in the gym or go for a long run.

**6. Right Relationships** - We have many important relationships and not all of them are going to be pleasant. Maybe there are issues with your parents, stepparents, brothers, sisters, or ex-wife. Forgive and give grace. Seek to be right in your relationships over being right. Make it as hard as possible for anyone to say anything bad about you. Be an initiator and always take personal responsibility first.

**7. Respect and Listening** - If you want to teach your kids how to be confident, it starts with showing them respect for who they are and listening to their own unique thoughts. This is a tough aspect of leadership, but the best leaders listen carefully and talk far less. Open your mind and your ears to what your children are telling you. They will, in turn, learn to do the same later in life.

**8. Positive Attitude** - There is plenty of negativity to be found in society today. Do not add to the daily chorus your child experiences. Instead, display a positive and reassuring attitude and optimism.

**9. Goal Setting** - Setting goals is important to give us a benchmark of where we are going and the progress we are making. Implementing and achieving those goals are of equal importance. When our kids see us moving along exactly according to plan, it shows them the importance of organization and self-discipline. Help them come up with their own set of goals and praise them when the goals are met.

**10. Walk the Talk** - The single most important aspect of being your children's role model is to always say what you mean and mean what you say. Walk the talk. Back up your words with visible and concrete action and be a man of integrity and value. Actions speak volumes. And as Benjamin Franklin pointed out, "Well done is better than well said."

All Pro Dad (2022). 10 Ways to Be a Role Model to Your Children. Retrieved from Allprodad.com



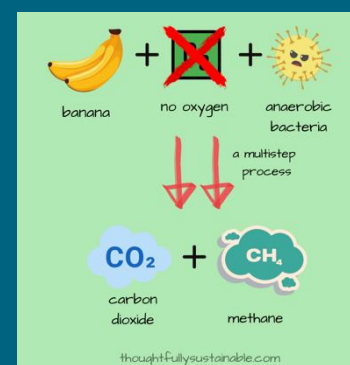
## Sustainability CORNER

### LANDFILL EXPERIMENT

Today, an estimated one-third of all the food produced in the world goes to waste. That's equal to about 1.3 billion tons. About 6%-8% of all human-caused greenhouse gas emissions could be reduced if we stop wasting food.

Try this experiment and show children what happens when food scraps are just thrown in the bin. Have kids place food scraps in a bottle of water before placing a balloon on the end and leaving it out in the sun for 7+ days. Kids can observe the gas produced as the food decomposes in a landfill-like environment.

<https://www.teachingexpertise.com/classroom-ideas/sustainability-activities-for-kids/>



## FAMILY GAME NIGHT

By playing games, parents can model essential life skills they want their kids to learn, like how to interact with others, how to deal with losing, how to resolve conflicts, and showcase teamwork, strategy, adaptability, and resilience. Family games can be played at any age. Try some of these ideas.

For young children try rolling balls and knocking down cups, balancing on sticky tape lines or even jumping races. As children get older you can move to more traditional games or try some of these ideas.

### Defying Gravity:

**You will need:** Balloons. **Challenge:** Bounce 2-3 balloons (depending on the age and abilities) at the same time with your hands without them falling on the floor. **Who wins?** Time it and see who can bounce balloons the longest.

### Suck It Up

**You will need:** thick straws (thin ones work too), small sheets of paper. **Challenge:** Using straw players will need to suck the paper sheets and transfer them from one pile to another. Whoever does this first WINS the game.

**Obstacle Course** - Get the family moving by creating an indoor or outdoor obstacle course. You can compete in teams or time each player. Obstacles can include climbing over a tower of pillows, crawling through a blanket tunnel, taking five trips around the swing set, or doing 15 push ups near the mailbox. The more creative, the better.

**Hide and Seek** - It sounds elementary but finding new and creative places to hide in your home takes a lot of skill. This is a good option for the preschool set and could lead to tired kiddos! Make it more interesting by using a timer to see who can find the other team (or object) in the shortest amount of time.

**Scavenger Hunt** – The classic game to play indoors, outdoors, or anywhere you are ready to fire up the competition factor! Players can search for hidden items around the house, in the neighbourhood or at a favourite picnic/play destination. (Take photos of the hidden objects and print out for young children to cross off when they locate the object).

## CHILD SAFE STANDARDS

The Child Safe Standards provide a framework for enhancing the safety of children in services. Services must ensure their practices align with the requirements of the Child Safe Standards and use the standards through their systems, policies, and processes to continually improve their child safe capabilities.

It is mandatory for NSW Early Childhood Education and Care (ECEC) services to implement the [Child Safe Standards](#) under the [Child Safe Scheme](#).

Compliance and enforcement measures relating to the Child Safe Standards under the [Children's Guardian Act](#) came into effect 1 February 2023.

Similarly, new [Child Safe Standards](#) came into force in Victoria on 1 July 2022.

Trikki Kidz Early Learning Group is committed to enhancing the safety of children across all of our services, with all policies, procedures and processes aligned with the Child Safe Standards for the relevant state.



### Family Ball Tag

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

You will need some small pieces of fabric and a ball (any type). Divide your family into two teams and tuck fabric pieces into your waist bands. Mark out a small "field" it could just be your front yard or even the lounge room. Designate two ends with a line or bucket. One player starts and tries to get the ball to the other side and place it past the line or in the bucket without losing their tags.