

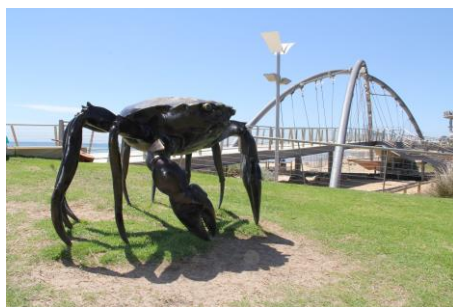
Playgroup Newsletter

March 2021



Lifestyle Capital of Victoria

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



Welcome to the Playgroup Newsletter!

This month we have articles on

- ❖ Toilet Training
- ❖ Fussy Eating
- ❖ Button Batteries safety issues
- ❖ Make a jigsaw puzzle
- ❖ Make a bookmark
- ❖ Self Care

The craft activities may require an adult to assist. This can be a fun activity to do with your child.

And of course there are some yummy recipes to try.

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.

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

Make your own Jigsaw Puzzle.

What you will need.

- Photo or poster print.
- Clear adhesive plastic film (the type you cover books with).
- Cardboard, A4 or A3. You can use a cereal box.
- Scissors.
- Glue.



Use a photo or picture that you like. This could be a small poster of a character your child likes, such as Pepper Pig. Or it could be a photo taken at the beach or park. You can print the photo on regular printing paper.

Paste print onto cardboard. When dry, cover the picture and cardboard on both sides using the clear adhesive film. Use sharp scissors to cut the jigsaw shapes out of the picture. You don't have to cut complex shapes.

Have fun with your child putting the pieces back together.



Make your own Bookmark.

What you will need.

- Coloured paper.
- Scissors.
- Glue stick.
- Assistance from an adult.



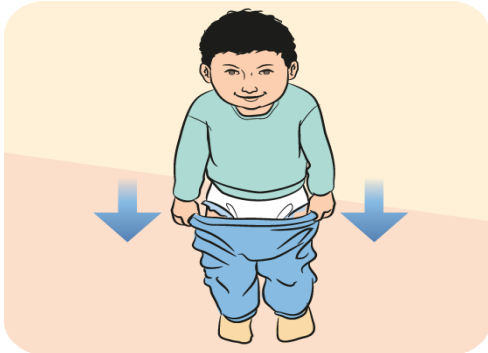
Be as creative as you like. This bookmark is designed to sit on the corner of your book. This is great for those longer stories that you may read to your child over a few nights.



For further instructions go to:

https://www.youtube.com/watch?v=YVkJPCp_1UQ

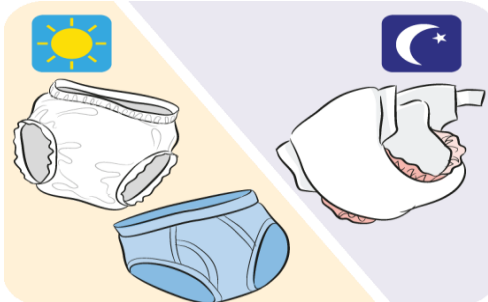
Toilet Training Tips



Children might be ready for toilet training if they have dry nappies for up to two hours, are more independent, and can pull their pants up and down.



Other signs include being interested in the toilet and wanting to watch you use it. Your child might also tell you when there's a wee or a poo in their nappy.



When children seem to be ready for toilet training, try underpants or training pants during the day.



Dress your child in clothes that are easy to take off- like track pants with elastic waist.



Watch for signs that your child needs to do a wee or poo, like wriggling or holding hands between their legs. Gently remind your child to use the toilet.



Sit your child on the toilet when a poo is likely – for example, about 30 minutes after a meal. About 3-5 minutes is long enough for your child to sit.



Help your child to wash hands after using the toilet. Praise your child for using the toilet. If you're concerned about your child's toileting, speak to your nurse or GP.

<https://raisingchildren.net.au/toddlers/health-daily-care/from-nappy-to-toilet/toilet-training-pictures>

Fussy Eating

About fussy eating and fussy eaters

It's **normal for children to be fussy eaters** – that is, to not like the taste, shape, colour or texture of particular foods.

It's also normal for children to like something one day but dislike it the next, to refuse new foods, and to eat more or less from day to day.

This all happens because **fussy eating is part of children's development**. It's a way of exploring their environment and asserting their independence. And it's also because children's appetites go up and down depending on how much they're growing and how active they are.



Tips to improve fussy eating.

- Make meal times happy, regular and social occasions. Try not to worry about spilled drinks or food on the floor.
- Start small. For example, start by asking your child to lick a piece of food, and work up to trying a mouthful. And praise your child for these small attempts.
- Never force your child to try a food. He'll have lots of other opportunities to try new foods.
- If your child is fussing about food, ignore it as much as you can. Giving fussy eating lots of attention can sometimes encourage children to keep behaving this way.
- Make healthy foods fun – for example, cut sandwiches into interesting shapes, or let your child help prepare a salad or whisk eggs for an omelette.
- Turn off the TV at mealtimes so your family members can talk to each other instead.
- Set a time limit of about 20 minutes for meals. Anything that goes on too long isn't fun. If your child hasn't eaten the food in this time, take it away and don't offer your child more food until the next planned meal or snack time.

The good news is that children are likely to become less fussy as they get older. One day your child will probably eat and enjoy a whole range of different foods.

Messy Eating

- Messy eating is a normal part of children's development.
- Messy eating develops fine motor skills and helps children learn about food and their world.
- Be patient, praise tidy eating, and use plastic or newspaper under your child's highchair.



Button Batteries- Safety alert!

