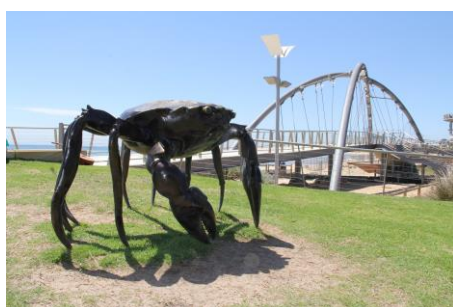


# Playgroup Newsletter

## September 2020



Lifestyle Capital of Victoria



Welcome to the second 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.

Here are some activities and play based learning for children aged 0 – 5 years.

## What's on?

Library Story Time Thursdays, 11am on Facebook

[https://library.frankston.vic.gov.au/Whats\\_On](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/>



Free online playgroups Tuesdays and Fridays at 10.00am

Register at

<https://www.playgroup.org.au/playgroup-at-home/>



In September, the penguins are expected from 6:15pm, so to allow for this and make sure you get the most viewing time of these little wonders, we are moving the livestream start time to 6:10pm. Simply jump onto our Facebook page or YouTube channel ([youtube.com/user/PIPenguinParade](https://www.youtube.com/user/PIPenguinParade)) at 6:10pm each night to countdown to their arrival with our Rangers.

**Be aware** that this is a free event so watch out for fake links that ask you to pay.

**For more information on playgroups contact**  
[playgroups@frankston.vic.gov.au](mailto:playgroups@frankston.vic.gov.au)

# Hello to Spring!

The sunshine has arrived and it is time to do some more outdoor activities. Children love to explore in the garden.



A great time to potter around in the garden. Children enjoy helping out with planting vegetables and herbs.



## Recycled Seed Paper

This sensory activity is a great way to make something new and beautiful from something old. This eco-friendly seed paper, which can be planted directly in the ground, is made from paper scraps and seeds - you can use seeds you have saved. Cut the paper into shapes or tags to give as gifts, or sell the paper when fundraising for your kitchen garden program.

### What to do:

- + Cut or tear the paper into small pieces
- + Place the paper in a bowl and cover with water. Leave to soak for around an hour
- + Transfer a cup of soaked paper to the blender and add enough water to cover it
- + Blend until the paper is a mushy pulp. Transfer the pulp to a bowl, and repeat with the rest of the paper
- + Using a spoon or your hands, mix some seeds into the mushy paper
- + Scoop the mushy paper onto the screen and flatten it down with your hands or the back of a spoon until there is a thin layer. This will help to squeeze the water out, and make sure the seeds are visible. - You might want to do this step outdoors, or over a sink or tray!
- + Leave the screens out in the sun until the paper has dried completely
- + Gently peel the paper off the screen. You can tear the paper into pieces, or cut it into shapes

### What you need:

Paper scraps (save some paper that would otherwise go in the recycling, like old bills, envelopes, junk mail or unwanted printouts)

Scissors (optional)  
Bowls, Water, Cup, Blender, Spoon

Seeds (small, flat seeds work best, e.g. basil, chilli, mint, parsley, radish, thyme, tomato)

Mesh screen (you can use a silk screen, an old window screen, fix cheesecloth tightly in an embroidery hoop or staple mesh screening onto an old frame)



This activity has been provided by Stephanie Alexander Kitchen Garden Foundation

## Make a kite.



- Two squares of coloured paper.
- Sticky tape.
- Scissors.
- A large straw.
- Wool or string.

Fold the paper. Cut the middle of the straw leaving one end intact. At the base secure the straw with the string and tape the straw. Go outside and fly your kite!



# Outdoor play for different ages

## Babies

Outdoor play helps your baby learn about different surroundings and can make him feel more comfortable with the world around him. Some ideas for outdoor play with your baby include:

- enjoying tummy time on a blanket, towel or picnic rug
- crawling on grass, under outdoor furniture or through old boxes
- watching tree leaves and branches move and listening to birds
- looking at different coloured cars, street signs or traffic light signals.



