

Sweetland Road Early Learning Centre
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Sweetland Road Early Learning Centre

Sweetland Road 2009

Hello parents,
 I trust you are all well! Just a reminder that in accordance to our policy fees should be at least two weeks in advance. If you would like to see a copy of this policy please feel free to ask me.
 Also don't forget that our fantastic offer of \$19 for an extra day/s runs out at the end of July so if you would like to take us up on this offer please speak to myself or Kate.
 Please be advised that the gate to the toddler/kinder yard is not a thoroughfare and in relation to the safety of the children please do not use this gate.
 Until next time ☺
 Thankyou,
 Sharon Digney
 Centre Manager

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Centre Availability

We have days available in most of the rooms throughout the centre. If you would like to pick up an extra permanent day these days will be available as of the 1st July 2009. Please speak to Sharon or Kate if you would like to arrange extra days.

Room/ Days	Mon	Tues	Wed	Thurs	Fri
Babies	*	*	*	*	*
Toddler	*	*	*	*	*
Kinder	*	*		*	*

* Indicates availability on that day
 Please Note: These vacancies may change daily.



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Philosophy, Broad Goals and Policy Reviews

- ◆ Food and Nutrition

Please remember your feedback is important to us.



REMINDERS TO PARENTS

HATS

As the weather is beginning to warm up we ask that you ensure that there is a hat in your child's bag every day they come to Sweetland Road. At the centre we have a policy of '**NO HAT NO PLAY**'; this means that if your child doesn't have a hat then they will not be able to participate in outdoor activities.

PARENT POCKETS

Every parent has a Parent Pocket allocated to them in your child's room. Please ensure that you check your parent pocket every time that you come into the centre. In here you will find important information about the centre, daily info reports for your children and letters from the office. We ask that if you receive any information from the office that requires you to complete a form that it is returned to the office as soon as possible. We thank you for your assistance.

FOOD BROUGHT FROM HOME

Parents please be advised that from the 1st of July all food brought from home will need to be signed in, this includes bottles. Please ask morning staff for assistance with this.

By signing in your child's food each day you will be helping staff recognise which food belongs to which child and also will help establish use by dates.

We thank you for your cooperation



Important event coming up: July 2009

5-12th NAIDOC Week



14th Movie day- G rated movies and popcorn

Babies' Room News

Dear parents,

During the last couple of months the babies have been exploring various developmental areas.

Our babies have showed dramatic interest in the push-up toys and the push-button toy. A lot of them have been able to notice the consequence of pushing and pressing by manipulating these toys.

For their language development, our babies have been enjoying a lot of stories and songs.

Artwork is being explored by the babies' everyday and we are seeing some fabulous results that have been displayed all over the room.

We are having a lot of fun in the outdoor areas. Our babies have enjoyed manipulating sand in the sandpit, using spades, containers and buckets. A couple of them have developed the skill of digging, filling and pulling. They also showed the interests in climbing the Cubby house and A frames.

An important reminder to all the families: as the weather is cold please make sure you have packed enough change clothes (bodysuit, long sleeve tops, and thicker pants). For babies that start walking, please provide a pair of shoes so that we can enjoy a much comfortable outdoor play.

If you have any questions, please feel free to talk to the staff in the room.

Thank you
Amy and Britt
Baby Room Staff ☺



Toddler Room News

Dear Parents

Brrrr can you feel the cold winter air?

You may notice over the next few weeks that we have a winter theme going on in our room. You will soon be seeing snowflakes, raindrops, snow men and various items of winter clothing!

The children are enjoying making these things using a variety of art techniques. Collage pasting seems to be the favourite at the moment. If you have any suggestions for our winter theme please feel free to share them with us.

You may also have noticed that your child is beginning to ask to sit on the toilet at home this is because every time we change your child's nappy we offer them the chance to sit on the toilet. They may not be doing anything on the toilet but they sure are trying hard. Included in this month's issue of the newsletter is some toilet training information. If you would like any more information or to have a chat about your child's toilet training please don't be afraid to ask.

If your child has been using the phrase "Stop, I don't like it" at home this is because we are trying to encourage the children to use their words when someone does something to them that they do not like instead of using their body to communicate this.

Please continue to encourage your child to use their words instead of their actions as it is working really well in the toddler room at the moment.

Thankyou
Kate and Lillian
Toddler Room Staff ☺



Kinder Room News

Hello Parents!

