

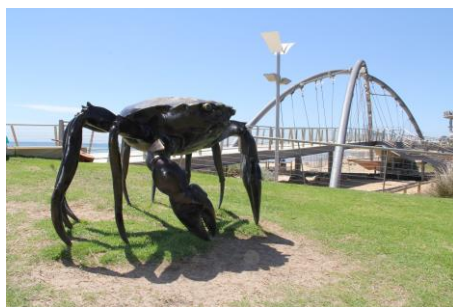
Playgroup Newsletter

October 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.



This month's topics

- Everyday ways to support your babies and toddlers learning
- Sleep-tips for your baby and toddler
- Community supports available for sleep concerns
- Playgroup Victoria online Playgroups
- Vegan recipes

*Watch the Peregrine Falcons live from the foyer of the building, thousands of people per year enjoy watching CCTV footage of the birds as they lay and hatch their chicks from August. Mirvac are proud sponsors of the Victorian Peregrine Project and its conservation research to improve the management of one of Victoria's rarest birds.



<https://367collins.mirvac.com/workplace/building-overview/falcons-at-367-collins>

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

Everyday Ways to Support Your Baby's and Toddler's Early Learning

What's Going On With Your Baby or Toddler?

Your baby is learning—about you, himself, and the world around him—from the moment he enters the world. The information below gives you some ideas of the many ways you can support your child's early learning through your everyday activities.

Watch and listen to see how your baby communicates what she is thinking and feeling.

- Repeat the sounds and words your child uses and have back-and-forth conversations.
- Read, sing, and tell stories. These are fun ways to help your child understand the meaning of new words and ideas.
- Talk about what you do together—as you play, do everyday tasks, or visit friends and family.



Thinking Skills -Your child is learning how the world works by playing and exploring. Through play, babies and toddlers learn about how things work and how to be good problem-solvers.

What You Can Do?

Encourage your child to explore toys in different ways— by touching, banging, stacking, shaking.

- Turn everyday routines into playful learning moments. For example bath time is a chance to learn about ideas like sinking/floating and wet/dry.
- Follow your child's interests. Children learn best through activities that excite them.
- Ask your child questions that get him thinking as he nears age 3. For example, when reading a book together, ask why do you think the girl is laughing?



Everyday Ways to Support Your Baby's and Toddler's Early Learning

Self-Control- Over the first 3 years, your child is beginning to develop self-control— the ability to manage his feelings and actions in acceptable ways. He is also learning to wait, share, and work out problems with his friends.

What you can do

Use words to help your child understand his feelings. You are really mad because we have to leave the park.

- Give choices to older toddlers. Would you like to read books before or after we brush teeth?
- Stay calm when your child is upset. This helps him feel safe and get back in control.



Self-Confidence- Your child is learning that she is a very special person; that she is loved, smart, fun, and capable. When children feel good about themselves, they are more confident and willing to take on new challenges.

What you can do

Comment on what your child does well. You found the button that makes the bear pop up!

- Help your child be a good problem-solver. Give her the support she needs to be successful without completely solving the problem for her.
- Give your child the chance to do things for herself like pouring milk from a small plastic jug.
- Encourage your child to keep trying. You are working so hard to get the ball in the basket. Sometimes it takes lots of tries!



<https://www.zerotothree.org/>

Baby and Toddler Sleep

- In the early months, it's very important to be flexible and respond to babies' needs.
- Three things can help with baby sleep and settling: make night and day different, put baby to bed drowsy but awake, and try a flexible routine.
- These three things can help babies learn to settle independently later on.

Babies-Tired Signs

- pulling at ears
- closing fists
- yawning
- fluttering eyelids or difficulty focusing – your baby might even go cross-eyed or seem to be staring into space
- making jerky arm and leg movements, or arching backwards
- frowning or looking worried
- sucking on fingers – this could be a good sign and might mean that your baby is trying to find ways to settle to sleep.



In these first six months, here are some things you can do to help your baby get used to the idea that night is different from day, and that night is a good time to sleep:

- During the night, keep the room dark or dimly lit, and quiet.
- Use a dim light when you need to attend to your baby during the night. Try not to turn on a bright overhead light.
- At night, respond to your baby's cries quickly, and settle or feed baby as soon as you can.
- Give night feeds in the bedroom. This will help to keep these feeds brief and make them different from daytime feeds.
- At night try to be soothing and quiet when you're with your baby. Try to keep play for daytime.

Watch the Raising Children video on 'Tired Cues'. It shows examples of babies displaying various tired cues.

<https://raisingchildren.net.au/newborns/connecting-communicating/communicating/baby-cues>

<https://raisingchildren.net.au/newborns/sleep/settling-routines/helping-babies-sleep-settle-0-6-months>

Baby and Toddler Sleep

A positive bedtime routine: what is it and how can it help?

A good bedtime routine helps soothe and calm your child so your child is ready for sleep. It also helps your child develop good sleep habits now and for the future.

