



**JULY
2020**

ON *this* MONTH

We are in this
together.

AROUND THE COUNTRY

- World Population Day ----- 11th
- National Pyjama Day ----- 17th
- International Day Of Friendship ----- 30th
- Schools Tree Day ----- 31st

Welcome to wonderful July! You no doubt are all excited and relieved that government restrictions have started to ease. This has meant parks and beaches have reopened, cafés and restaurants can now cater to smaller groups for dining in and schools in New South Wales are back full time.

With these changes to the current climate we would like to remind parents and families of the personal responsibility they have to keeping themselves, the wider community and our fabulous educators safe and healthy. If you, your children or their siblings are feeling unwell or displaying cold and flu symptoms, have a fever or a cough to please stay home and seek medical advice. Australia as a whole and our Seaforth Child Care community have done exceptionally well in these unusual times so let's continue to look out for one another. Remember – we're all in this together!





Let's Play Music!

Mon 6th July 9am – Friday 17th July 9am

Let's Play Music presents a school holiday music playtime for children aged 3 to 7 years old. From the comfort of home, children will explore the creativity of music-making, sound experimentation and exploring beats & rhythms. With the guidance of Mary and Angus Andrew, two Northern Beaches based musicians; the children are bound to have a great time learning new music and experimenting with a variety of sounds! Videos will be added to the Let's Play Music YouTube channel daily.

'Ants On A Log'



PREP 5 min

This delicious treat is not only fun to create & eat but tasty and healthy! This recipe is extremely flexible; as each ingredient can easily be substituted to fit your child's tastes buds!

Log Ideas:

- Carrot
- Cucumber (cut in half, scrape out seeds)
- Banana (slice in half, lengthways)
- Apple (cut into wedges)
- Peach/Nectarine (cut into wedges)

Filling Ideas

- Cream cheese
- Cottage Cheese
- Hummus
- Mashed avocado
- Greek yoghurt

Ants Ideas

- Sweetcorn
- Peas
- Olives
- Blueberries
- Nuts & Seeds

METHOD:

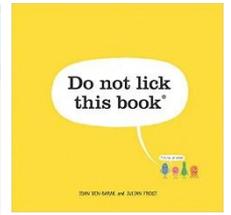
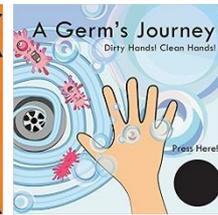
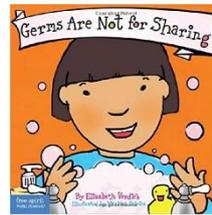
1. Wash your celery thoroughly before cutting.
2. Cut your celery sticks in half
3. Add your desired spread to the groove of the celery using a spoon.
4. Push 'ants' into the spread
5. Decorate your log however you desire!

How many ants are on your log?



Book reviews

Enjoy these books with your children and help them to understand the importance of staying healthy!



GERMS ARE NOT FOR SHARING

Elizabeth Verdick

"Simple words compliment warm, inviting, full-colour illustrations that show real-life situations kids can relate to."

Sneezes, coughs, runny noses, spills, and messes are facts of everyday life with children. And that's why it's never too soon to teach little ones about germs and ways to stay clean and healthy! This book is a short course for kids on what germs are, what they do, and why it's so important to cover them up, block them from spreading, and wash them down the drain!. A special section for adults includes ideas for discussion and activities.

A GERMS JOURNEY

Katie Laird & Sarah Younie. Illustrations by Charlie Evans

"The journey, from the toilet seat to the tummy (and out again!), this book explores the concepts of germs being invisible to the naked eye, multiplying and causing illness."

By placing their warm hands on the thermochromics patches, the multiplying germs are revealed. The simple, bright and bold illustrations allow children to develop an understanding of science and health from a young age, while having fun in the process. A Germ's Journey is both educational and entertaining

DO NOT LICK THIS BOOK

Anh Do, Suzanne Do, Bruce Whatley

A brilliantly simple, funny, interactive picture book that introduces children to the strange, unseen world of microbes all around them."