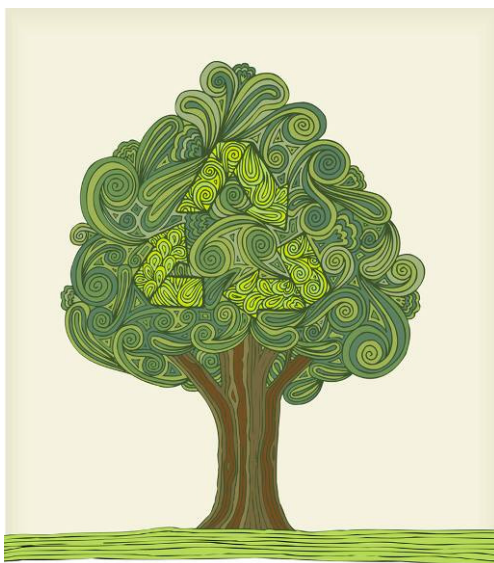
In the kinder room, we have been having lots of fun decorating our walls with our art work. We have been doing wood work, string pasting, collages and finger painting all to develop our creativity, refine fine motor skills such as pasting painting and cutting and having lots of fun being messy.

We are continuing on with Letterland and getting to know the characters through action songs and phonic songs which help us to know what each letter sounds like. We are also starting to look at name cards and play games with them so that we can all learn to recognise our names and which letters they are made up of.

As in the kinder room, we are making a family tree and hope to include photos of each child's family on it. This helps the children to take ownership of their room and enables your child include and introduce their family to their friends to create a community. Please bring in a photo of your family and hand it in to any staff member on duty.

Please remember the weather is cooling down now, and warm coat and hats are important for our outdoor playtime. And as always if we can assist you with any questions or queries you have relating to the kinder programme or anything at all, please come and see us at the end of the day.

Thankyou,
Liz and Jian
Kinder Room Staff ☺



FROM THE KITCHEN: Blueberry Muffins

Ingredients:

- 1 c. flour
- 1 c. oatmeal
- 3 tbsp. sugar
- 1 tsp. salt
- 4 tsp. baking powder
- 1 c. blueberries, washed
- 1 egg
- 1 c. milk
- ¼ c. vegetable oil
- nonstick spray

Directions:

1. Preheat oven to 400° F (200° C).
2. In a large bowl, mix together the flour, oatmeal, sugar, salt, and baking powder.
3. Mix in blueberries.
4. In another bowl, break the egg and use a fork to beat it just a little bit. Then add the milk and vegetable oil, and mix.
5. Add this mixture to the first mixture in the large bowl.
6. Using a mixing spoon, mix about 25 or 30 times. Don't mix too much! Your muffin mixture should be lumpy, not smooth.
7. Line a muffin tin with paper liners or lightly spray with non-stick spray. Spoon in the muffin mix. Fill each muffin cup about two thirds of the way up.
8. Bake for about 20 minutes.
9. When muffins are finished baking, remove from muffin tin and cool them on a wire rack.

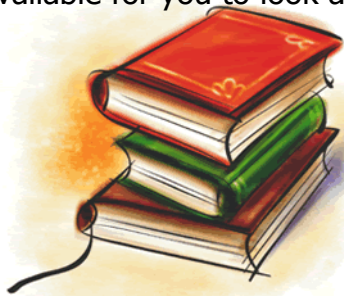
Serve and Enjoy!! ☺

*** Please feel free to ask Veronica for any recipes that we cook at the centre, she will give you a copy. ☺**



RESOURCES

Please take time to look around the Centre foyer as we have a large range of resources available for you to look at.- Direct Debit forms



- Song Books
- Family Resource Library
- Fact sheets
- Brochures
- Copies of the current newsletter
- Parent Handbooks
- Recipes
- Centre Menu
- Centre Events
- Centre Information





TOILET TRAINING

Using the toilet is an important step in your toddler's life. Some toddlers get the knack quickly, while others need parental patience and support.

Don't start toilet training too early. Children are generally around two years of age before they can recognise and respond to toileting signals such as a full bladder. Premature toilet training will only frustrate you and upset your child because they can't do what you ask of them.

Don't get stressed

Try to keep a relaxed attitude. Toileting is not a reflection on your parenting. If you treat toileting as a matter of discipline and punish your child for accidents, you are starting a fight you can't win. You will delay toilet training by making your child unhappy and anxious about going to the toilet.

