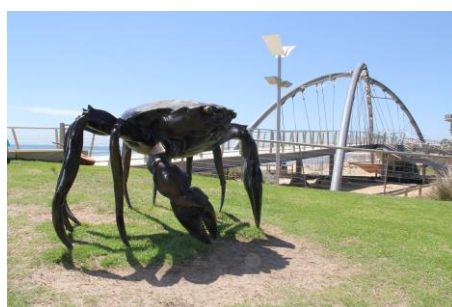


Playgroup Newsletter

November 2020



Lifestyle Capital of Victoria



Welcome to the third 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.

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

Stay connected with your playgroup community

Playgroup at Home

DISCOVER MORE HERE

A collection of colorful, cartoonish animal characters including a yellow elephant, a red fox, a purple dog, and a green frog.

Free live, online and interactive music sessions

ALL COME OUT TO PLAY!

BOOK HERE

A row of colorful, cartoonish shoes in various colors and styles.

Move it 4 Kids

Free live, online and interactive music sessions

BOOK HERE

A dark blue background with several small, white, five-pointed stars scattered across it.

Play ideas.

Children love to explore objects in their environment.

Unstructured, free play is the best type of play for young children.

This is play that just happens, depending on what takes your child's interest at the time. Free play isn't planned and lets your child use his imagination and move at his own pace. However you may provide some items to get things started.

- Cardboard boxes
- Plastic bottles
- Plastic ware from your kitchen cupboard
- Cling wrap rolls
- Blankets, cushions, teddies
- Plastic animals or people

Your child will let you know when they want you to join in their play, by looking over at you, gesturing towards you or bringing a toy to you. Older children will talk about their play and ask you to join in. When they move away, stop playing or move to another area that is when they are telling you they are ready to return to independent play.



Babies- You will need to provide safe items for babies to manipulate, however they can enjoy plastic measuring spoons made into a mobile, hide the toy under a cup and make it appear again, play peek-a-boo with a scarf, blow bubbles and watch them enjoy the experience.



Toddlers-

Make a peek-a-boo jigsaw with family photos hidden underneath the pieces

Use a muffin pan and small balls/object to fit into the pan

Make a tunnel from a box to climb through
Washing the plastic animals

Make a car ramp with cardboard box



Pre schoolers

Scavenger hunt-list items to collect

Colour matching with paint chips from hardware store-find objects that are the same colour

Obstacle course, use masking tape, cushions, cardboard box

Ball toss into a large bucket/container

Bowling with plastic cups

Teddy bears picnic, blanket and teddies

Playdough, with or without cutters

Toddler behaviour can

be challenging at times as they have not developed self-regulation yet. Self-regulation includes being able to:

- regulate reactions to emotions like frustration or excitement
- calm down after something exciting or upsetting
- focus on a task
- refocus attention on a new task
- control impulses
- learn behaviour that helps you get along with other people.

Toddlers can wait short times for food and toys. But toddlers might still snatch toys from other children if it's something they really want. And tantrums happen when toddlers struggle with regulating strong emotions.

Helping your child learn self-regulation

The best way to help your child learn to self-regulate is to **provide support** when he needs it. Here are some ways you can do this:

- Talk about emotions with your child.
- When your child struggles with a strong feeling, encourage your child to name the feeling, happy, angry etc.
- Help your child find appropriate ways to react to strong emotions, take a break from activity or move to a quieter space.
- Remember to be patient. It can be very hard for young children to cope when they have strong feelings.

There are also some **behaviour strategies** you can use to help your child with self-regulation:

- [Plan for challenging situations](#) where it might be hard for your child to behave well. For example, 'We are going shopping, here is a shopping bag, you can pick out 2 bananas'.

- [Praise your child](#) when she shows self-regulation and manages a tricky situation. For example, 'You were great at waiting for your turn', or 'I liked the way that you shared with Sam when he asked'.
- [Try to model self-regulation](#) for your child. For example, show your child how you can do a frustrating task without getting upset.

Did you know??
Research reports using positive attention improves children's behavior by 80%!!!

Key points:

- When your child behaves well, give him lots of positive attention. This makes the behaviour more likely in future.
- Positive attention for behaviour means catching your child being good and praising them.
- Positive attention also helps your child feel secure and loved. It's good for your relationship with your child.



Kindergarten builds kids!

Did you know kids are building more than just block towers when they go to kindergarten? They're also building important stepping stones to a love of education and healthy relationships with others.



Your child may also be eligible for Early Start Kindergarten (ESK) funding, which gives eligible children 15 hours of free or low-cost kindergarten a week for two years before starting school.



