

YARRIAMBIACK FAMILIES NEWSLETTER



Issue 5 December 2021



It takes a village to raise a child—Welcome to our Village!



Wishing everyone a safe and happy new year, we look forward to catching up in 2022.

Quick Reference Numbers (It doesn't hurt to be prepared)

Emergency - 000 (Police/Fire/Ambulance)

Nurse on call - 1300 60 60 24

MCH 24 Hours - 13 22 29

Poisons Information Hotline - 131 126

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- Vicswim sessions
- Swimming videos
- SMS 4 Dads
- Emergency Plus App
- Triple P—Free online parenting courses
- Summer Activity Ideas
- Small World Play
- Toilet Training Tips
- Get Ready for Prep
- Lunchbox ideas pick&mix 1-6
- Yarriambiack Libraries events

<p>Michelle Schilling Maternal & Child Health Warracknabeal and Northern Shire Supporting families with key age and stage visits Phone: 0437 762 104</p> 	<p>Nanette Freckleton Maternal & Child Health Warracknabeal and Southern Shire Supporting families with key age and stage visits Phone: 0427 876 355</p> 	<p>Glenda Hewitt Early Years Coordinator Supporting Early Childhood Educators and Services. 3 & 4 year old kindergarten Phone: 0448 065 775</p> 	<p>Kathryn Camilleri Supported Playgroup Facilitator Supported Playgroup and Small Talk Programs. Community Playgroup liaison. Phone: 0438 847 183</p> 	<p>Melissa Evans Early Years Engagement Officer Supporting families to connect with services and services to connect with families. Phone: 0419 310 455</p> 
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Keep in touch

- Yarriambiack Shire
- Yarriambiack Playgroup
- Yarriambiack Early Years Network (WORDS)



VICSWIM 2022 program operates Monday to Friday for 30 minutes each lesson

Week 1 – 3rd till 7th January

Week 2 – 10th till 14th January

Week 3 – 17th till 21st January

Yarriambiack Shire and neighbouring shire venues

Ouyen—week 3

Warracknabeal—weeks 1, 2, 3

Rainbow—weeks 1, 2, 3

Jeparit—weeks 1, 2, 3

Donald—week 1

Birchip—week 1

Rupanyup—week 2

Murtoa—weeks 1 & 2

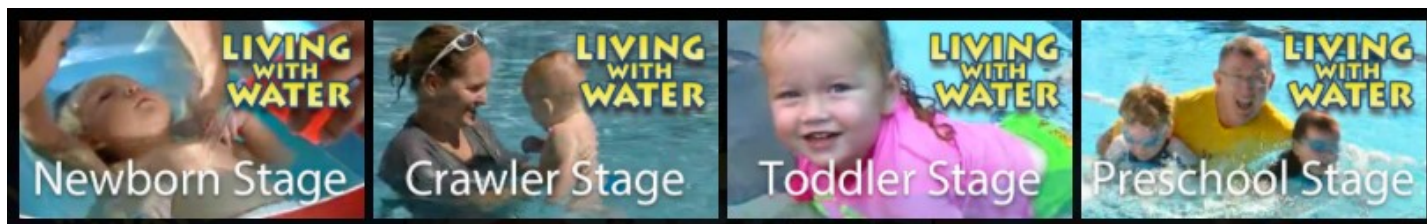
Dimboola—weeks 1, 2, 3

Venues for the 2022 Summer Kidz Program will be continuously updated. For updates visit : <https://vicswim.com.au/all-venues/>

Kids Alive Do the Five—Living with Water—Laurie Lawrence

Safety tips and water conditioning skills – scan links for videos

<https://kidsalive.com.au/videos/kids-alive-parents-library/>



ALSO AVAILABLE AS AN APP FOR YOUR PHONE—Kids Alive do the Five



KIDS ALIVE – DO THE FIVE!

1. Fence the pool
2. Shut the gate
3. Teach your kids to swim – it's great
4. Supervise – watch your mate and
5. Learn how to resuscitate



SMS 4 Dads—New and soon-to-be-dads can now receive useful messages and tips matched to their baby's age.



