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Winning Ways to Talk with Young Children

Talking with children involves the exchange of words, ideas and feelings. Communication is what we say and how we say it. We communicate with looks (scowls and smiles), with actions (slaps and hugs), with silence (warm or cold), as well as with words (kind and unkind).

Adults usually do not have any difficulty communicating with children when it simply involves giving directions (how to use scissors) or explaining things (why cars are dangerous). But they sometimes have difficulty communicating when feelings are involved—either the child's or their own.

Good communication leads to

- warm relationships,
- cooperation, and
- feelings of worth.

Poor communication leads to

- kids who "turn off" adults,
- conflicts and bickering, and
- feelings of worthlessness.

News From Alpine Family Day Care



GOOD FOOD PRACTICES

Good healthy eating practices take place in Family Day Care. Educators encourage the children to sit down together at meal times with the educator to enjoy the company of each other, chat about the days happenings and discuss foods. Role modelling good eating habits go a long way in providing future behaviour with our children's eating patterns. Also, the children love this close contact time to chat about everything in their lives!

If you want any extra ideas about what to provide in your child's lunch box that is healthy and will sustain them during the day, then have a chat with your educators. They have a wealth of knowledge in this field. Also, as the seasons change so does the availability of some foods and our actual taste for certain food products. Keep this in mind in regards to what you send with your child to eat during their day in Family Day Care.

HIGH EXPECTATIONS

Children endlessly are capable of surprising us. Having high expectations in the children's ability to succeed is shown here where the educator is encouraging and supporting these children's learning through tackling puzzles, threading and using their fine motor plus cognitive skills. It's all about allowing children to have a "go" and learn by trial and error.



INTENTIONAL TEACHING.

Being "intentional" means having carefully thought through reasons for what we do. It means making a conscious decision about how we do things rather than just doing it the same



way because that is how we have always done it.

Being intentional also means being flexible.

Here the educator has an idea behind a particular experience, such as kite making but is prepared to change and adjust it to how the children respond and to their developmental needs.

IDENTITY

We all love to feel that belonging to a group or person. Relationships are critical, and the educators in our service promote and provide materials and situations to develop these. They make the play experiences fun, as well as educational.



OLDER CHILDREN

The beauty of Family Day Care is that many play activities are



child initiated and this can be an active part of their daily learning. This supports the older children as they are able to choose what and how they want to learn in a relaxed family environment.



"Almost all creativity involves purposeful play."

Abraham Maslow,
American psychologist 1908-1970

WELL BEING

Educators strive hard to create a safe and secure environment where children have a strong sense of WELLBEING. All children need to feel comfortable to be able to learn and grow. Individual experiences make up the steps that can lead towards positive outcomes. The learning outcomes are the product of many different experiences that build on each other.

This may be feeling more “at home” with a special Beanie kid, or engaging with other children in a pleasurable play experience.



Mandatory reporting of child abuse

Some professionals such as doctors, nurses, police, school teachers and Early Childhood educators are legally obliged to report suspected child abuse. In addition, any person who believes on reasonable grounds that a child needs protection can make a report to the Victorian Child Protection Service. It is the Child Protection worker's job to assess and, where necessary, further investigate if a child or young person is at risk of harm.



Sun Smart Clothing, Hats And Shoes

It's that time of the year again. From September 1st 2013 until April 30th 2014 our Sun Smart policy has kicked in for yet another summer.

Please remember that all children must wear clothing that covers their shoulders i.e. no singlet's or dresses with straps. Children must also wear a hat for outside play. Children are very active and need comfortable sturdy shoes. Thongs, crocks and highheeled shoes are not appropriate. Sunscreen will be applied at least 20 minutes before going outside. If your service does **NOT** supply a hat, one must be supplied by the child/children's parent/guardian.

It must remain at the service, be clearly labeled with your child's name and must adhere to the following criteria:

- hat should shade your face, head, ears and neck
- a broad brimmed style hat should have a brim of at least 7.5 cm
- a bucket style hat should have a deep crown, angled brim of at least 6 cm and sit low on the head
- legionnaire style hats should have a flap that covers the neck and overlaps at the sides of the front peak
- Use a brim attachment or legionnaire cover if wearing a hardhat or helmet.

(As recommended by Sun Smart Victoria)

Please be aware that if your child does not have a hat they will **NOT** be allowed outside.
Thanks for your understanding and cooperation

Apricot Chicken

(serves 4)

Ingredients

Serves 4

1 brown onion	10 button mushroom
500g diced chicken	1 tbsp French onion soup
200g peas	1 lrg tin apricot nectar
2 carrots	1 tbsp chicken stock
1 tin chickpeas	

Method

Fry onions in oil until soft. Add mushroom, carrots. Cook chicken in separate pot. Add chicken stock. Add apricot nectar and french onion soup mix to vegetable mix. Add cooked chicken pieces to vegetable mix. Simmer 1 hour. Add frozen peas and drained and rinsed chickpeas. Cook for a further 10 minutes or until peas are cooked.

Serve with cous cous or rice.