Button batteries are powerful, coin-sized batteries that are used in many toys and household products (e.g. keys, remote controls, calculators, musical greeting cards, watches and kitchen scales).

Button batteries are especially hazardous if swallowed, and can cause lasting damage to the oesophagus and airway. Serious injury or death can result from ingesting a button battery.

Main cause of button battery injuries

Babies and toddlers tend to put things in their mouths, and button batteries are appealing to young children as they are small and reflective.

Often, parents don't realise an item contains a button battery as the batteries are usually already installed. Children tend to have easy access to items that use button batteries (toys, calculators, musical greeting cards). The covers on these items can sometimes be easily removed, making them a potentially deadly hazard for young children. If a button battery is swallowed, it can burn through the oesophagus (swallowing tube) in just two hours, causing internal burns, severe bleeding or death.



What to do if you suspect a battery has been swallowed

A child who has swallowed a button battery without anyone being aware may develop the following signs and symptoms:

- noisy breathing or chest pain.
- problems swallowing or drooling.
- vomiting blood or passing dark and yucky poo.

If your child has any of the above, go to your nearest hospital emergency department immediately.

Ways to prevent button battery injuries

Children should never be allowed to play with button batteries. To prevent button batteries from being swallowed:

- keep household items you suspect may contain button batteries out of reach.
- don't allow children to play with car keys, remote controls or other household products containing button batteries.
- check toys in your home that contain button batteries and ensure they either have screw-on battery covers so that batteries can't fall out or be easily removed or discard them if they don't have this safety feature.
- avoid buying toys that require button batteries as a power source.
- keep spare batteries locked away and out of reach.

Toys and items to beware of.

- Cards that play music when opened are powered by button batteries.
- Always check toys (especially ones that make noise or have lights) and ensure they have screw-on battery covers.
- Avoid buying toys and items that require button batteries as a power source.
- Keep household items you suspect may contain button batteries out of reach.

This battery button was removed from this five year old's nasal cavity during surgery.



If you suspect a child has swallowed a button battery, call an ambulance (000 in Australia) or go to your nearest hospital emergency department immediately.

https://www.rch.org.au/kidsinfo/fact_sheets/Safety_Button_batteries

Parent's/Carer's

Why looking after yourself is important as a parent.

Raising children is an important job, and looking after yourself helps you do the job well. That's because looking after yourself physically, mentally and emotionally helps you give your children what they need to grow and thrive.

Looking after yourself involves looking after your relationships, your health and your wellbeing.

When you're focused on looking after babies or children, it's easy to forget or run out of time to look after these parts of your life. But looking after yourself is worth it – it's **good for you and good for your children**.

Looking after your relationship with your partner

For parents with partners, looking after your relationship can help you both get the most out of being parents and partners.

Open communication can help you cope with the relationship changes and challenges that come with raising children. You might be getting less sleep, less time to talk to each other, and less time alone with each other. This can sometimes lead to disagreements.

You can handle these tensions and keep your relationship positive by [talking with each other](#) about how you're feeling and finding ways to support each other. It also helps to pick your battles and **set aside a time and place to discuss frustrations** and work out solutions.

Setting realistic expectations, being understanding and forgiving each other can often make the difference between staying together and drifting apart. For further information:

<https://raisingchildren.net.au/grown-ups/looking-after-yourself/parenting/looking-after-yourself>

Parentline



Parentline is a statewide telephone counselling and support service for all Victorian parents and carers of children from 0-18 years.

Experienced social workers, psychologists and family therapists can give you counselling and information around a wide range of parenting issues.



Parentline aims to:

- contribute to the development of positive parenting and personal coping strategies and skills.
- enhance parent/child relationships.
- promote and contribute to the confidence, resilience and wellbeing of families.
- link families with their local community resources and services.

Telephone helpline (available 8am to 12 midnight – 7 days a week, every day of the year).

<https://www.betterhealth.vic.gov.au/health/serviceprofiles/parentline-service>

Recipes

Salmon and broccoli pasta

Ingredients

- 1 cup cooked wholemeal pasta
- 95g tin salmon in spring water, drained and flaked
- 1 cup broccoli, steamed and chopped
- 1 tsp chopped parsley
- 2 tsp lemon juice
- 1 tsp olive oil

Method:

Combine cooked pasta, salmon, broccoli and parsley. Mix the olive oil and lemon and pour over ingredients.

This makes two portions and will keep in the fridge for up to 2 days.



Boiled eggs with cheese toasties

Ingredients

- Eggs
- Sliced wholemeal or wholegrain bread
- 1 tsp vegemite
- Sliced tasty cheese
- *Optional* – Dutch carrots and/or scrubbed baby cucumbers cut into long wedges.

Method:

Cook eggs in boiling water until they are soft.

Toast bread, spread with vegemite and top with cheese, grill or microwave so cheese melts, cut into fingers.

Optional- add steamed or raw dutch carrots and raw cucumbers for dipping.



Savoury muffins

Ingredients

- 2 cups of self raising flour
- 2 eggs lightly beaten
- 1 teaspoon baking soda
- 1 ¼ cups milk
- ½ cup olive oil
- ¾ cup frozen spinach, thawed and drained
- 1 cup grated cheese
- Salt and pepper
- *Optional*- add cooked bacon, chives or parsley

Pre heat oven to 200c

Mix flour and baking soda in a large bowl. In a separate bowl whisk eggs, milk and oil then add flour mixture and stir. Fold in spinach, bacon cheese and chives and add salt and pepper.

Divide mixture into greased muffin tin and bake for 20-25 or until an inserted skewer comes out clean.