Min is a microbe. She is small. Very small. In fact so small that you'd need to look through a microscope to see her. Or you can simply open this book and take Min on an adventure to amazing places she's never seen before - like the icy glaciers of your tooth or the twisted, tangled jungle that is your shirt. The perfect book for anyone who wants to take a closer look at the world.



What's been happening at Seaforth; A message from our educators.

Big welcome to the new families that have recently joined us at Seaforth Childcare. All of the rooms have been busy with the excitement and enthusiasm of our wonderful families returning to the centre for the month of July! It has been so wonderful to be able to interact with families again and create those special relationships with all our new families and children. Here are some of the amazing things each of our rooms have been learning this month.

This month the Starfish children have been extending upon their social and emotional development. This means forming those strong and secure attachments and relationships with their educators and fellow peers. The Starfish team have been supporting the children to feel comfortable in the room and in their environments. By using sensory experiences, the educators are allowing children to investigate their senses, their surroundings and their capabilities. By using coloured paints and clear contact, the Starfish educators created a fun, interactive sensory table for the children to pat, squish, bang and push. As an extension, the children have been extending upon their fine-motor and hand-eye coordination skills.

The Turtles children have been investigating dramatic play and strengthening their social development. This month, a pretend play hospital was displayed in the room, equipped with baby dolls, high chairs, bandages, band aids, medical tape and plastic medicine syringes. The children have been exploring their sympathy and empathy as they cared for the baby dolls, rocked them, applied bandages, used the stethoscopes and took on the role of the doctor/nurse themselves. This has been a great opportunity for the children to work on turn-taking, patience, sharing and extend their language, communication and vocabulary. The Turtles have enjoyed spending time together and creating new friendships. We have continued to create intentional teaching experiences which extend upon the children working together in both small and large groups.

The Kookaburra children began the month of July by engaging in some seed planting experiences! The little garden gurus started by setting up the germination process by spreading open the cotton balls before placing the seeds in. The children explore turn-taking and patience as they each received a turn to water the seeds and place them in the sun. The Kookaburras are demonstrating a strong respect for their environment as they continue to investigate their natural and constructed resources with enthusiasm and excitement. The Kookaburras also extended upon their fine-motor skills as they continued to explore natural materials whilst using child-sized scissors to cut them up! By following the children's interests, the Kookaburras are creating intentional learning experiences that use the children's interests, likes and hobbies as a foundation for learning.

The Cockatoos children have been blasting off into space this past month! The children have been so excited to learn about space and continue their awesome space journey! They have recently been investigating the solar system and discussing which planets are near and far from the sun! The Cockatoos then engaged in an interactive science experiment using milk, dish washing liquid and food colouring! The children carefully created their own unique patterns, some of the children attempting to imitate the planets on the poster in the Cockatoos room.

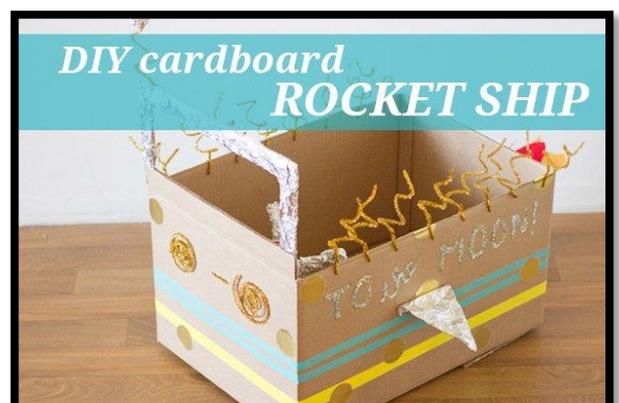
The Kingfisher children have also been investigating space and planets this month! The children were recently given a chance to create their own galaxy! This creative experience was so much fun and encouraged the Kingfishers to extend upon their fine-motor skills and hand-eye coordination. Using a tray full of shaving foam and



Droppers filled with edicol dye, the Kingfishers explored their creative capabilities as they created their own colourful sensory galaxies!