Text messages are sent straight to dads phones – with tips, information and links to other services to help fathers understand and connect with their baby and support their partner.

It's easy to [Join Up](#), and IT'S FREE!

SMS4dads also works with services to support them to be more dad-friendly. If you're a Health Professional or work in a service for fathers, you can help to spread the word and recommend SMS4dads to dads you work with.

Health Professionals can [Join Up](#) for a 3 week '[Professionals Taster](#)' to experience SMS4dads service yourself.

Learn more [here](http://www.sms4dads.com.au). <http://www.sms4dads.com.au>



**Save the
App that
could save
your life.**

*Location details, emergency contact
details and CPR instructions
at your fingertips.*

If you are in an emergency, call Triple Zero (000) by tapping the button below.

Stay focused, stay relevant, stay on line

My Location
Tell the operator your location

36 Lyle St
Warracknabeal VIC 3393

Latitude
-36.25286°

Longitude
142.39242°

what3words
///starter.coroner.overdone

Who is the best to assist me?

TRIPLE ZERO
000

STATE EMERGENCY SERVICE
132 500

POLICE ASSISTANCE LINE
131 444

NATIONAL RELAY SERVICE

How to perform emergency CPR

ROYAL LIFE SAVING

Other National Numbers

CRIME STOPPERS
1800 333 000

Free Online Parenting Sessions

Triple P – Positive Parenting Program. This FREE program is funded by the Victorian Government and you can get ideas on how to positively support your child's emotional wellbeing, social skills and more. There's a program for parents of younger children (0-12 years) and another for parents of tweens and teens (10-16 years). To support children (aged 6-14 years) to recognise and cope with anxiety and worries, parents can do *Fear-Less Triple P*.

These online programs are interactive with videos, worksheets and activities and can be done anywhere, anytime. They offer practical suggestions to help you:

- raise happy, confident, emotionally resilient kids
- encourage positive behaviour
- set rules and routines that everyone respects and follows
- take care of yourself as a parent
- feel confident about your own parenting choices

Support your children to thrive – these tips and tools are FREE for all Victorian families! Get started today at www.triplep-parenting.net.au



Preschool Summer Fun List

- Read, read read!
- Invite friends over for playdates.
- Attend a story time at your local library.
- Make a journal.
- Pick some flowers.
- Make ice cream.
- Make your own play dough.
- Visit a children's museum.
- Plan a summer camp at home.
- Have fun with bubbles.
- Visit the beach.
- Play in the sprinkler.
- Make s'mores.
- Be creative with sidewalk chalk.
- Have a family picnic.
- Play hide and seek.
- Have breakfast with the family in the backyard.
- Toss water balloons.
- Plant some seeds.
- Go on a bike ride.
- Have a family movie night.
- Feed the ducks.
- Get involved in a gardening project.
- Have a BBQ in the park.
- Make a fruit salad.
- Wash the car.
- Build a bird house.
- Paint with bubbles.
- Have a tea party.
- Go on a bug scavenger hunt.
- Turn on some good music and get moving.
- Watch a movie outside.
- Go to your local farmer's market.
- Cook together.
- Pick berries and make a smoothie.
- Attend a concert in the park.
- Decorate your bike.
- Make popsicles.
- Watch the sun set.
- Have a popcorn night.
- Create an activity that relates to a picture book.
- Enjoy a walk.
- Paint outdoors.





What is small world play?

Small world play really does what it says on the tin – it's when children play with resources that represent an environment, but in miniature.

Benefits of small world play

- It helps children to explore and understand the world around them.
- It's a safe place to explore ideas and develop their imagination.
- More pretend play in childhood has even been linked to successful adult creatives.
- Children can build self-confidence by exploring their own ideas.
- It promotes narrative in play, helping children to become storytellers.
- It's often cooperative, and teaches children social skills.
- It's great for fine motor control.
- Children can explore their understanding of space and size.
- They build an awareness of other people's emotions by exploring a world in someone else's shoes.
- They can also explore their own emotions through the container of a character they've made up.
- They can explore cause and effect.
- It provides opportunities for problem-solving.
- It often aids language development, by getting children talking descriptively, and exploring a wider vocabulary.

