

# YARRIAMBIACK FAMILIES NEWSLETTER



Issue 4 September 2021



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

*It is common to feel anxious in times of uncertainty.*

It can feel overwhelming when the country and particularly media are constantly focused on disaster and emergencies.

When supporting children and each other try focusing on connections and feelings of safety. Instead of the focusing on the concerns it can help to draw attention to the helpers.

What is happening to help us move forward, who are the people working hard to help us through the situation?

*Help is available  
please get in  
touch if you  
need support.*

Local Coronavirus Help Hotline  
1800 195 114

Rural Outreach  
1300 688 732

Beyond Blue Coronavirus Support  
1800 512 348 / online chat

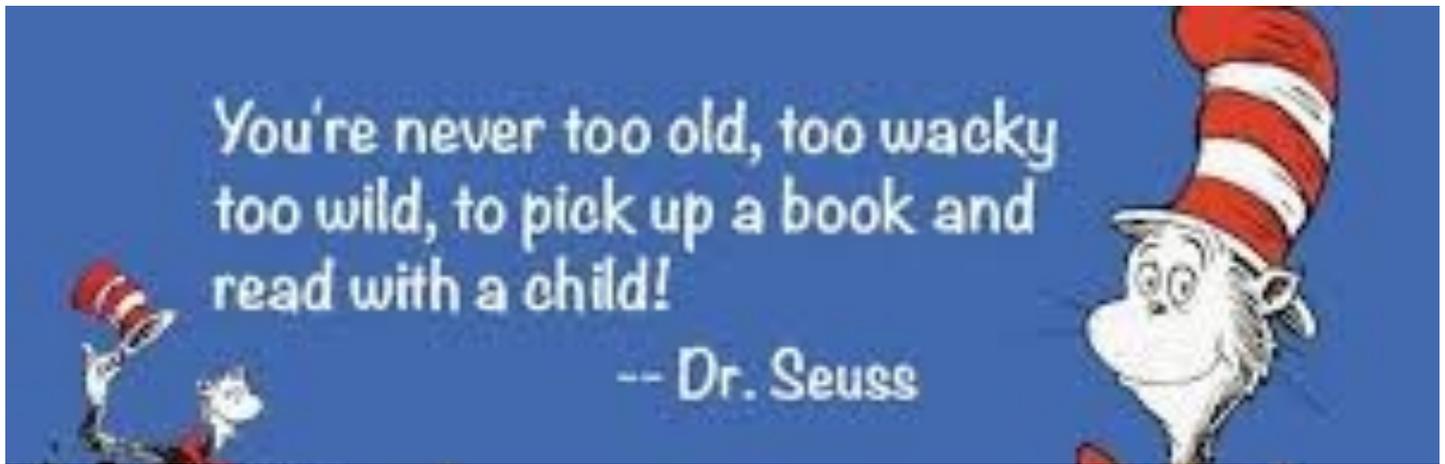
Headspace Horsham (12-25 years)  
5381 1543

Rural and Small Business Financial Counselling  
1300 735 578

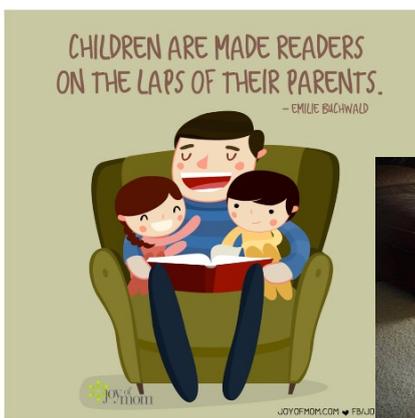
## In this issue

- Support Numbers
- Reading Routines
- Nursery Rhyme Prompt & Baby Karaoke
- Play Ideas & Boredom Busters
- Stages of Play
- Sharing
- Dental Benefits Scheme
- Dental Tips & Healthy Habits
- Recipe—Cottage Pie
- Kinder Enrolments

