

Playgroup Newsletter

August 2020



opportunity » growth » lifestyle



Welcome to the first edition of the Frankston City Council Playgroup Newsletter. A newsletter will be published each month and will contain information on fun activities including craft ideas, recipes as well as what is happening in your local community.

Our Children's Services team have worked to bring together a range of developmentally appropriate resources for children and families for use at home. These resources are intended for families to use in the comfort of their own home at a pace that works for them to support everyday learning opportunities and play based learning for children aged 0 – 5 years.

What's on?

Library Story Time- Thursday mornings at 11.00am on facebook
https://library.frankston.vic.gov.au/Whats_On

Playgroup at Home- Playgroup Victoria
<https://www.facebook.com/groups/1604065486349424/>

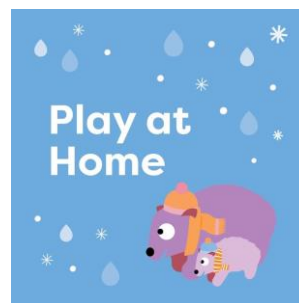
Playgroup Victoria- free online playgroups
<https://www.playgroup.org.au/>



For more information contact
playgroups@frankston.vic.gov.au

Play ideas

Here are some water play ideas for you to try. You don't need a lot of space and can use what is available around the home.



Can you find items around the house and tell a story of The Three Little Pigs?

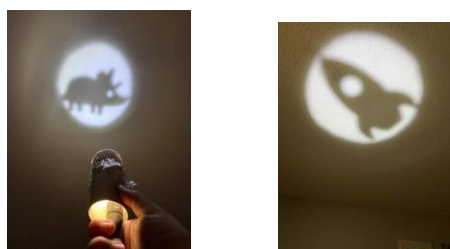


Make your own projector

Use plastic/foil wrap cylinders, plastic wrap, foam or cardboard shape.



When it is dark watch the magic!



Make your own snow * * * * *

Make your own snow!

What you need...

- Mixing bowl
- 1 cup corn flour
- 1 cup lotion (Sorbolene)
- Optional - add peppermint extract or some glitter

What to do:

- + Combine the ingredients
- + Mould the dough using hands
- + Play time! Use cookie cutters and other playdough tools

This activity encourages sensory play and imagination



Inspiration

Make it more realistic by putting it in the freezer before you play

Babies

Reading

- Reading, storytelling, talking and singing with your baby helps her learn about sounds, words and language.
- When you read to your baby, try reading slowly. Point out words and pictures on each page and change the tone of your voice as you read.
- Babies enjoy listening to books with good rhyme, rhythm and repetition. See book suggestions for babies below.



Play

- Play is essential for your baby's overall development, learning and wellbeing.
- When it comes to play, follow your baby's interests. The key thing is interacting with your baby.
- Baby play ideas include playing peekaboo, making noise or music, singing nursery rhymes, reading and talking.



What to expect from baby talking and language

Babies develop language at different rates – some learn quickly and others might need a bit more time.

As your baby starts to learn about language you might hear him:

- cooing, gurgling and babbling
- putting together simple sounds – for example, “ba-ba”
- copying words
- communicating “no” with a shake of the head.



Raising Children website has some great information on the development of babies. Here is a link for some videos on Baby Development 6-12 months.

<https://raisingchildren.net.au/babies/videos/development-6-12-month>

Toddlers

- Encourage creativity by following your child's lead, providing time and space for play, and praising your child.
- You can use household items, recycled objects and natural materials to spark your child's creative play.
- Creative play can be part of everyday activities – for example, sing as you give your child a bath.



Videos on toddler play can be found here.

<https://raisingchildren.net.au/toddlers/play-learning/play-videos>

Creative activities: visual art and crafts

Your child can use everyday objects and recycled items for art and craft. Here are some ideas to get your child started:

- Use empty kitchen paper rolls or small plastic bottles to make a puppet person or animal. Your child can decorate it with markers, stickers, scrap papers, fabric and other crafty bits.
- Use natural material. For example, go on a nature walk to collect fallen leaves. Your child can use these to draw, paste onto paper, or dip into paint.
- Find a very large cardboard box and let your child decorate it using crayons, paints and other decorations. It could be a house, boat, cave and so on. You could help your child cut out windows or doors.
- Make binoculars by taping two empty toilet rolls together. Tape on a strap on either side. Then your child can explore the garden with her new binoculars.
- Thread small plastic lids, patty pan cases or pasta tubes onto string to make jewelry. This might be a good activity for older toddlers.