## Toddlers

Toddlers are keen to explore the world around them and test out their growing physical skills. Outdoor play for your toddler might include:

- throwing and chasing balls
- wheeling, pushing or pulling different toys and objects
- walking, running or jumping around trees, over stones or cracks in the footpath, into puddles or towards favourite objects
- blowing bubbles and chasing them as they float away
- playing in sand, mud or small amounts of water – but always supervise water play to prevent drowning accidents.



**Preschoolers** are learning to play with other children. They also like make-believe. You can help your child make the most of this stage with outdoor play ideas like:

- playing games of chasey, hide-and-seek or kick-to-kick
- crawling through tunnels or climbing over fallen trees
- moving in different ways with colourful leaves, flowers, scarves or streamers
- making mud pies with dirt and old cooking utensils
- going on a nature walk together and naming all of the different sounds you hear
- build a cubbyhouse out of boxes, clothes baskets or outdoor play equipment or furniture.



# Things to make!

Here are some activities to make using everyday items you may have around your house.

## Musical Rain Sticks


Rain sticks make relaxing sounds. Enjoy crafting your own and use your imagination to create different sensory experiences.

**What you need:**


- Paper towel roll
- Piece of aluminum foil
- Plastic cling wrap
- Rice or dry beans
- Tape (or rubber band)
- Craft supplies


**What to do:**

- Crumple up a long, thin piece of aluminum foil and insert it into the paper towel roll.
- The aluminum foil will act as the barrier to ensure the rice moves through the roll at a slow rate, mimicking the sound of falling rain.
- Put a doubled-up piece of plastic wrap over one end of the roll and tape to secure in place.
- Pour a tablespoon of dry rice into the open end of the roll then seal the end with plastic wrap.
- Tape plastic wrap in place and decorate as you desire.

**Time to make some music!** 

We love the sound of rain pitter-pattering. Turn your rain stick upside down: what can you hear?



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## Nature Play Dough

This activity is simple and low cost. Let children help mix the dry ingredients and knead the dough. They love the feel, the colour and the smell!

**What you need:**

- 1 cup of flour
- 1/2 cup salt
- 1 tbs Cream of Tartar
- 1 cup of boiling water mixed with 2 Tbs Oil
- Big bowl
- Wooden spoon
- Items from nature - flowers, leaves, sticks, pebbles


**Inspiration**

Create different sensory experiences by incorporating different ingredients

Use flower petals, peppermint or a splash of vanilla essence

**What to do:**

- Mix all dry ingredients
- Add the boiling water and oil to dry mixture
- Stir into a dough
- Knead gently until smooth
- Mould, shape and create!
- Add your nature items to create interesting smells and patterns




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## Peekaboo Discovery Board

Peekaboo! I see you!

Children love to discover new things and look for recognisable objects such as their teddy or blanket, their friends or their face. This exciting discovery board allows children to engage with the world around them. Use family photos, images cut out of magazines, pompoms or natural items such as leaves and dried flowers to create sensory elements for your child to find.

Sit with your child and enjoy this time together, having conversations about what you see and feel. Talk about what is behind the peekaboo flap. Assist your child to open the flap and use the element of surprise to extend the play and keep your child engaged.

**What you need...**


- Large pieces of coloured card
- Paper or cardboard
- Photos, pictures, leaves. Use your imagination and pick up things that your baby will enjoy finding.
- Glue or double-sided tape
- Scissors


**What to do:**

- Cut coloured paper to size of your peekaboo items
- Place a large piece of cardboard down and draw outlines of where you would like your peekaboo items to go
- Adhere your hidden items to the cardboard and tape a coloured square of card over the top so that it acts as a flap
- Continue to create these hidden flaps with different things to find underneath

**INSPIRATION**

- Write a name or draw an object behind one of your peekaboo squares. As your child develops, these visuals will help with letter and shape recognition
- Have a theme for your peekaboo board such as characters from a favourite book, family photos or nature items



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## Tips for storing artwork!

