

TRIKKI KIDZ EARLY LEARNING GROUP

Life is not a problem to be solved,
but a reality to be experienced.
– Soren Kierkegaard



ON *this* MONTH

MAY IS A SPECIAL MONTH FOR MOTHERS

AT TRIKKI KIDZ BAROOGA

Mother's Day Evening (6pm – 7pm) ----- Wed 10

AT TRIKKI KIDZ COBRAM

Mother's Day Evening (6pm – 7pm) ----- Mon 8

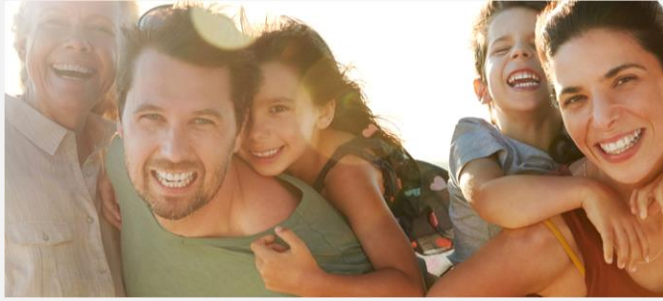
AROUND THE COUNTRY

International Star Wars Day ----- 04
World Migratory Bird Day ----- 13
National Families Week ----- 15-21
World Bee Day ----- 20
National Sorry Day ----- 26

MOTHERS DAY FACTS

- Mother's Day is a celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society.
- Mother's Day was started by Anna Jarvis on May 12, 1907, in West Virginia, when she held a memorial service for her late mother.
- Australia's first Mother's Day was held in 1924.
- 168 countries celebrate Mother's Day as an established tradition, but only half of these do so on the second Sunday in May.
- Reportedly there are in excess of 122 million calls made on Mother's Day, more than any other day of the year.
- Mother's Day is the 3rd highest selling holiday for flowers and plants, after Christmas and Hannukah.
- Trikki Kidz Barooga and Trikki Kidz Cobram will be spoiling all mothers, grandmothers, and other important women at their respective Mother's Day Evenings. Come join us and be pampered. You could even win a lucky door prize!





NATIONAL FAMILIES' WEEK – MAY 15-21

National Families Week has been celebrating the importance of families for 21 years in 2023. This week celebrate with your family, make contact with your extended family and friends, and share in the enjoyment of family activities within the wider community.

The theme for 2023 is 'living real, dreaming BIG'. Go to your local council website to find events happening around you.

WORLD BEE DAY – MAY 20

The main purpose of World Bee Day events is to spread awareness of the significance of bees and other pollinators for our survival. Simply proclaiming World Bee Day does not do much for bees and other pollinators; the main work of safeguarding their existence still needs to be undertaken. World Bee Day is an excellent opportunity to put bees at the centre of the national conversation for a day and encourage actions that create more bee-friendly landscapes.

Find out more here.

ZA'ATAR PUMPKIN & SWEET POTATO SOUP WITH ROASTED CHICKPEAS



PREP 10 MIN | COOK 20 MIN | SERVES 4-6

INGREDIENTS

Roasted Chick Peas:

- 2 x 400-gram tins of **chickpeas**, *drained and thoroughly rinsed*
- 1 tablespoon **olive oil**

- 1 teaspoon **za'atar** (middle eastern spice mix)

Za'atar Pumpkin and Sweet Potato Soup:

- 1 **white onion**, *finely chopped*
- olive oil**, *to fry in*
- 1 tablespoon **za'atar** (middle eastern spice mix)
- 500 grams **sweet potato**, *peeled and chopped*
- 500 grams **butternut pumpkin**, *peeled and chopped*
- 1 L **vegetable stock**
- salt and pepper**, *to season*
- yoghurt, olive oil and za'atar

METHOD:

To make the roasted chick peas: Preheat oven to 200 C and line an oven tray with baking paper. **Place** chick peas, olive oil and za'atar on tray and stir to combine. **Bake** for 25 minutes or until chick peas are golden and crunchy.

To make soup: **Place** a large sauce pan over medium heat. **Add** olive oil and onion and fry, stirring often, until the onion is translucent. **Add** za'atar and cook for 1 minute or until fragrant. **Add** sweet potato, pumpkin, vegetable stock, salt and pepper and bring to the boil.

Reduce heat to simmer and cook for 20 minutes or until the pumpkin and sweet potato are tender. Using a stick blender or jug blender, **whizz** the soup until silky smooth.

To serve: **Ladle** soup into bowls, top with a swirl of yoghurt and olive oil, a small handful of chick peas and dusting of za'atar. Enjoy x

Recipe and image from mylovelylittlelunchbox.com.