Pre schoolers

Through peg play children can learn colours and counting, improve fine motor skills, and enjoy experimental play.

- All you need for peg play is some plastic pegs, plus other ordinary household items, socks, tea towels or similar items.
- Pre schoolers like to imitate adult activities and this is a great activity to promote fine motor skills, colour matching and imaginative play.



Open-ended toys include:

- blocks – one day your child uses them to build a tower, and the next day he might bring the block up to his ear and pretend it's a phone
- balls – they're great to bounce, look at, roll, hold and throw
- cardboard boxes – your child can pretend these are shop counters, ovens, cars, boats, doll houses and more
- dress-ups – with some hand-me-down clothes and bits of fabric, your child can become anything or anyone he likes
- crafty bits and pieces – coloured paper, stickers, crayons and washable markers can get your child started on a masterpiece.

Toys and games for preschoolers

- Your preschooler is likely to enjoy anything that can be used for **play-acting**, like a toy tool box, old mobile phone or dress-up clothes. Your child's imagination can turn cardboard boxes into lots of things, including a toy stove, letter box, car or boat.
- You can make **musical instruments** with household objects – for example, plastic jars filled with rice or pasta can be used as shakers. Unbreakable bowls turned upside down become drums when your preschooler has a wooden spoon to bang with.
- **Quiet play activities** are good for when your child needs some downtime. Try art activities like paints, crayons, pencils or cutting and pasting. **Books and stories**, simple board games and puzzles or construction toys are good for these times too.
- **Outdoor equipment** – like a tricycle, cubby house, sandpit or swings (with an adult nearby) – will keep your preschooler busy and active. Balls are fun to throw, hit or kick.



Recipes

Whole meal banana and yoghurt bread

Makes one loaf

Preparation time: 15 mins

Cooking time: 50-60 mins

½ cup vegetable oil
¼ cup honey (do not use honey if making for children under 12 months old)
2 eggs
3 medium ripe bananas
200 gm natural yoghurt
½ teaspoon vanilla extract
250 gm whole meal self-raising flour
1 tea Preheat the oven to 180°C. Grease and line an 11 cm x 21 cm loaf tin with baking paper.

- Using an electric beater, blend the oil and honey until well mixed. Add the eggs one at a time, beating well after each addition.
- In a separate bowl, mash the bananas and stir in the yoghurt. Fold through egg mixture. Fold flour and mixed spice into mixture.
- Spoon into prepared tin and bake for 50-60 minutes, or until a skewer inserted comes out clean. Remove from oven. Allow to cool in the tin for 5 minutes before turning out onto a wire rack.



Healthy Pizza

Serves 2 adults (1 pizza each) and **2 children** (½ pizza each)

Preparation time: 5 mins

Cooking time: 10 mins

3 whole meal 20 cm Lebanese pita breads
¼ cup tomato paste
½ cup canned kidney beans, drained and rinsed
½ red capsicum, thinly sliced
6 button mushrooms, thinly sliced
½ cup diced fresh or tinned pineapple
1 tomato, thinly sliced
½ cup mozzarella cheese, grated
1 handful fresh basil to garnish

1. Preheat oven to 200°C.
2. Place bread onto oven trays and spread with tomato paste. Arrange all other ingredients over the bread. Top with cheese.
3. Bake in preheated oven for 10 minutes or until golden.
4. Remove from oven, and allow to cool slightly. Top with fresh basil. Cut into wedges and serve.



Chicken strips

Serve crunchy chicken fingers with peas, broccoli and corn.

2 chicken breasts, cut into strips
¼ cup plain flour
1 egg, lightly whisked
1 cup cornflakes, lightly crushed
1 egg white, lightly whisked
2 corn cobs, halved
1 cup peas
1 cup broccoli
Tomato sauce to serve

1. Preheat oven to 220°C. Line two baking trays with baking paper. Toss the chicken strips in flour and dust off excess. In a medium bowl, mix the egg with the chicken until coated. Pour in crushed cornflakes and toss until chicken is coated. Place onto one of the prepared baking trays, cover and refrigerate for 10 minutes.
2. Put chicken fingers into oven and cook with potatoes for 10-12 minutes until golden and crispy.
3. Boil, steam or microwave broccoli, peas and corn on the cob. Serve with crunchy chicken fingers and wedges.