How to tell when your child is ready

Your child will show certain signs when they're ready to start toilet training, including:

- **Age** – your child needs to be between 18 months and three years before they are mature enough to recognise the urge to use the toilet.
- **Interest** – your child expresses curiosity in watching others go to the toilet. Although this might seem embarrassing at first, it's actually helpful to the child if they can see parents or older siblings using the toilet.
- **Dryness** – their nappy stays dry for up to two hours, showing they are able to store urine in the bladder. For example, their nappy may be dry when they wake up from their afternoon nap.
- **Nappy issues** – they may tell you they hate wearing nappies, or else try to take them off themselves, particularly after soiling them.
- **Awareness** – your child can tell you they're pooing or weeing while they're doing it, or can tell you straight after. If they can tell you before it happens, they are definitely ready for toilet training.
- **Attention** – they have the ability to sit in one position for two to five minutes.

Potty versus toilet

You have to decide whether you want your child to use the toilet or a potty. Issues to consider include:

- Some children are scared of falling into the toilet, so a potty might be best.
- Potties can be used in any room in the house and can be taken on car trips.
- A child who exclusively uses a potty may be too afraid to use any toilet, which can make outings difficult unless you take the potty with you.
- If your child is using the toilet, you'll need to buy a step and a smaller seat that fits securely inside the existing toilet seat.
- Some parents encourage their child to use both the toilet and potty.

Preparation for toilet training

Suggestions include:

- Choose the toileting words you're going to use – for example poo, wee, pee and so on.
- Start talking to your child about going to the toilet. It may help to talk about what you're doing on the toilet while your curious toddler watches.
- Tell them they won't have to wear nappies any more if they go to the toilet. For some toddlers who are sick of wearing nappies, this may be all the motivation they need.
- If your child will be using a potty, encourage them to sit on it whenever you're sitting on the toilet.
- Work out the procedure together and make sure your child understands. For example, you might say: 'When you need to go to the toilet, come and tell me and I'll help you'.

Toilet training Page 1 of 3

Start training when your child shows signs of being ready

Suggestions include:

- Stop using nappies during the daytime and put your child in underpants. Continue to use a nappy for daytime sleeps.

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- Dress them in clothes they can easily manage – for example, trousers with elasticised waistbands instead of buttons and zips. In warmer weather, consider leaving them bare bottomed at home.
- Give a gentle reminder at regular intervals throughout the day to see if they need to go to the toilet, but don't nag.
- Don't make them sit on the toilet or potty for long periods of time, because this will feel like punishment.
- You will need to wipe their bottoms for them at first.
- Teach them to wash their hands every time they go to the toilet. Use a special soap just for these occasions.
- If your child is showing the ready signs, they will connect quite quickly. However, they may continue to have accidents at various times. Don't lose patience or heart.
- If they refuse to use the toilet or potty, don't force them. Leave it until they are willing to try again.
- If one week goes by without any success, postpone all attempts and try again a few weeks later. Remember it is not a race or a test.
- Praise success. You could try rewards like an animal stamp on their hand. Reduce the praise as the skills are mastered.
- Be casual about accidents – take an 'oh well, it doesn't matter' attitude.
- Don't try at stressful times, such as when you have a new baby.

Toileting accidents

Suggestions include:

- Expect accidents. Your child has been wearing nappies their whole life and remembering to use the toilet will take practice.
- Toddlers can't hold on for too long. At first they may only have enough time to tell you they need to go to the toilet before they wet their pants.
- Give your child credit for trying, even when they don't make it to the toilet in time. Praise them for telling you they needed to go or for pulling their pants down.
- Your child may become upset or discouraged by accidents. Reassure them that accidents don't matter and that it takes time and practice to master toileting.

Coping with setbacks

Sometimes toilet training is two steps forward and one step back. Your child may seem to have mastered toileting, only to regress. Life events or changes in routine, such as a new baby sibling or

an illness, are common triggers. Suggestions include:

- Don't get angry. Your child isn't deliberately trying to annoy you. Avoid any sort of punishment, such as making them clean up their own mess. Stay calm and positive.
- Your child may be feeling too pressured to succeed. Forget about toilet training for a week or two, and give them time to relax.
- Make sure your child feels supported in their efforts to master toileting.
- It may help to try and make toileting 'fun' for a while. For example, you might sing songs together or read a book to them while they're sitting on the toilet, but don't overdo it.

Where to get help

- Your doctor
- Maternal and Child Health nurse
- Parent Line Tel. 132 289
- Maternal and Child Health Line, Victoria (24 hours) Tel. 132 229

Things to remember

- Your child needs to be between the ages of 18 months and three years before they are mature enough to recognise the urge to go to the toilet.

Toilet training Page 2 of 3

- Keep in mind that toilet training is a new skill for your child to learn.
- Praise every little success and remain calm about accidents.