Information from—<https://www.famly.co/blog/rethink-small-world-play>

TOILET TRAINING HINTS, TIPS AND STRATEGIES

(The Summer children turn 2 is a great time to start)

Summary points listed below from Dr Billy Garvey's local session supported by our MCH nurses. Billy is a Paediatrician at the Royal Children's Hospital.

- **Around the age of 2 is a good time to start**
- **Tune in to see if your child is showing signs of readiness**
- **Use a positive narrative around toileting, praise attempt/effort**
- **Visual prompts are a great idea**



- **Have everyone supporting child on the same page with cues and prompts**
- **Don't battle it**
- **Boys sit first for everything**
- **Day before night**
- **Jocks under pull-ups to allow wet sensation (when ready to toilet train)**
- **Look out for constipation, this needs to be resolved before continuing**
- **If it's not working, take a break**

The raising children's network has a wealth of information, video for parents, picture prompts and more. <https://raisingchildren.net.au/preschoolers/health-daily-care/toileting/toilet-training-guide>





PICK&MIX

FOR A HEALTHY LUNCHBOX
SOMETHING FROM EACH GROUP 1-6!



Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.

1 FRUIT

FRESH FRUIT

- Apple
- Banana
- Mandarin
- Orange quarters
- Passionfruit halves (with spoon)
- Watermelon, honeydew, rockmelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, Apricots
- Strawberries
- Cherries
- Kiwifruit halves (with spoon)
- Pear

MIXED FRUIT

- Fruit salad
- Fruit kebabs

DRIED FRUIT

- Dried fruit, nut, popcorn mixes*

TINNED FRUIT/SNACK

- PACKS/CUPS
- In natural juice (not syrup)



2 VEGETABLES

FRESH CRUNCHY VEGIES

- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

Can serve with either:

- Hummus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

SALADS

- Coleslaw and potato salad (reduced fat dressing)
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad*

BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Popcorn

SOUP (In small thermos)

- Pumpkin soup
- Potato and leek soup
- Chicken and corn soup

4 MEAT OR MEAT ALTERNATIVE

- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g. ham, silveride, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hummus dip
- Lean meat or chicken kebabs sticks
- Peanut butter*

Can serve with:

- Wholegrain sandwich, roll, pita or wrap bread with salad
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad

Vegetable fritтата

- Skinless chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and shallots)
- Homemade pizzas with lean roast or deli meats and vegetables

Can serve with:

- Side salad
- Steamed or roasted vegetables

5 GRAIN AND CEREAL FOOD

MAINS

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

Tip:

Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, foccacias, fruit bread and English muffins.

- Pasta dishes
- Rice, quinoa or cous cous dishes
- Noodle dishes
- Sushi

SAVORY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)
- Vegetable based muffins
- Pasta or noodle bake

SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins

SNACKS

- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Crisps
- Rice cakes
- Corn thins
- Wholemeal scones
- Pikelets
- Crumpets
- Hot cross buns (no icing)

6 WATER

- Take a water bottle (for refilling throughout the day)
- Tip:**
- Freeze overnight to keep foods cool in lunchboxes

Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.



*Check your school's policy regarding the use of nuts and products containing nuts.

BIG Summer Read

JOIN. BORROW. PLAY. WIN!

1 DECEMBER 2021 - 31 JANUARY 2022

Download the Beanstack Tracker app,
register to play at <https://plv.beanstack.org>
or visit your local public library



Folkie Dokey Santa's Travels

Monday the
20th of December
Rupanyup Library
@ 10am
Murtoa Library
@ 2pm

Tuesday the
21st of December
Warracknabeal Library
@ 10am
Hopetoun Library
@ 2pm

Follow Santa's sleigh tracks around the globe with this fantastic Christmas show. As well as being an accomplished entertainer and musician armed with catchy Christmas songs, CJ is a skilled ventriloquist and performs entertaining sketches with his hilarious puppet friends. (the kids are amazed with the age old art form of ventriloquism and often haven't previously been exposed to it).

Save the date!
See you soon!