<https://vimeo.com/440547974>

Visit:

<https://www.education.vic.gov.au/parents/child-care-kindergarten/Pages/early-start-kindergarten.aspx>

Thinking of registering your child in 3-year-old or 4-year-old kinder in 2021? The good news is there are still spots available.

https://www.frankston.vic.gov.au/Our_Community/Family_Services/Kindergartens/Introduction_to_kindergarten

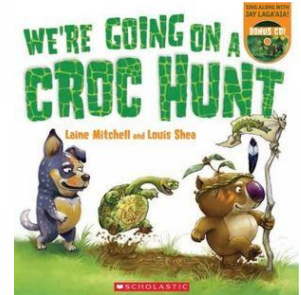
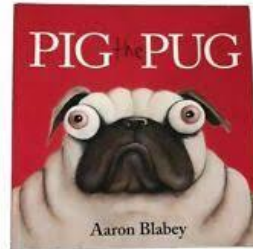
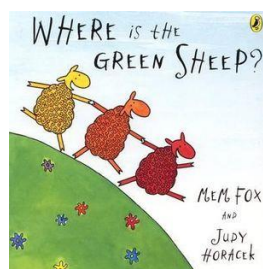
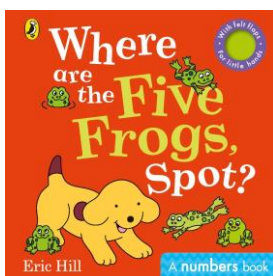


Book Corner

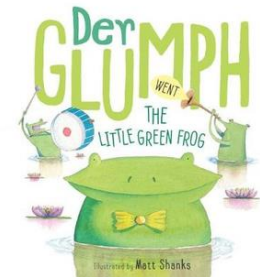
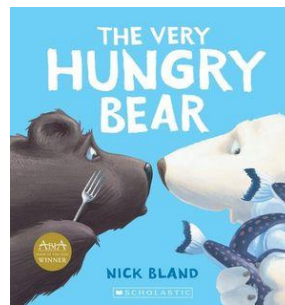
Kerry – Family Literacy Resource Officer at Frankston City Libraries shares some of her favourite stories to read aloud to little ones.



- “Clancy the Quokka” by Lili Wilkinson
- “Der Glumph went the little green frog” by Matt Shanks
- “Meerkat Splash” by Aura Parker
- “Peck, Peck, Peck” by Lucy Cousins
- “Pig the Pug” by Aaron Blabey
- “Pop up Peekaboo Space” by Dawn Sirett
- “The Very Hungry Bear” by Nick Bland
- “We’re Going on a Croc Hunt” by Laine Mitchell
- “Where are the Five Green Frogs Spot?” by Eric Hill
- “Where is the Green Sheep?” by Mem Fox



All of these books are available to reserve through our [catalogue](#) with your free Frankston City Libraries Membership Card.



Not a Library Member? [Join online](#) :-

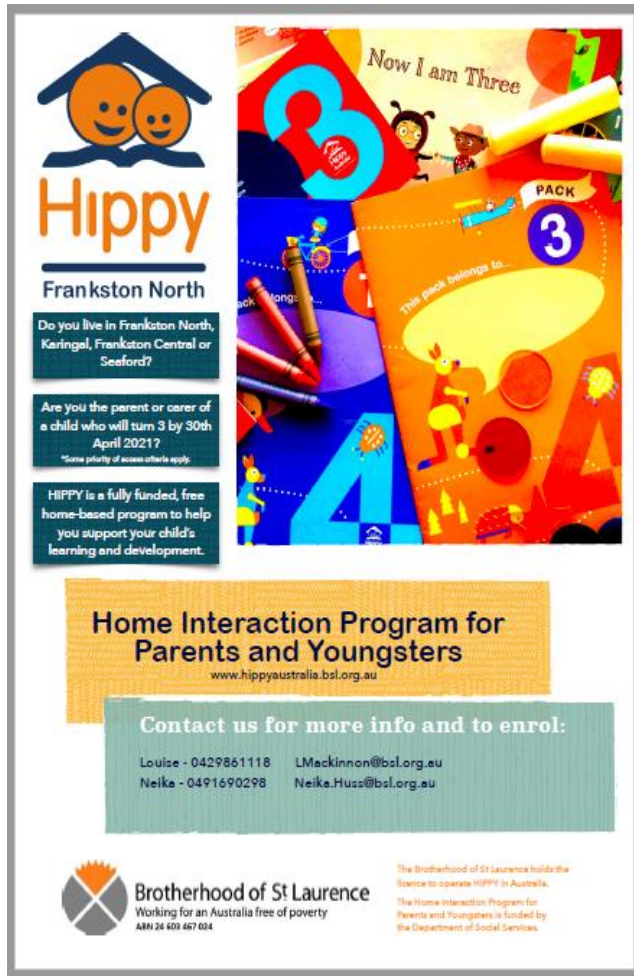
Kerry also recommends Story Box Library:-