The Kingfisher children have also been continuing their excursions to the community garden! This month they have planted sunflower seeds and used nets to protect them whilst they grow. The children are actively learning about their environments, developing an understanding whilst broadening their knowledge about their world.

By using messy play and sensory experiences, the Kingfishers are broadening their knowledge and information about space, the solar system and the planets. The children mixed cornflour, water and colourful dye together to then paint the solar systems and planets. The Kingfishers then had fun engaging in dramatic play and pretending to fly to the moon; using their rocket ship make from recycled cardboard and paper!



HEALTH & SAFETY: Is my child being too clingy and how can I help?

Many parents complain of difficulties in managing clingy children – whether it's a baby who cries every time the parent is out of sight, a toddler who clings to their parent's legs at social events, or a primary school kid who doesn't want their parents to go out for dinner without them.

"Clinginess" refers to a child who has a strong emotional or behavioural reaction to being separated from their parent. Children can show clingy behaviour at any stage up to late primary school. Infants may cry to let their parents know they don't like being separated. Toddlers or older children may cry, cling or even have a full-blown meltdown if their parent is leaving them. In most cases, these reactions are perfectly normal. Parents can help their children through periods of clinginess by acknowledging and accepting the feelings that come with this behaviour.

Why do children get clingy?

A child can show clinginess due to a fear of being away from their parents (separation anxiety) or because of stranger anxiety, where the fear is more about being around people the child doesn't know. Children also develop their own sense of self from an early age, as well as a *will* – the healthy desire to express themselves and impact their world. So, sometimes clingy behaviour isn't due to children being truly afraid at being left by a parent but is instead about expressing a strong desire for their parent to stay. And children are socially and biologically programmed to form strong attachments with their parents. Parents usually represent a safe, loving base from which children can explore the world and develop independence.

Clingy behaviour may intensify at certain times of development as children test out new-found independence, such as when they learn to walk, or during transitions such as starting preschool, kindergarten or primary school. Clingy behaviour becomes less common as children get older but can still be present for primary-school-aged children. A child's level of clinginess, and the way it is expressed, may be affected by:

Child temperament: some children are more socially shy or introverted; others are reactive and experience emotions intensely.

Major events or changes in the child's family, such as the birth of a new sibling, starting a new school or moving house – it's normal for children to become more clingy with their parents while they're getting used to change.

Other family factors such as parent separation or divorce, parent stress or mental-health problems. Children can be very sensitive to changes in their parents, so if a parent is going through a hard time, their child may become clingy or show other challenging behaviours.

How can you help your child? – Be a safe base. Many children are clingy in a new situation or with new people. This is developmentally appropriate and has an evolutionary advantage, because children are less likely to run off by themselves in potentially dangerous situations. But it's also important for children to learn to separate from their parents and gain confidence in their own abilities. Parents can help children get used to a new situation by supporting them through it. For example, if a child is starting at a new childcare centre, it may help for the parent to spend some time there with their child, so the child can become accustomed to the new environment with their trusted parent close by.

Acknowledge your child's feelings - When children are being clingy, they're communicating their feelings. Resisting the clinginess won't usually help, because children's feelings will not disappear if they're ignored or downplayed. Instead, research shows it's important to acknowledge, label and normalise children's feelings. Parents may be afraid talking about their child's feelings will make the situation worse, but this is rarely the case. Talking about feelings usually helps children let them go, by helping children to regulate their emotions. This will happen in the child's own time, which may mean accepting a tantrum at separation, or clingy behaviour at a social event, until the child adjusts.

Model calm confidence - Parents are important role models for children, which means they become their child's working example of how to react to particular situations. The way parents respond to their child's clingy behaviour can shape how children feel about a particular situation. For example, if a child is clingy when they start primary school and their parent reacts with a high level of concern and anxiety, the child may be unsure of whether the new environment is safe. But if the parent demonstrates calm confidence in their child, that he or she will cope with separation and/or the new situation, the child is more likely to feel comfortable too.

