

COUNCIL IMMUNISATION SESSIONS 2011

MYRTLEFORD

First Tuesday bi-monthly (even months) at Senior Citizens' Centre, Smith Street Myrtleford - 10am to 11am

4th October 2011
6th December 2011

MOUNT BEAUTY

Second Tuesday bi-monthly (even months) at Mount Beauty Community Centre, Mount Beauty - 9.30am to 10.30am.

11th October 2011
13th December 2011

BRIGHT

First Wednesday bi-monthly - except January (alternate months) at Senior Citizens' Centre, Cobden Street Bright - 9am to 10am

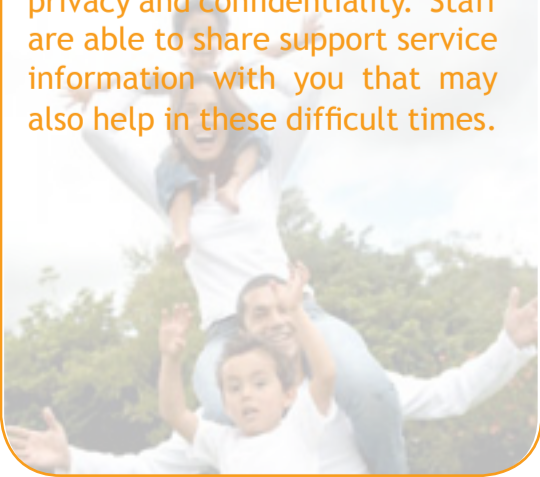
7th September 2011
2nd November 2011

POLICY REVIEW

In the last 6 months a lot of policies have been put out for review. The services would like to thank all the staff, parents and guardians who have thoughtfully filled in and returned these policies. Please remember that our policies are available in the foyer if you wish to read of them. Alternatively, we can provide you with a photocopy if you would like to take any policies home.

STAFF SUPPORT FOR FAMILIES AND CHILDREN

Just a reminder to parents that staff are willing to work with the families and children who are experiencing emotionally challenging events e.g. separation, divorce or death of a friend or family member. If you wish to talk to a staff member about any situation we can set up a meeting, time away from the children and other staff for privacy and confidentiality. Staff are able to share support service information with you that may also help in these difficult times.



Tips for positive behaviour guidance:-

The secret to encouraging good behaviour is to give children lots of positive attention when they're behaving well.

Positive attention includes:

- *praise 'Good sharing, Kaitlin'*
- *encouragement 'Keep trying, Lachlan'*
- *physical affection, like cuddles*

Some tips

Bite-sized moments work. Research shows that tuning in even for a minute or two works if you do so often, rather than occasionally.

You can do it anywhere. There are countless opportunities throughout the day to tune in to what your child is doing and saying. Try at the supermarket, when you're eating, doing the dishes or walking to school, and on the bus. Anywhere - whatever you're doing together.

Look through your child's eyes. Trying to see the world through your child's eyes helps you to understand his/ her feelings. This can also reduce misunderstandings about behaviour. You might see that what seems like misbehaviour to you is just part of how the world looks to your child!

The attention trap. If you pay more attention to difficult behaviour you may fall into the attention trap. Your child may find negative attention such as yelling or scolding powerful. It's immediate, intense and personal.

The trick is to pay more attention to the behaviour you want, and less to the behaviour

Hold my hand and keep me safe

It will take many years for young children to be able to make safe decisions independently when there are cars about - near roads, footpaths, car parks, Drive ways, bicycle tracks, unfenced yards, homes and farms.

The best way to protect children near vehicles is to always hold their hands.

Hold their hands until they are at least 8 years old.

Closely and actively supervise children up to at least the age of 10 years.

ADULTS ARE RESPONSIBLE FOR THE SAFETY OF YOUNG CHILDREN IN AND NEAR TRAFFIC.

CHILD PROTECTION INFORMATION FACTS

- FACT** Be Vigilant
- FACT** Paedophiles Are Likely To Re-Offend
- FACT** At Least 1/4 Girls And 1/7 Boys Will Be Sexually Abused In Australia This Year
- FACT** Boys And Girls Of All Ages May Be Sexually Abused
- FACT** In The Majority Of Cases The Offender Is Someone Known To The Child
- FACT** Paedophiles Come From All Walks Of Life And Often Hold Positions Of Authority
- FACT** They Will Go To Extreme Lengths To Groom And Molest Children (Extreme Premeditation)
- FACT** Child Sexual Abuse Inflicts A Life Sentence On The Victim
- FACT** Only 5% Of Paedophiles Are Mentally Handicapped
- FACT** 1000'S Of Paedophiles Are Living In Australian Communities

2/3 Of Sex- Crimes In Australia Are Against Our Children

If you are ever concerned that something is wrong it is your duty of care to make that call. After hours Child Protection emergency services Ph 131 278

SAFETY

Hats and Cords

Playground Unit project manager Kate Fraser said the hats present a danger if they become stuck in playground equipment and the children are left hanging by the cord around their neck.

So far incidents in Australia have not been fatal, but one girl suffered serious cuts to her throat and possible damage to her vocal cords.

"Some schools and daycare centres have already taken the step of changing their hats to a safer option, or simply cutting the cords off the hats they have, but we would definitely encourage more to do so."



Here are some handy hints, to encourage healthy eating habits in children:

- To encourage healthy eating habits in children offer small serves of food. Your child can always ask for a second helping.
- Healthy eating can be promoted through offering a variety of foods to children from a very young age.
- Use positive terms to refer to healthy food, for example, "I love eating crunchy green beans".
- Make eating a social occasion. Turn off the television and talk about the day.
- Breakfast is the most important time for healthy eating. Children function better when they begin the day with a nutritious meal. Some examples of healthy breakfast meals are wholegrain cereal with fruit, yoghurt and milk, wholemeal toast with mashed banana and a glass of milk, or a poached egg with wholemeal toast fingers followed by cut up apple pieces.
- Avoid bribing your child with food.

Children may reject a new food the first or second time it is offered, but keep persisting as a new food will soon become a 'usual' food and so become a normal part of a child's healthy diet. Be aware that there may be some foods that your child will never eat.

Involving your child in shopping, meal planning and cooking can help develop healthy eating habits by promoting a positive attitude to a healthy diet. Simple activities for young children such as getting spoons out of the drawer or asking them to stir a bowl can help develop their understanding of a nutritious diet.

- Talk to your children about different fruits and vegetables, such as where they grow and how you prepare or cook them. Knowledge of the foods they are eating, can encourage healthy eating habits for children. Make sure all members of your family are adopting healthy eating habits. If parents and older siblings model healthy eating, younger children are more likely to adopt the behaviour.