We love to keep all the artwork that children create, however storage is a problem. If you take photos of your child's art work you can keep them forever.

- Store on a USB
- Make a photo book
- Paintings are also great for gift wrapping paper



## School Holiday programs

These programs are presented by Frankston City Libraries.

### Virtual Dance Workshops with the Australian Ballet



**Monday 21st September**

10.00-10.45am: 3-5yrs (Pre-school)

1.00-1.45pm: 5-8 yrs (Lower Primary)

2.00-2.45pm: 9-12 yrs (Upper Primary)

### Peppa Pig Storytime Live



Tue 22 September - 11am to 11.30am

### Tim Credible the Magician



Mon 28 September-10.30am to 11.15am

Location: via Zoom

Cost: Free

03 9784 1020

Contact Email

[libraryenquiries@frankston.vic.gov.au](mailto:libraryenquiries@frankston.vic.gov.au)

### Dinosaur Storytime Live



Thu 24 September - 11am to 11.30am

### Bedtime Storytime



05 Aug 2020 – 21 Oct 2020 6.30pm

Look for more fun holiday activities presented by Frankston Council Library.

[https://library.frankston.vic.gov.au/Whats\\_On](https://library.frankston.vic.gov.au/Whats_On)

There are still vacancies for kinder for 2021!

Kindergarten builds school kids.

4-year old kindergarten is about having fun and making lots of friends. It's also a great place for children to connect with their community and get ready for primary school. Kindergarten is a key building block for your child's development.

Kindergarten builds strong, happy, social, friendly and creative kids.

To register your child or for more information:  
Search: Frankston Kindergarten Registration  
Or Call: 1300 322 322

Kindergarten builds Kids  
Frankston City  
MARRIBONGHIDE REGIONAL COUNCIL

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Search: Frankston Kindergarten Registration  
Or Call: 1300 322 322

Contact:

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

## Homemade baby food.



First foods should be rich in iron. Try iron-fortified cereal, fresh beef, lamb, pork or chicken, and cooked tofu, legumes or egg.

Along with iron-rich foods, first foods can be single foods like banana, avocado, apple, pear, pumpkin or potato. You can mix foods together, like meat and vegies.

And include foods that can cause allergies, like cooked egg and peanut butter. Introduce foods in any order.

## Toddler's learning to feed themselves.



Firstly when children are learning to feed themselves, they are developing skills which they need for the later years of early childhood – and for life.

Second, this stage involves lots of feeling, squeezing and dropping food. It might seem messy, but it's one of the ways your child develops fine motor skills like learning to hold a spoon.

Thirdly, this is a chance to help your child learn more about the taste, texture, smell and temperature of food. For example, she'll learn that it's easier to pick up a piece of banana or kiwi fruit than a handful of yoghurt or spaghetti bolognese.

## Cooking with your child

- gives you the chance to introduce him to fresh, healthy food
- helps him learn about how different foods look and where they come from
- helps him develop healthy eating habits because he's more likely to try healthy food that he has helped to cook
- helps him learn about family traditions, recipes and foods
- prepares him for cooking for himself or the family in later years
- helps build his maths skills – for example, when he measures liquid in a jug
- helps build his vocabulary – for example, when you read a recipe together.



## Picnics.

In Spring time we will enjoy some more sunny days. Pack a picnic lunch and grab a blanket and enjoy a picnic with your children. On a rainy day you can set up a blanket and have a fun picnic inside.

Parks are re-opening so you can take your picnic blanket and enjoy the day.



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# Let's talk about masks!



Times are challenging for everyone during COVID-19. There are many services that are available to support you and your family at this time.

## Parenting Support Services



**Parentline- 13 22 89** A statewide telephone counselling and support service for all Victorian parents and carers of children from 0-18 years. Available from 8.00am to midnight 7 days a week.