<p><b>Michelle Schilling</b> Maternal &amp; Child Health Warracknabeal and Northern Shire Supporting families with key age and stage visits Phone: 0448 065 775</p> 	<p><b>Nanette Freckleton</b> Maternal &amp; Child Health Warracknabeal and Southern Shire Supporting families with key age and stage visits Phone: 0448 065 775</p> 	<p><b>Glenda Hewitt</b> Early Years Coordinator Supporting Early Childhood Educators and Services. 3 &amp; 4 year old kindergarten Phone: 0448 065 775</p> 	<p><b>Kathryn Camilleri</b> Supported Playgroup Facilitator Supported Playgroup and Small Talk Programs. Community Playgroup liaison. Phone: 0438 847 183</p> 	<p><b>Melissa Evans</b> Early Years Engagement Officer Supporting families to connect with services and services to connect with families. Yarriambiack Early Years Network - Secretary. Phone: 0419 310 455</p> 
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- Make a routine and try to share at least one book every day.
- Sharing a book can be a nice way to start & finish the day.
- A comfortable & favourite reading place can be part of the routine.
- Turn off the TV or radio so your child can focus.
- Hold your child close or on your knee while you read so he can see your face and the book.
- Try out funny noises & sounds – play & have fun!
- Involve your child by encouraging them to talk about the pictures and to repeat familiar words.
- Let your child choose the books.
- Be prepared to read favourite books over & over again!



## Read One Book A Day To a Child

Your Child Will Enjoy:

by Age 1.....	365 Books
by Age 2.....	730 Books
by Age 3.....	1095 Books
by Age 4.....	1460 Books

### In Reality:

Dear Zoo- 301 times, The Very Hungry Caterpillar- 431 times and Everybody Poops- 728 TIMES!

**GROWING  
BOOK BY BOOK**

# WELCOME TO YARRIAMBIACK LIBRARIES!



Yarriambiack Libraries

## Click & Collect

Email or call to let us know what you would like to borrow from the library.

We will arrange a day and time for you to pick your order up from the front of the Warracknabeal library. If you're from out of town and unable to pick your order up let us know and we will try and organise a way to get your order dropped off to you.

Email: [info@yarriambiack.vic.gov.au](mailto:info@yarriambiack.vic.gov.au)

Phone: (03) 5398 1270



Our doors are unfortunately closed due to another lockdown.

But be sure to use our click & collect services!

The Words on Wheels van will unfortunately not be functioning as usual but click & collect will be available.

The van will still visit it's usual location schedule but will only be dropping items to patrons houses (no-contact).

We hope everyone stays safe and well!

## August Words on Wheels

### WEDNESDAY

**4th** *Brim drop off*

Beulah 9am-11.30am  
Woomelang 1pm-3.30pm

**11th** *Speed drop off*

Patchewollock 10.30am-12pm  
Hopetoun 2pm-4pm

**18th** *Brim drop off*

Beulah 9am-11.30am  
Woomelang 1pm-3.30pm

**25th** *Speed drop off*

Patchewollock 10.30am-12pm  
Hopetoun 2pm-4pm

### THURSDAY

**12th**

Yaapeet  
2.30pm-4pm

**26th**

Yaapeet  
2.30pm-4pm



### FRIDAY

**6th**

Minyip 9am-12pm  
Murtoa 1pm-4pm

**13th**

Rupanyup 10am-4pm

**20th**

Minyip 9am-12pm  
Murtoa 1pm-4pm

**27th**

Rupanyup 10am-4pm

Follow us on Facebook for general information, book reviews, events and school holiday activities





# 12

## BABY PLAY IDEAS

### USING HOUSEHOLD ITEMS



## Full list and details

<http://mamaot.com/baby-play-household-items/>

- Therapy ball—tummy time
- Mirror—tummy time
- Tissue Paper—great crinkling sound
- Mixing Bowls of different sizes
- Muffin tin—add rattles/balls/items
- Laundry basket—sit in or toy holder
- Empty container—make posting activity
- Empty baby wipes tub—pull through scarf
- Couch cushions/large pot— raised surface
- Boxes
- Kitchen tongs & coloured spaghetti
- Empty container with lid flap—for placing objects

## ★ 52 RESPONSES TO I'M BORED ★

PLAY HOPSCOTCH  
 DRAW WITH CHALK  
 BOTTLE FLIP  
 WRITE A STORY  
 DO A PUZZLE  
 PLAY DRESS UP  
 BLOW BUBBLES  
 WALK THE DOG  
 READ A BOOK  
 SEARCH FOR COOL ROCKS  
 HAVE A PICNIC  
 MAKE A PAINTING  
 BOARD GAMES  
 LOOK AT OLD PICTURES  
 HAVE A LEMONADE STAND  
 MAKE A TIME CAPSULE  
 MAKE FOIL JEWELRY  
 PLAY CHARADES  
 HAVE A STARING CONTEST  
 BAKE A TREAT  
 PAPER AIRPLANE RACE  
 WATCH A MOVIE  
 LEARN A MAGIC TRICK  
 CREATE A SUPERHERO  
 FIND TOYS TO DONATE  
 FIND TOYS FOR GARAGE SALE

