

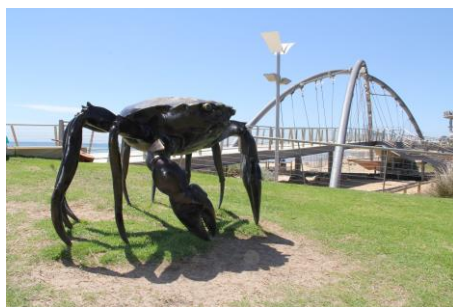
# Playgroup Newsletter

## August 2021



*Lifestyle Capital of Victoria*

Welcome to the monthly Playgroup Newsletter. Keep up to date with playgroup news and information about what is happening locally as well as play ideas and recipes.



### **This month we have articles on:**

- Resilience: how to build resilience in children
- Craft: Make a Rainbow Fish
- Family activity- Backyard Treasure Hunt
- Welcoming families in playgroup
- What's on this month
- CPR for children over 12 months
- Recipes

### **Expressions of interest.**

Are you interested in starting a playgroup? Please contact the number below to discuss some options.

For all playgroup inquiries you can contact the Playgroup Development Officer on 9293 7156 or email

[playgroups@frankston.vic.gov.au](mailto:playgroups@frankston.vic.gov.au)

## Resilience: how to build it in children

### Key points

- Resilience is the ability to bounce back after challenges and tough times.
- Resilient children can recover from setbacks and get back to living life.
- Resilience develops when children experience challenges and learn to deal with them positively.
- Strong relationships are the foundation of children's resilience.



For children, challenges and tough times include experiences like starting at a new day, care school or kindergarten, moving house, or welcoming a sibling into the family. Other challenges can also include family breakdown, family illness or death.

Children build resilience over time through experience. You can help your child learn skills and develop resilience by having a warm, supportive relationship with them.

And when things don't go well and children feel anxious, sad, disappointed, afraid or frustrated, resilience helps them understand that these uncomfortable emotions usually don't last forever. They can experience these emotions and know they'll be OK before too long.

Children develop resilience over time, so try to be patient and supportive while your child works out how to respond to challenges. You might want to make everything all right for your child, but sometimes your child has to go through uncomfortable feelings so they can work things out for themselves.
















### Tips for building resilience

- Support your child but try not to solve every minor problem or disappointment. For example, if your child doesn't get invited to a birthday party or didn't get what they want for their birthday, you could talk about how they feel instead of trying to fix the problem.
- Avoid predicting and preventing problems for your child. Overcoming small challenges builds your child's resilience for bigger setbacks.
- Help your child to identify and manage strong emotions. e.g. your child might be worried about a family member who's sick. You could say, 'I can see you're really worried about Grandpa.'
- Recognise and acknowledge when things are going well. For example, during family meals you could each share one positive thing from your day.
- Help your child to develop problem-solving skills in an age-appropriate way.



<https://raisingchildren.net.au/school-age/behaviour/understanding-behaviour/resilience-how-to-build-it-in-children-3-8-years>

## BACK YARD SCAVENGER HUNT

- |  |  |  |
|--|--|--|
| <input type="checkbox"/>    | <input type="checkbox"/>    | <input type="checkbox"/>    |
| ant  | brown leaf   | butterfly  |
| <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   |
| clover   | cloud  | purple flower  |
| <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  |
| pinecone   | ladybug  | bird   |
| <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  |
| grass  | green leaf   | yellow flower  |
| <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>  |
| feather  | rock   | sticks   |

## Make a Rainbow Fish!

### Fun Learning Activity:

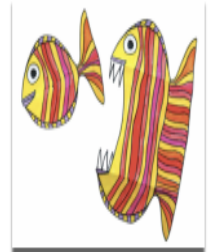
Today you will be watching the actor Ernest Borgnine read the story, "The Rainbow Fish" by Marcus Pfister. It is a fun story about a little fish, friendship and what makes us happy.

Then you can make your own talking rainbow fish!



### What you will need:

- A device with internet access
- Paper – drawing paper or printer paper for ease of folding
- Pencil
- Black texta
- Textas, crayons or coloured pencils
- Scissors




### Instructions:

1. Watch this video reading of "The Rainbow Fish" <https://youtu.be/r9mrvuEKkKc>
2. Now you can make your own talking rainbow fish
3. Visit this website for the instructions, <https://craftwhack.com/surprise-ferocious-beings-paper-project/>
4. This website has many ideas for making other talking animals! Have fun creating your own.

### Things to think about:

- If the main reason the other fish liked the Rainbow Fish was because he gave them something pretty, are they his true friends?
- What do you share with your friends? Do you share everything with them?
- Have you ever owned an item that you didn't want to share?
- How does sharing your things with friends make you feel?
- Would you rather have something really special all to yourself or share it with friends?
- Is being unique more important than being liked?

# Welcoming families to Playgroup



Welcome!



## Name tag for adults and children

Make simple name tags for the adults and children to wear for a couple of weeks until everyone gets to know each other.



