

Playgroup Newsletter

May 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:

- ❖ Behaviour Management
- ❖ Playgroups
- ❖ Craft
- ❖ Songs
- ❖ Cooking ideas

For all playgroup inquiries you can contact the Playgroup Development Officer on 9293 7156 or email playgroups@frankston.vic.gov.au

A FREE POP UP PLAYGROUP
WILL BE HELD AT KARINGAL
PLACE NEIGHBOURHOOD
CENTRE

**KARINGAL PLACE
PLAYGROUP IS HERE**

Thursday 6th May
9.30am-11.30am

103 Ashleigh Avenue,
Karingal

BRING YOUR CHILD ALONG &
HAVE SOME FUN ENJOYING THE
PLAYGROUP EXPERIENCE

The poster features a teal background with circular images of children and an adult. The text is in white and yellow, providing details about a free pop-up playgroup event.

New!!! Karingal Place Playgroup will commence on Thursday 13th May.

For bookings call 8786 6650 or go to Karingal PLACE Neighbourhood Centre Facebook page.

Crafty ideas

Robot Costume



Science, technology, engineering, mathematics- all of the STEM skills start in early childhood as children build ideas and concepts. Enjoy the creative process talking about the shapes and sizes of the robot- plus all the things that robots can do!

What to do:

1. Cut arms out of the big box and a square for the face on the little box.
2. Stick the little box to the big box using tape.
3. Stick the yoghurt containers to the sides of the small box using glue (place them where ears would go).
4. Stick the thick rolled-up cylinder on the top of the small box (this is an antenna) glue a big pom pom to the tip.
5. Decorate however you wish. Tutu/shorts, bottle lids for buttons, alfoil, etc.
6. Put robot costume over the top of a long-sleeved top and leggings.

What you need...

- + 1 big, painted box (large enough to fit over child's body)
- + 1 small, painted box (large enough to fit over child's head)
- + Long sleeve shirt and pants
- + 2 empty yoghurt containers
- + PVA Glue
- + Paper Cone
- + Pom Pom
- + Sticky Tape
- + Tutu
- + Scissors



To explore is to experience wonder and awe. Let's go on daily adventures and discover new things everyday!

What to do - Hat:

1. Cut out the middle of the paper plate.
2. Place the paper bowl upside down in the centre of the plate (where you just cut out the section) and stick it together.
3. Decorate your safari hat. Add a piece of string to act as a neck cord.



"Not all those who wander are lost."

J.R.R. Tolkien



What you need...

- + Collared Shirt
- + Brown Pants
- + Cardboard rolls
- + Felt
- + String
- + Coloured Paper
- + Sticky Tape
- + Scissors
- + Glue
- + Stapler
- + Paper Plate
- + Paper Bowl

What to do - Binoculars:

1. Take two cardboard rolls and glue pieces of felt between the rolls to keep them together.
2. On the exterior of each roll, make a small hole for stringing the twine through and creating a strap.
3. Glue items on to your binoculars or colour in to decorate.

Songs

Tickly Rain

On my **head**, tickly rain.
 On my **shoulders**, tickly rain.
 On my **back**, tickly rain.
 It's raining again.

On my **arms**, tickly rain.
 On my **tummy**, tickly rain.
 On my **legs**, tickly rain.
 It's raining again.

Drip, drop, drip, drop, drip, drop, drip, drop,
 Drip, drop, drip, drop, drip, drop, drip.
 Drip, drop, drip, drop, drip, drop, drip, drop,
 Drip, drop, drip, drop, drip.



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The Jack in the Box

The Jack in the box jumps up.
 The Jack in the box jumps down.
 The Jack in the box turns round and round.
 And the lid goes down with a flop POP.



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Hand Rhymes Slowly

Slowly, slowly very slowly,
 (up one leg)
 Goes the garden snail.
 Slowly, slowly very slowly,
 (up the other leg)
 up the garden rail.
 Quickly, quickly very quickly,
 (up arm)
 Goes the little mouse.
 Quickly, quickly very quickly,
 (other arm)
 In his little house.
 (tickle)



Here is the Sea

Here is the sea,
 the wavy sea.
 Here is a boat and here is me.
 (scarf over face and boo)
 And, all of the fishes
 are way down below,
 Wiggle their tails and away they go!
 (down to toes and tickle with scarf)



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Behaviour Management for toddlers and pre-schoolers

Using distraction as a behaviour management tool

Distraction is a simple strategy that's good for situations when behaviour might be a problem. For example, this might be when children:

- are getting cranky
- have been sitting still for a long time
- are having trouble sharing or taking turns with others.

Pointing out something interesting, starting a simple game, pulling funny faces – you've probably come up with many tricks like these to distract your child.

Distraction usually works. So it's a great option for managing your child's behaviour in many situations.



Tips for distraction: Here are distraction tips that usually work for **children of all ages**:

Give children something else to do. Introduce a new activity, toy or game, or even show children something new they can do with the toy they already have.

Change the scene. Put children where they can see different things, or move them to a new spot either inside or outside.