PLAY TAG  
 WASH THE CAR  
 BUILD WITH BLOCKS  
 MAKE UP A DANCE  
 RIDE YOUR BIKE  
 TAKE PICTURES  
 WASH THE DOG  
 PLAY FREEZE DANCE  
 HAVE A TEA PARTY  
 WATER PLANTS  
 MAKE A CRAFT  
 LISTEN TO MUSIC  
 LOOK FOR LADYBUGS  
 PICK FLOWERS  
 WRITE A LETTER  
 PRACTICE A SPORT  
 DIG IN THE DIRT  
 PLAY GO FISH  
 TAKE A BUBBLE BATH  
 BE HELPFUL  
 MAKE SOCK PUPPETS  
 PUPPET SHOW  
 DRAW YOURSELF  
 FASHION SHOW  
 FACETIME GRANDMA  
 JUMP ROPE

# Pathways.org—It's never too early (or too late) to get your baby on the right pathway.

This looks like a great site which shares indepth information about age appropriate milestones and activities to support development. Click the link below, add your child's birthdate and start exploring suggested activity ideas.

<https://pathways.org/kids-learn-play-6-stages-play-development/>

## The 6 Stages of Play



### Unoccupied Play

0-3 months

When baby is making movements with their arms, legs, hands, feet, etc. They are learning about and discovering how their body moves.



### Solitary Play

0-2 years

When a child plays alone and are not interested in playing with others quite yet.



### Spectator/Onlooker Behavior

2 years

When a child watches and observes other children playing but will not play with them.



### Parallel Play

2+ years

When a child plays alongside or near to others but does not play with them.



### Associate Play

3-4 years

When a child starts to interact with others during play, but there is not much cooperation required. *For example, kids playing on the playground but doing different things.*



### Cooperative Play

4+ years

When a child plays with others and has interest in both the activity and other children involved in playing.



# Messy Play—Insights to learning and development

By Mel Wallis—Child Psychologist

Messy play is classified as an open ended experience based activity.

This means that there is no "right" or "wrong" way to play. Each attempt by the child is "right" and "successful" from the first attempt and these types of activities promote confidence and creativity. Squeezing dough, swirling paint and squelching in slime might seem like just a bit of fun, but messy play is more than just a chance to get your hands dirty. Children process information through ALL their senses and tactile (touch) stimulation provides important feedback to the body about experiencing the world. The sensations of "cold", "wet", "slippery" or "goeey" challenge their developing senses to integrate this new information.

The hand actions involved (pushing, pulling, squeezing) build muscle strength in the hands and develops hand-eye coordination, necessary for later handwriting and cutting skills required at kinder and school. Children who may be hesitant initially can come away with newfound confidence after finding the courage to go for it in the slime.

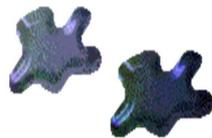
Messy Play is also a fantastic opportunity for *language stimulation* and language interactions. Parents can ask great questions; "What does it feel like?" and "What is it?" and children using lots of fantastic words to describe their experiences; "Its yukky, slimey, sloppy, goeey, gloppy, awful, lovely!" "Let's do it again soon!".

## If you like the sound of 'Messy Play', you might like to try these at home!

### Finger Paint:

- 1 cup cornflour
- 2 cups cold water
- 2 cups boiling water
- ½ cup lux flakes

In a saucepan blend cornflour + cold water  
Mix in boiling water & cook till clear + thick  
Take off heat and add lux and foodcolour.



### Slime

- 1 cup lux flakes + 3 cups boiling water + food colouring.
- Dissolve with a fork or whisk and let set.



### Goop

- 2 ½ cups cornflour + 1 cup cold water + food colouring & mix!

Other great ideas –

**LUX SLIME\*CORNFLOUR GOOP\*SHAVING CREAM\*SPLAT PAINTING\*MUD\*FINGER PAINTING\*SPAGHETTI**

Wear your old clothes/apron/overall/smock and get set for a goopy sqidgey slurpy slimey good time.

## For the child who doesn't like getting their hands dirty! Try these tips:

Wet your child's hands first before touching the messy play - the sensory transfer is easier.

Try wearing rubber gloves for a while first.

Experience the play without hands - stir it with a spoon, poke it with a stick, hide toys in it.

Allow your child to wash their hands and return to the Messy Play as many times as they need to.