## Tour

Show your new family around the playgroup and explain how your playgroup works, highlight upcoming events and where everything goes.



## Interest/Activity

Encourage the new child to find an activity of interest and ensure active supervision.



## Chat (and remember their names)

It's really nice when someone remembers your name and you feel part of the group



## Cuppa

Offer the new family a cup of tea and share stories.



## Bye

Say goodbye and say "We look forward to seeing you next week!"



## Feedback

Touch base with the new family and ask how they liked their first session.

## What's on this month



### Phillip Island Nature Parks Live Penguin TV

Live Penguin TV is back from this Tuesday 27th July! We are streaming Phillip Island's Little Penguins into your homes once again. Tune in from 6pm AEST to watch.

<https://www.penguins.org.au/virtual/live-penguin-tv/>



**Playgroup at Home-live-** Songs, stories and interactive play activities. Each week we will send you an activity sheet so that we can create and play together. Sessions run by playgroup facilitators.

**Baby Playgroup-** This is time for you and your baby to bond and connect with other families going through similar ages and stages. Playgroup staff will be there to guide you, share ideas, resources and play activities.

**Music Time-** Interactive session full of music, dance, songs, stories, fun and play! These sessions will be presented by Amanda Testro from [Hullabaloo Music](#)

**Move it 4 Kids-** Combination of active movement, dance, self-expression, sport, songs and comedy. We welcome parents/carers and children aged 0-5 to enjoy this active musical comedy experience.

<https://bookings.playgroup.org.au/?fbclid=IwAR3H0RFPsS1D9jDoRn05WJIEP277pIOFMmRwAHkAel00cpXU2Z7-G6IXPlc>

## CPR for children over one year

### Before starting child CPR: danger, response, send for help



**Danger**  
Check around you for danger. Remove the child and yourself from any danger.



**Response**  
Check the child for a response. Ask them to open their eyes or squeeze your hand. Squeeze their shoulders.



**Send for help**  
If the child is unconscious, not responding or breathing abnormally, call 000 for an ambulance.

### Next steps: airway, breathing



**Airway**  
Check the child's mouth for airway blockages like the tongue, food, vomit or blood. If there's a blockage, roll the child onto their side, keeping their top leg bent. This is the recovery position. Clear blockages with your fingers, then check for breathing.



**Breathing**  
If there are no blockages or you've cleared blockages, check for breathing. Look for chest movements, listen for breathing sounds, or feel for breath on your cheek.



**Child breathing normally?** Gently roll the child into the recovery position on their side. Regularly check for breathing until the ambulance arrives.

**Child not breathing?** Child not responding or child breathing abnormally? Start CPR.

### Start CPR



**CPR**  
Put the heels of your hands in the centre of the child's chest. Do 30 compressions at a rate of **2 compressions per second**. Each compression should push the chest down by about one third.



After 30 compressions, tilt the child's head back to open their airway. Take a deep breath, seal your mouth over the child's mouth and pinch their nose. Give one steady blow and watch for their chest to rise. Take another breath with your head turned towards the child's chest. Watch, listen or feel for air leaving the chest. Repeat.



Keep giving 30 compressions followed by 2 breaths until medical help arrives. If the child starts breathing and responding, turn the child into the recovery position. Keep watching their breathing. **Be ready to start CPR again** at any time.

# Recipes

## Spicy Lentil Patties

### Ingredients

- 400g canned lentils drained
- 1 cup fresh breadcrumbs
- 1 egg
- 1/2 tsp curry powder
- 1 pinch salt \*to taste
- 1 small carrot grated
- 1 tsp dried parsley
- 1 tsp chives chopped

### Instructions

1. Process lentils, breadcrumbs, egg, curry powder and salt until smooth.
2. Place mixture in a bowl and mix in carrot and herbs
3. Add more breadcrumbs if mixture is too soft to handle.
4. Roll mixture into eight patties and refrigerate for 1 hour.
5. Shallow fry patties until lightly browned and heated through



## Spinach Impossible Pie

- 1 bunch spinach, trimmed
- 1 tbsp olive oil
- 4 spring onions thinly sliced
- 2 garlic cloves crushed
- 1 tbsp chopped fresh dill
- 100g feta, crumbled
- 1/3 cup corn kernels and frozen peas
- 1/2 cup grated tasty cheese
- 4 eggs
- 1 1/2 cups milk
- 1/2 cup self-raising flour
- Mixed salad to serve

### Instructions

Preheat oven to 200c

Heat oil in large, deep pan. Cook spinach for two minutes until wilted, place on separate plate.

Cook spring onion, for 1 minute then add garlic, then transfer to bowl.

Drain spinach through a sieve. Add spinach, dill, feta, corn, peas and tasty cheese. Stir and pour into a prepared oven dish.

Whisk eggs and flour together, mixture will be a little lumpy. Pour egg mixture over spinach mixture.

Bake for 30-40 minutes until slightly risen and lightly browned. Cut into wedges and serve with salad.