Story Box Library

Imagine the best stories being read aloud to you by your favourite storytellers – that’s Story Box Library! Get the kids excited about reading, inspire their imagination and them have fun with stories; improving their language and literacy skills along the way. Access Story Box Library for free via our website with your membership number:

[https://library.frankston.vic.gov.au/eLibrary/DigitalCollection/eBooks and eAudio books](https://library.frankston.vic.gov.au/eLibrary/DigitalCollection/eBooksandAudioBooks)

Vacancies in the Hippy program for 2021!



Hippy
Frankston North

Do you live in Frankston North, Karingal, Frankston Central or Seaford?

Are you the parent or carer of a child who will turn 3 by 30th April 2021?
*Some priority of access criteria apply.

HIPPY is a fully funded, free home-based program to help you support your child's learning and development.

Now I am Three
PACK 3

Home Interaction Program for Parents and Youngsters
www.hippyaustralia.bsl.org.au

Contact us for more info and to enrol:

Louise - 0429861118 LMackinnon@bsl.org.au
Neika - 0491690298 Neika.Huss@bsl.org.au

Brotherhood of St Laurence
Working for an Australia free of poverty
ANU 24 603 667 034

The Brotherhood of St Laurence holds the licence to operate HIPPY in Australia.
The Home Interaction Program for Parents and Youngsters is funded by the Department of Social Services.

HIPPY Frankston North is open to families who live in:

- Frankston North
- Seaford East (Belvedere area)
- Karingal
- Frankston Central

and who have a child who will turn 3 by 30th April.

Some selection criteria apply, including having a Health Care Card and not having participated in HIPPY before.

Contact Louise on 0429 861 118

Our beautiful parks.

George Pentland Botanic Gardens

We are now able to enjoy our local parks due to the easing of restrictions. Here is one of the 16 parks we have in the municipality.



The George Pentland Botanic Gardens are part of the land known as the Port Phillip region. Aboriginal people have inhabited the southern part of Australia for at least 40,000 years. The Boonwurrung/Bunurong Tribe, meaning frog people, are the traditional owners of the Port Phillip region.



This area would have been part of their hunting grounds. The campsites were all closer to the shore, in a sheltered environment between two dunes.



Corner of Williams and Foot Streets, Frankston

Penne with tomato sauce and salmon

Ingredients

- 175g penne pasta
- 1 tbs olive oil
- 1 onion, chopped
- 50g red pepper, diced
- 100g zucchini
- 1 clove garlic, crushed
- 1 x 400g tin chopped tomatoes
- 2 tsp sundried tomato paste
- 2 tbs fresh basil, chopped
- 25g Parmesan, grated
- 2 salmon fillets, cooked

Fry onion, pepper and zucchini for 5 minutes. Add garlic and sauté for 10 seconds, add sundried and tinned tomatoes. Cover and simmer for 5 minutes. Add the penne, cooked salmon, basil and Parmesan to the sauce. Option: replace fresh salmon with canned salmon or tuna.



Bacon and sweet potato slice

Ingredients

- 1 sweet potato (shredded)
- 1 zucchini (shredded)
- 4 bacon rashers (shredded)
- 1 onion (shredded)
- 4 eggs
- 1 cup self-raising flour
- 1 cup cheese
- 1 tbs garlic
- 1 tbs chives
- 1/2 tsp sea salt
- 1 tsp pepper (to taste)

Preheat the oven to 220°C.

Place all the ingredients together into a bowl and mix well. Pour into a non-stick slice tray. Bake at 220°C (200°C fan-forced) for 40 - 50 minutes. Serve with a salad for a quick meal. Adjust ingredients for vegetarian meal.



Betta than Nutella choc spread

Ingredients

- 1/4 cup carob powder
- 1/4 cup raw cacao powder
- 1/2 cup honey
- 1/4 cup tahini
- 1 tbs coconut oil
- 2 tbs filtered water (as desired)

Place all ingredients in a medium sized bowl, and using a hand-held processor, process until a smooth consistency is reached. If it is too thick add a tbsp. of water and keep adding until desired consistency is reached.

Store in the fridge, keeps 2-3 weeks or freeze.