## Colored Spaghetti

TO MAKE--COOK THE SPAGHETTI ACCORDING TO DIRECTIONS. PUT A FEW DROPS OF FOOD COLORING AND SOME OLIVE OIL IN A ZIPLOC BAG. MIX THE NOODLES AND THEN SET THEM OUT TO DRY FOR AN HOUR OR SO. PLACE INTO A LARGE CONTAINER AND HAVE FUN!!

[www.LeapsAndBoundsKids.com](http://www.LeapsAndBoundsKids.com)

# Parenting Support Sites and Groups



The raising Children Network is a fantastic Australian website designed to support Australian Families.

<http://raisingchildren.net.au/> (add it to your favourites tab). They have great information sheets, videos and links about all aspects of parenting from pregnancy through to teenagers and beyond. Use the search function to find what you are looking for.

## Sharing at different ages (Information from Raising Children's Network Website)

### **Toddlers**

Your two-year-old probably doesn't understand sharing. For example, if another child has something your child really wants, your child might not understand why they have to wait for it.

Also, sharing means children need to be able to manage their emotions, and toddlers are only starting to learn how to do this. So your child might try to take the toy they want, or have a [tantrum](#) if they can't have it.

Expecting your child to be able to share at this age is probably unrealistic. And consequences for not sharing probably won't help your toddler learn to share. Instead, it's best to guide your child when they need to share. And encouragement and practice will help your child to learn.

### **Preschoolers**

By age three, many children are beginning to understand about turn-taking and sharing. For example, your preschooler will probably understand that sharing equally is the 'fair' thing to do, but they still might not want to share if it involves giving up something. Your child might also still be impatient when waiting their turn.

You can build your preschooler's sharing skills by watching for and praising good turn-taking, encouraging fairness and explaining about sharing. Activities that involve sharing and taking turns can help – for example, choosing dress-ups together or drawing a big picture together using the same packet of crayons.

If there's trouble, it can help to ask your preschooler how they'd feel if someone took their toy, or didn't let them have a turn. Talking to your child about other people's feelings will also help your child understand things from someone else's point of view.

It's a good idea to be realistic about a preschooler's ability to share. At this age, most children are still learning and can find it hard to understand other people's thoughts and emotions.

### **School-age children**

By the time most children start school, they're beginning to understand that other people have feelings too. This means they're more likely to share and take turns, although it might still be hard for them to share a favourite toy or game.

School-age children also have a strong sense of fairness and might not want to share a toy or a play a game if they think they won't get a fair go. It might help to check the rules of the games your child is playing, and reassure your child and others that they'll all get a turn.

At this age, your child will be much more patient and tolerant than they used to be. Your child will also be keen to do the right thing and can form more complex friendships, which really helps with the idea of sharing. Your child can get a lot of practice sharing at school too – for example, sharing paints in art, or playing games together at recess or lunch.



**\$1000**

**FREE DENTAL FOR ELIGIBLE KIDS  
EVERY 2 YEARS**



### **CHILD DENTAL BENEFITS SCHEDULE**

The Child Dental Benefits Schedule, or CDBS, is a government initiative providing \$1000 of free dental benefits to children aged two to seventeen who meet the eligibility criteria. This \$1000 will be valid every two calendar years and continue until the child is over 17 years of age.

FUNDED BY THE AUSTRALIAN GOVERNMENT



## **The Commonwealth Child Dental Benefits Schedule**

The Commonwealth Child Dental Benefits Schedule (CBDS) allows for basic dental treatment over a 2 year period.

### **What dental services are available?**

- Check-ups
- Fissure sealants
- Cleaning
- Fillings
- X-rays
- Extractions
- Root canals

### **What dental services are not covered by CBDS?**

- Orthodontic
- Cosmetic dental work
- Services provided in a hospital operating theatre.

### **Your child may be eligible if:**

- Aged 2 to 17
- Eligible for [Medicare](#)
- You or your Child is getting Family Tax Benefit Part A, or other relevant [Australian government payment](#)

### **In all Victorian public dental clinics:**

- Eligible children pay \$0
- No out of pocket costs
- No wait list – your child will have the next available appointment
- Treatment is bulk billed via Medicare

### **Further information**

To find out more information about CDBS visit the [Department of Human Services website](#).

<https://www.dhsv.org.au/public-dental-services/childdental>

#### **TOP TIP**

**Next time you have a dental appointment ask if your child can have a sit in the dental chair to build familiarity.**

## Toothbrushing



Clean all surfaces of the teeth and gums twice a day. In the morning and before bed.



Clean your child's teeth as soon as the first tooth appears. You will need to help your child clean their teeth until they are 8 years of age.



### For children 0 – 18 months of age:



Use a wet face washer or small soft toothbrush without toothpaste.

