

# Playgroup Newsletter

## December 2020



Lifestyle Capital of Victoria

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



## What's on?

Are you missing your local playgroup?

Playgroup Victoria provide daily playgroups that are free of charge through zoom.

To book go to <https://www.playgroup.org.au/>

For all other playgroup inquiries contact 9293 7156 or email [playgroups@frankston.vic.gov.au](mailto:playgroups@frankston.vic.gov.au)



## Playgroup update!

2020 has been a challenging year and families have missed out on the opportunity to socialize and have fun at our local playgroups. We look forward to welcoming you back to playgroup in term one 2021. The Children's Services Team are currently working towards making sure our playgroup venues are safe and ready to host playgroups in 2021.

Here is a link to the Frankston City Council Playgroup page to view our local playgroups.

[https://www.frankston.vic.gov.au/Our\\_Community/Family\\_Services/Playgroups](https://www.frankston.vic.gov.au/Our_Community/Family_Services/Playgroups)

# Playgroups

The purpose of playgroup – what happens at playgroup?

Playgroups bring young children, parents, families and communities together to learn and develop through informal play activities and social interaction. Playgroups help parents and caregivers build social and support networks that encourage and assist them in their valuable parenting role.

Playgroup is here to help families to have fun, relax and to build friendships that last beyond playgroup. Playgroups work best when they are inclusive of all, creating an open, welcoming and friendly environment for all children and their families, no matter their circumstances, backgrounds or cultural identity.



What age can kids join playgroup?

Any child between the ages of 0 to 5 can join playgroup. Playgroups are located throughout the municipality, so you can find something to suit you. Often, it is good to have a range of ages at playgroup, so that they can learn from one another. If older children are bounding ahead, activities or an older aged playgroup can be a better fit for them.



## Are you interested in attending a playgroup?

There are a number of Community and Supported Playgroups within the Frankston Municipality.

View the Frankston City Council Playgroup page or contact 9293 7156

[https://www.frankston.vic.gov.au/Our\\_Community/Family\\_Services/Playgroups](https://www.frankston.vic.gov.au/Our_Community/Family_Services/Playgroups)

## Are you interested in starting up a playgroup?

- Decide what sort of playgroup you would like to start.
- What day and location suits you?
- Do you need support with promoting the playgroup?
- Would you like some training in facilitating a community playgroup?

Facilitating a playgroup can be a rewarding role. It is a way of meeting new families, providing local families with a fun and social activity that parent's/carer's and their children enjoy.

The Playgroup Development Officer is happy to talk with you and support you in starting a new playgroup. Training can be provided to people who are interested in facilitating a playgroup.

Contact 9293 7156 or email [playgroups@frankston.vic.gov.au](mailto:playgroups@frankston.vic.gov.au)

## Sharing and learning to share

Learning to share can be a challenge for young children, but sharing is a skill they need for play and learning throughout childhood. You can help your child learn to share by giving her plenty of time and opportunities to practice. Praise and encouragement for good sharing will help too.



### Toddlers

Your two-year-old probably doesn't have an understanding of what sharing is. In general, young toddlers believe they're the centre of the world and that everything belongs to them. For sharing, children also need to be able to manage their emotions, and toddlers are only starting to learn how to do this.



### Preschoolers

By age three, many children are beginning to understand about turn-taking and sharing. For example, your preschooler will probably understand that sharing equally is the 'fair' thing to do, but he still might not be keen to put sharing into action when it comes to giving something up. He might also still be impatient when waiting his turn.

## Toddler Property Laws

If I like it it's mine

If I can take it from you, it's mine

If I had it a little while ago, it's mine

If it looks like mine, it's mine

If I'm building something,

all the pieces are mine

If you are playing with something

All the pieces are mine

And if you put it down

It automatically becomes mine

And since it's mine it will never be yours

in any way

If it's broken, it's yours.



Author unknown

## Tips to help children learn to share.

- Play games with your child that involve sharing and turn-taking.
- When you see your child trying to share or take turns, make sure you give lots of praise and attention.
- Talk your child through the steps, saying things like, 'Now it's my turn to build the tower, then it's your turn.'

Although it's important to share, it's OK for children to have some toys that they keep just for themselves. It's a good idea to put away these special toys when other children come to play at your house. This can help you avoid problems with sharing.

## Baby play time.

Tummy time is highly recommended for babies when the time is right. It is a great way for babies to develop and strengthen their neck, head and back. It is a good activity to do when your baby is in an active mood, under the supervision of an adult.

A homemade hoola hoop inspires sensory exploration and encourages babies to use their fine and gross motor skills, while practicing their hand and eye coordination.

### What to do:

Decorate the hoop with different sensory play items. You can use an orange bag filled with cellophane paper, a stocking filled with lego blocks that rattles, tie a scarf to the frame, tie silky ribbons, a teething toy or a squishy ball.

Make sure the items are safe and the activity is always supervised.



## 10 play activities using a scarf.

- Play peek-a-boo.
- Sensory play; allow your baby to explore the fabric.
- Tie scarf onto a baby play frame for baby to reach and grasp.
- Ties scarves together and place in used tissue box. Your baby can pull out the scarves.
- Float the scarf into the air and allow your baby to view this experience.
- Fan the scarf over your baby and allow them to feel the soft air flow.
- Hold the scarf in front of your baby and move the scarf from left to right; this is good for visual tracking.
- Attach a rattle or some bells to the scarf, when your baby moves the scarf they will hear the sounds.
- Use the scarf to place baby's toys in when you are going out.
- The last one is to wear the scarf so it is available for play time anywhere you are!

