

## Playgroup - Newsletter -Term 2 2019

A warm welcome to our new and returning families in Playgroup.

### Swap Shuffle Share

Please bring in your unwanted Children's clothing, Toys, Books and accessories on the last Tuesday of each month. All families are invited to take the items without obligation.

### Suggestions

If you have any suggestions to enhance our playgroup program, please speak to Lynne, we would love parent input into our program.

### Playgroup Fees

1 Child: \$8.00 per Session

2 or more children in a family: \$12.00 per Session

Please note fees apply to all children over 6 months.

### Nut Free Zone

Please do not bring peanut, or peanut products including Nutella to Playgroup. With so many young children in our environment we do not want to expose any children unnecessarily to these allergens.

We hope you and your child continue to enjoy your playgroup experience.

### Street Library

We have established a "Street Library" in the corridor outside Peninsula Occasional Care. We encourage families and users of the Community Centre to borrow, keep or swap the books. We are hoping if this library is well utilised we will have a great rotation of book for families to use.

### Biggest Moring Tea

Coast Community Connections will be hosting their annual Biggest Morning Tea on Thursday 23rd May 10.00am-12.30pm. Get your friends together and bring the kids along to this fabulous event Our children will be creating artworks to decorate the hall for this event. See staff at Community Centre Office to book.

## POSITIVE LANGUAGE ALTERNATIVES *to tame a child's tantrum*

Calm down.	→	How can I help you?
Stop crying.	→	I can see this is hard for you.
You're ok.	→	Are you ok?
Be quiet.	→	Can you use a softer voice?
Don't hit.	→	Please be gentle.
Stop yelling.	→	Take a deep breath, then tell me what happened.
Don't get upset.	→	It's ok to feel sad.
That's enough.	→	Do you need a hug?
I'm over this.	→	I'm here for you.

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## Choking Hazard

The Department of Health recommend that all grapes and cherry tomatoes should be cut longways. When whole these foods are the perfect shaped to be lodged in a child's throat with very serious consequences.

### **Some foods are easy for your child to choke on when swallowing them**

These include foods that are round and about the size of the throat –about the size of a ten cent piece Prevent choking by avoiding these foods or cutting them in small pieces–no larger than 1.5 cm

### **Foods that may be choking hazards:**

Peanuts, chewing gum, popcorn, chips, round slices of hotdogs or sausages.

Also Carrot sticks, tough meat, hard candy, whole grapes, cherry tomatoes large pieces of raw fruits and vegetables can also pose a choking threat.

### **To prevent choking:**

- Have your child eat at the table, or at least while sitting down.
- Do not let your child run, walk, play, or lie down with food in their mouth.
- Keep a watchful eye on your child while he or she eats.
- Cut food for your child into pieces no larger than 1.5 cm and teach them to chew their food well.
- Slice hotdogs and sausages lengthwise.
- Cut meat and chicken across the grain into small pieces.
- Slice grapes, cherry tomatoes, and other round foods in half longways.
- Cook carrots or celery sticks until slightly soft, grate them, or cut them into small pieces or thin matchsticks.



## Summary of key benefits of Nature Play

See more at: <http://www.natureplaywa.org.au/programs/nature->

- Children who play regularly in natural settings are sick less often. Mud, sand, water, leaves, sticks, pine cones and gum nuts can help to stimulate children's immune system as well as their imagination.
- Children who spend more time outside tend to be more physically active and less likely to be overweight.
- Children who play in natural settings are more resistant to stress; have lower incidence of behavioural disorders, anxiety and depression; and have a higher measure of self-worth.
- Children who play in natural settings play in more diverse, imaginative and creative ways and show improved language and collaboration skills. Single use, repetitive play equipment becomes boring quickly.
- Natural, irregular and challenging spaces help kids learn to recognise, assess and negotiate risk and build confidence and competence.
- Children who play in nature have more positive feelings about each other.
- Bullying behaviour is greatly reduced where children have access to diverse nature-based play environments.
- Symptoms of Attention Deficit Disorder are reduced after contact with nature.

### **Peninsula Occasional Care**

Vacancies available for children 0-5 years

Operating Hours 8.30am-4.30pm Permanent and Casual Positions

Cost \$8.00 per hour