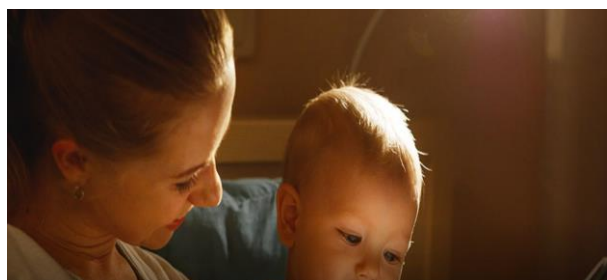
A positive bedtime routine involves your child going through a few quiet, enjoyable activities about 20 minutes before bedtime.

Without a good bedtime routine, it can be hard for babies and young children to settle to sleep.

A bedtime routine can have quite a few activities. The key is that you **do similar activities in roughly the same way each night**, starting around 20 minutes before your child's bedtime.

Most bedtime routines include pre-bed tasks like having a bath and brushing teeth, as well as quiet, enjoyable activities like reading a book or listening to a story. The aim is to **keep the atmosphere calm and positive**, using positive attention and praise.

- Your child plays quietly for 15-20 minutes – this could include reading with you.
- You and your child go into the bedroom.
- You and your child have a brief cuddle and kiss.
- You put your child into bed.



Toddler-Tired Signs

- clumsiness
- clinginess
- grizzling or crying
- demands for attention
- boredom with toys
- fussiness with food.

<https://raisingchildren.net.au/babies/sleep/understanding-sleep/tired-signs>



Support for sleep issues

Maternal & Child Health Service (M&CH)

Sleeping & Settling Support sessions

- 0-3 months
- 6-8 months
- 18-24 months

Contact Central booking: 9784 1756
Monday-Friday from 8am-4pm

**For afterhours support call the 24hr MCH Line:
13 22 29**

QEC-Queen Elizabeth Centre

QEC Early Parenting Services offer programs for families with children from birth up to before the child's 4th birthday.

Phone: 9549 2777

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

Playgroups Victoria- Playgroups online



Playgroup at Home LIVE - Virtual Playgroup Sessions

Tuesdays and Fridays at 10am

Bringing playgroup to life, wherever you are. Jump online and join us for songs, stories and interactive play activities. Each week we will send you an activity sheet so that we can create and play together. These sessions are run via Zoom and are suitable for ages 0-5, accompanied by a parent/carer. Learn more about Playgroup at Home **HERE**

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



Baby Playgroup at Home LIVE - Virtual Playgroup Sessions

Monday and Thursday at 10am

This is time for you and your baby to bond and connect with other families going through similar ages and stages. Playgroup staff will be there to guide you, share ideas, resources and play activities. These sessions are run via zoom and are suitable for Babies 0-12 months, accompanied by a parent/carer. Learn more about Baby Playgroup **HERE**

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



Special Online Sessions

We welcome you to be part of our unique playgroup sessions featuring special guests such as authors, musicians, early years professionals, artists, nature guides and play enthusiasts.

Session times vary - click the button below to book an upcoming session!

BOOK HERE

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

Vegan Recipes

Curried Quinoa & Tofu

- 1 tsp curry powder
- 1 red chilli, deseeded, chopped
- 2 tbsp. continental parsley
- 2 spring onions, finely sliced
- 1 tsp ground turmeric
- 2 tsp tamari
- 1/2 cup organic quinoa
- 2 cup baby spinach leaves
- 300g tofu, lightly mashed with a fork
- 2 tsp extra virgin olive oil

Instructions

- Cook quinoa following packet instructions.
- Meanwhile, heat a frying pan over medium heat. Add oil and spring onion and cook for 1 minute. Add spinach and cook for 2 minutes or until wilted. Add turmeric and curry powder and cook for 1 minute or until fragrant.
- Add tofu, tamari and cooked quinoa, and stir to combine. Cook for 2 minutes or until heated through. Season well, then scatter over parsley and chilli to serve.



Roast Italian Vegetables

- 1 red capsicum
- 1 bunch Dutch carrots
- 1 eggplant
- 1 baby fennel
- 1 green zucchini
- 500ml extra virgin olive oil
- 1 fresh lemon
- 10g herb fresh oregano
- 1 clove fresh garlic

Instructions

- Preheat oven to 200°C. Grease a large roasting pan.
- Place the vegetables and garlic in the pan. Combine olive oil and oregano, and season with salt and pepper. Pour over the vegetables and toss to coat.
- Roast, turning vegetables every 15 minutes, for 30-40 minutes or until light golden and tender. Drizzle with extra virgin olive oil and squeeze over lemons. Serve.



Carrot Cake Bliss Balls

- 1 medium carrot, finely grated
- 1/3 cup walnuts
- 1 cup rolled oats
- 1 1/2 tablespoons peanut butter
- 1 teaspoon cinnamon
- 125g pitted Medjool dates
- 1/3 cup shredded coconut

Instructions

- In a food processor, place carrot, walnuts and oats and blitz until finely chopped. Add peanut butter, cinnamon, vanilla and pulse to combine.
- With processor running, gradually add dates until mixture is combined and comes together in a ball.
- Roll mixture into 16 balls (about one tablespoon of mixture per ball).
- On a large plate, sprinkle coconut and roll bliss balls to lightly coat. Place in an airtight container in fridge to chill.