**Lifeline**  
131 114, 24 hours 7 days

**Family Relationship Advice Line**  
1800 050 321, 8 am-8 pm Monday to Friday, 10 am-4 pm Saturday

**Maternal and Child Health Line** - call 13 22 29 (24 hours a day, 7 days a week). Families with children from birth to school age can speak to an MCH nurse for advice and support.

**PANDA National Helpline** (Mon to Fri, 9am - 7.30pm AEST/AEDT)

Call **1300 726 306**

<https://www.panda.org.au/>

**Beyond Blue 24 hour support** 1800 512 348

<https://www.beyondblue.org.au/>

## Peek a boo FACES

This playful booklet produced by The Australian Childhood Foundation helps to make sense of mask wearing.



Click on the link to download this booklet

[https://www.childhood.org.au/app/uploads/2020/08/masks\\_young.pdf](https://www.childhood.org.au/app/uploads/2020/08/masks_young.pdf)

# Routines

How children benefit from routines.

- Children feel safe and secure
- Routines can include fun, play or time with parent's/carer's.
- Reading a story before bed can be a special time with a family member.
- Daily routines help set our body clock For example, 'bedtime routines' help children know when to sleep
- Routines such as brushing teeth and bath time and washing hands helps us to keep children healthy.

Maintaining normal routines as much as possible helps children deal with the stress of events.

This is particularly important during COVID-19.

As many children's services, workplaces has meant that we have been staying at home, it can be challenging to keep up with our routines.

When possible it is good to start the day at a consistent time. Simple routines like 'getting dressed' for the day and having breakfast together can start the day of well. Having some plans for the day can be good for you and your child.

Here are some ideas on planning the week for your child.


Activity ideas for families.

Recently we have experienced many changes. There are some positive things we can do to help our children manage with the changes.

Routines are important to help children feel safe and more secure when life is unpredictable. Maintaining normal daily routines as much as possible can make it easier for children deal with stress of events.

Routines can be daily tasks like getting dressed, having snack and mealtimes and bedtime.

You can incorporate children's activities into your daily and weekly routines. An example of this can be having a timetable or schedule of activities. Discuss the activity with your child. "Monday morning we do craft and after lunch we will make play dough".



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Craft activities	Block building/play dough	Cooking	Messy play	Block building/play dough	Dress ups	Make sock puppets
Make playdough	Nature walk in the garden	Book making	Imaginative play/dress ups	Treasure hunt	Cooking	Family walk

Some other ideas:

- Build a cubby house (inside)
- Make a kite, then fly the kite
- Make own jigsaw puzzle
- Building competition, build the highest tower
- Indoor/outdoor picnic
- Make a shop using items around the house, make own money
- Dance to music
- Make musical instruments
- Make paper airplanes
- Use junk mail cut out pictures and paste
- Chalk drawing on pavement
- Use old paintbrushes and bucket of water to paint pavers, structure outside
- Play dough
- Cooking, make pizza, tacos, spread own topping on bread, help mix a cake, cookies
- Have a tea party with the teddies/dolls
- Watch a favourite movie or show together
- Make a bookshelf with cardboard boxes and fill with child's favourite books
- Pick some flowers/greenery then place in a vase





# Recipes

## Tzatziki



### Ingredients:

Yoghurt

Cucumber

Garlic

Crush garlic, remove seeds from cucumber, chop or grate cucumber stir through the yoghurt.

For video recipe go to

<https://raisingchildren.net.au/preschoolers/nutrition-fitness/cooking-with-kids/cooking-together-tzatziki>

## Wrap-n-roll



Fill mountain bread, lavash or pita pockets with grated cheese, carrot, cucumber and sultanas. Spread the bread with hummus or avocado to help it stick together.

## Taco Tuesday!

You can use a variety of fillings.

Beans, meat sauce or tuna.

Add lettuce, cheese, tomato, avocado, carrot, sour cream and a little spicy sauce if you want. An easy family meal.



For more recipe ideas go to  
<https://raisingchildren.net.au/preschoolers/nutrition-fitness/food-recipes>