App reviews

Family friendly apps to help your morning and night routines...



KINDERLING KIDS RADIO

KINDERLING KIDS RADIO | FREE VERSION & SUBSCRIPTION

Kinderling is designed around your family's day and night routine. Upbeat and playful in the morning; educational and distracting in the afternoon and calming and soothing from the witching hour through to bedtime.

Bring the family together with our huge selection of classic and favourite stories and educational podcasts. Perfect for car trips, mealtimes and – of course – bedtime!

Bedtime Explorers has mindfully guided kids to sleep over 10 million times and counting. That's why it is one of the world's most awarded and top-rated kids' audio sleep solutions.

MOSHI KIDS: STORIES & GAMES

MIND CANDY LTD | FREE WITH IN APP PURCHASES

Meet Moshi - a safe, fun, and entertaining app built just for kids. Moshi takes kids on extraordinary adventures in a magical world where they can play, explore, and relax - day or night.

With over 85 hours of original audio stories, meditations, and music, as well as interactive mini games made up of puzzles, colouring, matching, and memory activities, Moshi is designed to promote learning and creativity through play.



FOCUS: BENEFITS OF SENSORY PLAY

What Is Sensory Play Sensory play is the type of activity that stimulates children's senses which are the different ways we perceive the world. Our brains use senses to help us manoeuvre in our surroundings and sensory play helps children develop them.

The five most commonly known senses are taste, smell, sight, touch, and sound. Most sensory plays focus on stimulating the touch, sight, and hearing senses because they are more accessible. Activities that can provide a sensory experience to stimulate other senses are also important although less common when people talk about sensory play.

Why is sensory play important? Sensory play in early childhood plays an important role in brain development because sensory stimulation is essential for sensory integration and cognitive development². Human brains are made up of trillions of brain cells (neurons) and nerve connections (synapses). Sensory activity can strengthen sensory-related synapses and functions in the brain.

Exposing children to various sensory experiences is necessary for a young brain to develop the proper sensory processing capabilities. Sensory play activity is especially important to children with sensory processing problems such as sensory processing disorder. These children tend to have difficulty engaging in sensory play activities.

Play is also essential to a child's development, such as language development, besides sensory development. Children become more creative by playing. They also build their linguistic, cognitive, visual spatial, social, and emotional skills.

Sensory Activities Ideas: Kids of all ages can benefit from activities that stimulate their different senses. It is easy to create sensory activities using different objects at home.

There is no need to buy expensive sensory toys. Use ordinary objects in your house as sensory materials. Here are some of the best sensory activities and fun ideas for busy parents.

Tactile play: These objects provide sensory input to stimulate children's touch senses. Don't be afraid to try something new and have messy play activities. That's sensory learning! This is also a great time to bond with your child and create fun memories that will last a lifetime. food

- shaving cream
- hair gel
- baking flour
- play dough
- cotton balls
- water play with different temperatures



Visual play: sensory bottles filled with water and glitter for shaking and watching, finger-painting using art material, scavenger hunt.

Scented play: Fruit, flowers, spices, etc.

Audio play: Baby rattles, musical instruments, knocking on different types of materials to hear the different sounds, e.g., metal, wood, plastic, paper, etc.

Taste play: **Sweet** – apple, muffin, **Sour** – orange, lemon, **Salty** – pasta, bitter – kale.

Sensory tub: Fill a large container or table with new things that children can touch, smell, or hear to give them new sensory information. Different materials with different textures can be used in themed sensory bins for variety.

Ask your child relevant questions about their sensory exploration to build their language skills at the same time. Create a conversation that encourages them to use descriptive words.

For example, ask these questions: How does it feel? What does it look like? Does it smell good? Do you like the sound it makes?

Final thoughts on the importance of sensory play

So, the next time you see your child play with random items like paper towel rolls, pots, straws, and toys; encourage them. Babies and toddlers can use anything and everything to explore the world. And by allowing them to follow their instincts, you help nurture their senses.

Li, Pamela. (2023). Benefits of Sensory Play and 21 Sensory Activities for Pre-schoolers. Retrieved from <https://www.parentingforbrain.com/sensory-activities-importance-sensory-play/>

NUMBER TOWERS

In this activity, your child will build a number tower with lego to represent the numerals in front of them. As children are building their towers, they are counting using one to one correspondence as they add each Lego piece. Begin at 1-10 and extend when needed. Write numbers quite large onto pieces of paper or use number flash cards.



HEALTH & SAFETY: HOT WATER AND SCALDS

What is a scald? A burn caused by hot liquid, steam, or gas.

How are children injured by hot water?