# Sun protection for babies, toddlers and preschoolers.

Summer is here and it is time to consider how to keep our child sun safe while in the outdoors.

The sun's ultraviolet (UV) radiation is the main cause of skin cancer, sunburn, premature ageing, and eye damage.

A baby's skin is thin, extremely sensitive and can burn easily. The more sun exposure during childhood, the greater the risk of skin cancer in later life.

Cancer Council Victoria recommends that babies under 12 months are not exposed to direct sun during the daily sun protection times (when the UV Index is 3 or higher).

The free SunSmart app tells you sun protection times for your location and provides current UV levels.

<https://www.sunsmart.com.au/tools/interactive-tools/free-sunsmart-app>



## 1. Slip on sun-protective clothing.

Cover as much of the baby's skin as possible with cool, loose-fitting clothes and wraps.

## 2. Slop on SPF30 (or higher) broad-spectrum, water-resistant sunscreen.

The use of sunscreen on babies under 6 months old is not recommended.

## 3. Slap on a broad-brimmed hat

Hats should provide good shade to the face, back of the neck, eyes and ears.

## 4. Seek shade

If outdoors, babies need to be kept in the shade.



## Role modelling

Children copy those around them and learn by imitation. If adults adopt sun protection behaviours, the children in their care are more likely to do the same.

Place hats near your door and make a habit of putting them on every time you go outside.

 Watch YouTube video.

You've Gotta Be SunSmart – Jay Laga'aia



<https://www.youtube.com/watch?v=Fwa49vPr-3I>

# Starting Kindergarten

Many of you will have a child who is starting 3 or 4 year old Kindergarten in 2021.

Your child is probably feeling excited as well as a bit nervous about starting kinder.

She might have already been to child care or playgroup and feels comfortable about joining a new group. Or kinder might be your child's first experience of being away from family.

You might be feeling a mixture of pride, excitement, loss and anxiety as your child becomes more independent, particularly if you're doing this for the first or last time.

[Here are some tips from raising children website.](#)

## Visit the Kindergarten

During these visits, your child can see and experience what he'll do at preschool, who he'll meet, and what happens during the kinder day.

## Talk about Kindergarten

You can talk about the things your child will do at kinder. For example, 'Stella, do you remember we saw blocks at kinder? You'll be able to build with them like you do at home'.

## Read books about Kindergarten

The local library will have books on starting kinder.

## Establish some routines

Routines can help your child feel safe and secure, particularly when new things are happening. You could set up a routine for kinder mornings – for example, get up, have breakfast, clean teeth, get dressed, put on sunscreen, pack lunchbox and go. You could even make a chart with pictures showing the different steps in your routine.

## Develop a routine for saying goodbye

Say goodbye to your child so that he knows you're going, and tell him that you'll pick him up at the end of the day. You could choose a special place to say goodbye, or an activity to do before you go. For example, 'If you wave to me from that window, I'll be able to see you', or 'Which book will we read before I go?'

## Communicate with the Kindergarten teachers

Children get confidence from seeing warm, positive and friendly interactions between important people in their lives, like their parents and teachers. Good communication with your child's teacher also helps you share relevant information and helps the teacher know how best to respond to your child. For example, you might let the teacher know about things like grandparents visiting from overseas, your child's favourite songs or books, or simple words in the language your family speaks at home.

## Celebrate your child's achievements

Joining a new group, meeting new people, navigating a new environment and learning new ways of doing things are big achievements for your child. You can build your child's confidence and sense of competence when you celebrate these. For example, you could use descriptive praise when your child meets new people or tries something new. Or you could encourage your child to call a grandparent, aunt or family friend to share her achievements.



## Holiday Recipes

### Christmas Tree Cup Cakes

- 200g unsalted butter, softened
- 1 teaspoon vanilla extract
- 1 cup caster sugar
- 3 eggs
- 2 1/2 cups self-raising flour, sifted
- 1/2 cup milk

Electric mixer- beat butter, vanilla and sugar until light and fluffy. Add eggs, one at a time. Transfer to large bowl. Stir in half the flour and half the milk. Repeat with remaining flour and milk. Spoon into muffin pans or patty pans.

Bake 10-12 mins in pre heated oven 180°C/160°C fan-forced oven.

Icing- 1 ½ cups icing sugar, 25 g softened butter, 1 tbsl milk or water, food colouring. Decorate with smarties.



### Banana Ice Cream

One ingredient only!!!- use two or more ripe bananas.

Chop bananas in pieces then place in plastic zip lock bag and freeze. When frozen blend in blender until the banana turns very smooth. Place in container in freezer to set. The ice cream is ready when set and can be a healthy snack.



### Fried Rice

- 2 tablespoons sesame or peanut oil
- 2 eggs, lightly whisked
- 100 gm green prawns, peeled, deveined and chopped (optional)
- 1 carrot, grated
- 1 stick celery, finely chopped
- ¼ Chinese cabbage, shredded
- 2 cups cooked brown rice
- ½ cup frozen peas or corn kernels
- 2 tablespoons light soy sauce
- 2 tablespoons tomato sauce

1. Heat a frying pan over medium heat.
2. Add half the oil and pour in whisked eggs. In a swirling motion, run egg around the sides of the pan to make a thin omelette. When cooked, remove and roll up, cut into thin slices.
3. Add remaining oil, cook prawns until prawns change colour. Set aside.
4. Add carrot and celery, stir-fry for 3-4 minutes. Add cabbage, stirring for a further 2 minutes.
5. Add rice, prawns, peas, soy sauce and tomato sauce to the wok. Toss until combined and heated through.
6. Spoon into serving bowls and top with sliced egg.

You can substitute the ingredients with any leftover meats or seafood that you have left over.