Discuss the plan in advance - Humans are afraid of the unknown, so talking to children about an upcoming change or feared situation will help them cope with it. For instance, before going to the doctor, it would help to talk about how you'll prepare (what to take, how you'll get there, where the doctor's office is), what might happen when you arrive. Even when talking about future events, it's important to acknowledge feelings and model calm confidence.

Follow the link for more of this article and useful links

Westrupp, Elizabeth. (2019, June 6). The Conversation *From* <https://theconversation.com/is-my-child-being-too-clingy-and-how-can-i-help-115372>

Sustainability CORNER

GO PLASTIC FREE DURING JULY

How often are you using plastic?

Plastic Free July has grown from a humble small Perth initiative to a global movement with 2 million people in over 170 countries taking part in the annual challenge!

The Northern Beaches Council is supporting Plastic Free July by organising events and urging the community and the Nation to be part of this amazing ongoing campaign. Please visit 'Swap This For That' on the Northern Beaches Council page. This is a program to support and empower companies and businesses in moving away from single-use plastics.



Did you know that over 8 MILLION TONS of PLASTIC ALONE is dumped into our beautiful ocean EVERY year?



Northern Beaches – What's On?

Healthy Kids – Online School Holiday Program

CPA's Healthy kids online is a school holiday program that is fun, interactive and gets your kids moving! It is scheduled to take place from Monday 13th July – Friday 17th July 2-3pm. All participants will receive physical activity as well as healthy eating resources. Please click the link below for more information.

<https://www.northernbeaches.nsw.gov.au/thing-s-to-do/whats-on/healthy-kids-online-school-holiday-program>

Giant Inflatables and Diving Boards – Fri 10th July – Fri 17th July

Warringah Aquatic Centre is currently offering some fun inflatable school holiday fun! The diving boards are also open; different height boards available for all ages! Please visit Northern Beaches Council website for more information!

Garden Guru's – Wicking Flower/Herb Beds – Fri 24th July & Sunday 26th July

Ready to spruce up your garden? Kimbriki has you covered! Learn all the secrets of wicking bed design & management so your garden can look its absolute best! See examples of various types of wicking beds in the Eco Garden. Learn how to build a small wicking bed on the day, planted up with some veggies!

How To Feed A Family Of 4 For \$10

Join wholefood chef Suzanne Lambert in this amazing webinar to discover how to feed a family of 4, delicious healthy meals for under \$10. You will be exploring ways to extend ingredients, save time in the kitchen and learn some great recipes!

Please visit Northern Beaches Council website for more information!



Papunya Tjupi: Pantu

Experience an online exhibition of beautiful paintings created by Papunya Tjupi's leading women artists! Papunya Tjupi Arts is 100% Aboriginal owned and directed community arts organisation based in Papunya, the birthplace of the Western Desert dot-painting movement.

The artists of Papunya Tjupi have established their own unique identity based on the legacy of their forefathers. This online exhibition of paintings features an expansive pantu muluwurru (salt lake) a special site of significance for Yalka Tjukurrpa (bush onion dreaming) This specific exhibition is presented online by Papunya Tjupi with support from Manly Art Gallery & Museum and is fittingly titled Pantu in reference to Karrinyarra's salt lake and Manly's saltwater. Please find the online artwork in the link below:

<https://www.tjupiarts.com.au/>

At Seaforth Childcare we aim to embed a culture perspective into all areas of the children's learning. The children explore Aboriginal culture through music, puzzles, stories, literacy spaces, role play and artwork.

5 Minute MOVES



5 Cheeky Monkeys Jumping

Five cheeky monkeys are jumping on the bed. Who will fall off?

Equipment: Chalk

Where to play: outdoors indoors

Age: Toddlers & Preschoolers (2 to 5 years)

What does the game look like?

KEY: Chalk outline Bed area Cheeky Monkeys Jumping Children who have jumped off

MINI MOVES NSW Health Northern Sydney Local Health District

Feedback 
is always welcome

Seaforth Childcare

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