Burns Most scalds to children occur in the home and are often caused by:

Hot drinks: Children can pull or tip hot drinks such as tea and coffee over themselves. Children can suddenly reach for hot drinks while they are sitting on an adult's lap. Hot drinks placed on a table with a tablecloth can be pulled over by young children pulling on the tablecloth.

Foods, fats, and cooking oils: Children can get burnt if they are in the kitchen while others are cooking. Hot foods such as noodles are a cause of scalds, with the liquid and the food matter spilling on to children's bodies. Saucepan handles and electrical cords left within reach can be grabbed by children and the hot contents and/or appliance pulled down on to the child. Children can also get burnt when they reach up to pull hot liquids out of a microwave, or down from the stove.

Hot tap water: Hot tap-water burns usually happen in the bathroom where bathing water comes from the tap at an unsafe temperature. Water at 65°C produces a full thickness burn in less than a second; at 60°C it takes five seconds. Water at 50°C takes five minutes to produce the same depth of burn. Controlling the delivery temperature of hot water in bathrooms to 50°C helps to reduce scald burns from occurring.

How common are these injuries? Between July 2012 and June 2017, 1,812 children aged 0-4 years were hospitalised in NSW for a burn. Many others will have attended an Emergency Department or Medical Centre for treatment of a burn. The majority of burns in this age group happen in the kitchen, with soups, noodles, tea, and coffee being among the most common causes of scalds.

Remember: Safety devices: Control the delivery temperature of hot tap water in bathrooms to a maximum of 50°C. A licensed plumber can install a tempering device to older systems. Child resistant taps may stop children from turning taps on but do not reduce the hot water temperature.

Supervision: Young children should NEVER be left alone in the bathroom or in the care of an older child. Close the door when the bathroom is not in use.

Running a bath: Always turn on the cold water tap then add hot water when filling a bath. Turn the hot water tap off before the cold water tap when filled. The same applies when taking a shower. Always check the temperature before putting a young child in the bath. Use a bath thermometer for accuracy. Dipping your elbow or inside wrist in the water is a guide. A maximum of 40°C is recommended for small children.

Cooking: Use the back stove elements to cook. Turn saucepan handles so they are out of reach of young children. Use a barrier such as a stove guard or safety gate to keep young children away from the stove or out of the kitchen when cooking. Place kettles and other appliances to the rear of the bench. Empty unused boiled water from the kettle. Use a cordless kettle or wind up the cords under the base. Do not throw water on burning oil. Water will cause the oil to splatter, spreading the fire and causing serious burns. Always drain the water from noodles before eating. Children should eat hot foods at a table so they do not spill them onto themselves.

Microwave: Do not heat baby bottles in the microwave. Always follow the recommended cooking time on labels. Over-heating food and liquids may result in it exploding. For older children, make sure microwaves are at a level where children are not reaching above their waist to remove food from the microwave.

Hot drinks: Do not hold a young child while you have a hot drink. Do not leave hot drinks in reach of young children. Do not use table cloths as these can be pulled down by young children.

First aid for burns: Use cool running water on a burn for 20 minutes. This will stop the burning process, cool the burn and can be useful within three hours of a burn.

Call 000 or seek medical help if you are unsure. Never use ice, iced water, cream, toothpaste or butter on a burn as they can make the burn worse. Burn creams do not cool the burn and should not be used instead of cool running water.

Source: Kids Health. The Children's hospital at Westmead Child Health Promotion Unit. (2023) Hot water and scalds. kidshealth.schn.health.nsw.gov.au/hot-water-and-scalds



PLANT A BEE FRIENDLY GARDEN

A backyard garden can become a haven for native bees. It can provide a long-lasting and varied source of the nectar, pollen and building materials that bees need.

Five Tips for a Bee-Friendly Garden

1. **Select plants that flower right through the year.** Many native bees need nectar and pollen throughout the year. So, choose plants with a long flowering period, or choose a selection of plants that will flower in sequence in each season of the year.

2. **Select flowers with a variety of colours and shapes.** Different kinds of native bees like different kinds of flowers.

3. **Plant a group of each flower species.**

If you can plant a bed or row of a particular flower, this will attract native bees more easily than scattered plants. However, even a small Bee-Friendly Garden will help the bees, as they will visit your garden along with those of your neighbours.

4. **Select plants that provide nesting materials for the bees too.**

In addition to nectar and pollen, some bees need collect materials to build their nests.

5. **Avoid insecticides in your Bee-Friendly Garden.**

Insecticides will kill native bees as well as garden pests. Try to avoid using any insecticides in your garden. However, if you really have to use one, choose an insecticide that has low toxicity for bees, try to apply it when bees are not active (such as at night or on a cold day) and avoid spraying the flowers of the plant.