Think ahead. Have a few ideas for fun activities. It could be as simple as planning some outside play when you can see that children are getting bored inside.

Sing some songs or rhymes together. This can be useful when you can't stop what you're doing, like when you're driving or cooking.

If you're out and about, take some fun toys or books that you can pull out when you need them.

Distraction can work for **older children** too. Here are some ideas:

- Change the topic of conversation.
- Suggest a simple game or activity. For example, suggest your children try a jigsaw or a game of Uno if they say they have nothing to do.
- Suggest a break when things aren't going well. For example, you could say, 'Looks like you're feeling frustrated with your drawing. What about riding your scooter instead?'

When not to use distraction

Distraction works best when you can see that your child might be about to do something wrong or get upset.

Distraction won't help if your child:

- has hurt someone
- is having a tantrum
- is very upset.

In situations like these, it's best to deal with the behaviour directly.

For example, if your child has hurt another child, it might be tempting to distract both children with toys or activities. But this doesn't help your child understand that it isn't OK to hurt other people. It might be better to use time-out, as long as your child is old enough to understand this consequence.

Also, trying to distract your child when he's having a tantrum might send the message that his strong feelings aren't important. It's better to handle tantrums by acknowledging your child's feelings.



Playgroup



WHAT ARE THE BENEFITS OF PLAYGROUP?

There is significant evidence about the benefits of playgroup and it continues to build. Vital development occurs in the first five years of life, and the first year is especially critical. The neurons in the brain are connecting, laying the foundations for the year to come. The social, emotional, physical and intellectual development that occurs through the play and interaction at playgroup is great for the mind and body. Knowledge builds and skills are refined. Children learn social skills and language skills. It readies children for the next step into kinder and prep.



PLAYGROUP IS NOT JUST ABOUT THE KIDS – PARENTS AND CARERS, IT IS FOR YOU!

Your job is one of the best in the world, but raising children is not always easy. Playgroup is here to lighten the load. You can connect with other people in the same stage of life as you. At playgroup you can share stories, relax in a safe environment. Playgroup is designed to be a comfortable space where you can be yourself. It helps to reduce isolation you may feel and discuss things of interest to you. Playgroup also provides you will access to local services you may need.

To find your local Community Playgroup click on the Frankston City Council link below:

https://www.frankston.vic.gov.au/Our_Community/Family_Services/Playgroups

Expression of interest.

Are you interested in facilitating a Community Playgroup? Perhaps there isn't a playgroup running in your area and you would like to start one?

Playgroups are a great social activity for you and your child. Facilitating a playgroup is also a way of building new skills that can lead to future opportunities. Training can be provided as well as ongoing support.

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Soups for the cooler weather.

Beauty & the Beast Carrot & Pumpkin Soup

Ingredients

- 1 1/4 cup dried red lentils, rinsed drained
 - 6 small tomatoes
 - 500g carrots diced
 - 1 medium onion finely chopped
 - 350g pumpkin diced
 - 1 tbs ground turmeric
 - 2 tbs olive oil
 - 1 garlic clove crushed
 - parsley leaves to serve
1. Heat oil in a large saucepan over medium heat. Add onion, garlic, carrot and pumpkin and cook, stirring occasionally, for 5 minutes or until starting to soften.
 2. Stir in lentils, turmeric and 1.5 litres water. Bring to the boil over high heat. Reduce heat to medium-low and simmer for 25 minutes or until vegetables and lentils are tender.
 3. Meanwhile, to make tomato roses, use a vegetable peeler to peel skin from tomatoes in 1 long strip, then coil into a rose shape. (optional).
 4. Purée vegetables and lentils, using a stick blender, until smooth. Ladle soup into warm bowls, season with pepper and garnish with tomato roses and parsley to serve.



Lamb Shank & Barley Soup

Ingredients

- 2 carrots chopped
 - 2 sticks celery chopped
 - 1 fennel bulb chopped
 - 1 large onion diced
 - 1/2 bunch flat-leaf parsley chopped
 - 2 parsnips peeled, chopped
 - 7 cups salt-reduced vegetable stock
 - 1 tbs lemon juice
 - 1/2 cup pearl barley
 - 2 tbs olive oil
 - 3 sprig of thyme
 - 1 bay leaf
 - 2 garlic cloves crushed
1. Heat 1 tbs oil in a large stock pot over medium heat. Sear shanks for 5 minutes, turning until well browned on all sides. Remove from pot.
 2. Add remaining oil, onion, carrot, celery and garlic to pot and cook, stirring occasionally, for 5 minutes. Add fennel and parsnip and stir to combine.
 3. Return shanks to pot with stock. Bring to the boil and skim scum from surface. Add barley, bay leaf and thyme, reduce heat to a simmer. Cook, covered, for 1 1/2 hours, skimming surface regularly, or until lamb is falling off the bone.
 4. Remove shanks from soup and stand for 5 minutes to cool slightly. Then, using 2 forks, shred meat from the bone. Skim any excess oil from surface of soup. Add lamb, parsley and lemon juice to soup. Season with salt and pepper.