Find out more: aussiebee.com.au/bee-friendly-garden.html



DO YOU KNOW WHAT A HEALTHY LUNCHBOX LOOKS LIKE?

A Healthy Lunchbox is composed of...

A healthy lunchbox should incorporate food from all five food groups and water.

It should be nutrient rich and provide enough energy to get your kids through to the next meal.

Grains: These are mostly included in the main item, for example bread, wraps, pasta or rice. These could also be snack items such as wholegrain crackers, plain popcorn or rice cakes.

Fruit: Whole fruit is best. Canned fruit in natural juice is a convenient option on occasion and fruit juices should be limited to once a week only.

Vegetables: Veggie sticks or a small salad are easy healthy snack options. Incorporating as many vegetables as you can into the main item is even better.

Meat & meat alternatives: Lean meats like beef, pork and chicken can be included in the main item. Hard-boiled eggs and canned beans are a good snack too.

Dairy: Plain UHT milk, fortified alternatives, cheese, plain yoghurt and tzatziki are considered dairy. They provide calcium for healthy bone and teeth growth.



Looking for some more lunchbox ideas?

Our dietitian students have developed a range of information, video's and tips to keep lunchboxes healthy and interesting. We will be sharing these during the coming weeks so be sure to follow us on facebook so you don't miss any.

<https://www.facebook.com/more4moira/>

more4moira is a community approach to healthy children, encouraging settings, organizations and groups to create environments that support healthy choices.



How many serves are in your lunchbox?

Dairy 1 Serve

Grains 2 Serves

Meat and Alternatives 1/2 Serve

Water

Discretionary 1 Serve (ham in wrap)

Fruit 1 Serve

Vegetables 1 1/2 Serve (1/2 serve in wrap)

Check out how many daily serves are recommended for children

Age (y/o)	Vegetables	Fruit	Grains	Meat & Alternatives	Dairy	
					Boy	Girl
2-3	2 1/2	1	4	1	1 1/2	1 1/2
4-8	4 1/2	1 1/2	4	1 1/2	2	1 1/2

National Health and Medical Research Council (2013) Educator Guide.
 Canberra: National Health and Medical Research Council.





PUT ON A SHOW TOGETHER

Children are natural performers! Using whatever props you have to hand (puppets, dolls, action figures, hairbrushes, boxes can all help), act out a play with your child. Let them dictate the plot as you go! The key is for your child to explore their own creative interests and express themselves.

Not sure where to start?

Bring a book to life: act out one of your child's favourite books. Let the children grab some props, musical instruments and whatever else they want out, and have some fun re-telling the story together.

Choose a nursery rhyme: you know them well. Use one of the classics and turn it into a show.

Re-create your favourite episode of Bluey! My children do this without prompting.

If your child isn't into 'acting' get out the music instruments, cardboard boxes and put on a rock show!

Call in siblings, grandparents, friends to watch the show!

Drama and storytelling also give your child **opportunities to build and practise vocabulary and learn about the structure of stories.** And when your child acts out roles like a caring nurse, they see the world from someone else's point of view. This helps them build empathy.

The preschool years can be a very creative time! Give them the platform and safe space to perform. Have fun!

WHAT ARE WE LEARNING?

Cobram Kindergarten children have commenced taking their hats home to practice responsibility in readiness for looking after their possessions at school.

3-year-old and 4-year-old children at both services are travelling around the world, learning about other countries. They have started to learn about all things Australian.

Cobram toddler 1 children are currently working on a Family Photo Wall to continue to explore community – diversity, cultures, similarities, and differences.

It's not just the children who are learning new things. Our educators have been busy completing a wide variety of professional development opportunities, increasing their knowledge about beautiful play spaces, childhood trauma, and key sign language. The management team also attended a recent leadership forum with a strong focus on staff wellness and maintaining a happy healthy team.

Excursions and incursions have also been taking place to extend on learning opportunities. We would like to especially thank Bobby Brooks for our recent informative excursion to see his beehives and also to the Sporties group for teaching us how to play lawn bowls. Do you have any suggestions for an excursion or incursion? If so, please share it with us.

IMPORTANT REMINDER!

Please ensure your child does not bring any food into the service. Unfortunately, we are still finding chocolates and lollies in some children's bags. These foods can have devastating consequences for children with allergies and anaphylaxis. Please explain to your child the consequences of these food items being consumed by children with intolerances and we will also continue to educate all children about this potentially dangerous situation.



Go Noodle

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

Go Noodle is an interactive website full of active videos for children. Dance and move along with the hosts on the screen. No need to sign up just press play. Give this one a try **indoor recess**

Adults boost those endorphins and join in too!