### For children 18 months – 6 years of age:



Use a small soft toothbrush with a pea sized amount of low fluoride toothpaste.

### For adults and children 6 years of age and over:



Use a soft toothbrush (a small one for children) and a pea sized amount of regular fluoride toothpaste.

## Drinks to have every day

Tap water with fluoride is the best drink for healthy teeth.  
Low fat milk can be given to children 2 years of age and over.



Tap water with fluoride



Breast milk or infant formula (for babies)



Plain milk

## Foods to have every day

Foods from these five food groups are best for you and your family.  
Low fat milk, cheese and yoghurt can be given to children 2 years of age and over.



Breads, cereals, rice, pasta, noodles and other grains



Vegetables and legumes



Fruit



Milk, yoghurt and cheese



Lean meat, fish, chicken, eggs and legumes

### Foods and drinks to limit



Soft drink



Flavoured milk



Cordial



Juice



Lollies, chips, chocolates, fruit bars, sweet biscuits, cake and sweet spreads

### Bottle feeding



Always hold your baby when bottle feeding.



Children can start drinking from a cup when they are 6 months of age. A bottle is not needed for a child older than 12 months of age.



Do not put baby to bed with a bottle.



### Dummies



If your child has a dummy, do not put anything sweet on it.



Do not clean or put your child's dummy in your mouth.

### Oral health check-ups



All children should have their teeth checked for early signs of decay by 2 years of age. This can be done by your maternal and child health nurse, family doctor or dentist. Regular checks are important for healthy teeth. Ask your oral health professional how often you and your child should have a check-up.

### Public dental services in Victoria

- All children up to 12 years of age can use the public dental service.
- It is free for health care card holders and low cost for children without concession cards.



Health care card



Pensioner concession card

- Adults are also eligible for low cost treatment if they have one of these cards.
- Call (03) 9341 1000 or 1800 833 039 (outside Melbourne Metro) or visit [www.dhsv.org.au/clinics](http://www.dhsv.org.au/clinics) to find your nearest public clinic.
- You can also check the yellow pages to find a private dentist.

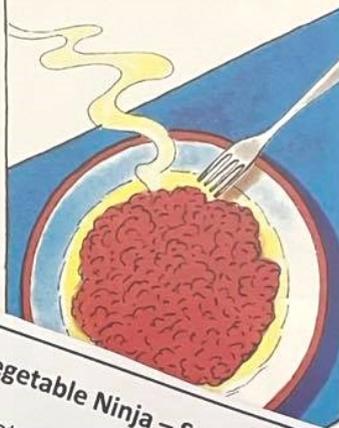
# COTTAGE PIE

Preparation time: 30 minutes  
Total cooking time: 50 minutes  
Serves 2-4

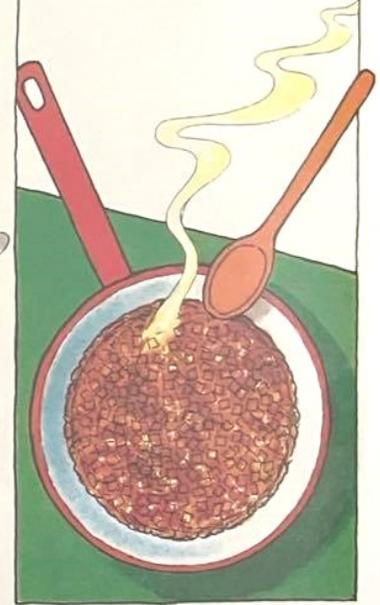


- 2 tablespoons olive oil
- 30 g (1 oz) butter
- 1 kg (2 lb) lean beef mince or finely chopped lean beef
- 1 large onion, chopped
- 1 large carrot, diced
- 1/2 cup (125 ml/4 fl oz) tomato sauce
- 1/4 cup (60 ml/2 fl oz) beef or vegetable stock (page 7)
- 425 g (13 1/2 oz) can crushed tomatoes
- 3/4 cup (115 g/3 3/4 oz) peas
- 3 large potatoes (about 1 kg)
- 30 g (1 oz) butter, extra
- 1-2 tablespoons milk

**1** Preheat the oven to moderate 180°C (350°F/ Gas 4). Heat half the oil and half the butter in a large frying pan. Add the meat in batches and cook over medium heat, stirring constantly until well browned; break up any lumps with a fork while cooking. Remove each batch from the pan to a bowl and set aside.



**2** Add the remaining oil and butter to the pan. Stir in the onion and carrot, and cook over medium heat for 3-4 minutes or until lightly browned.

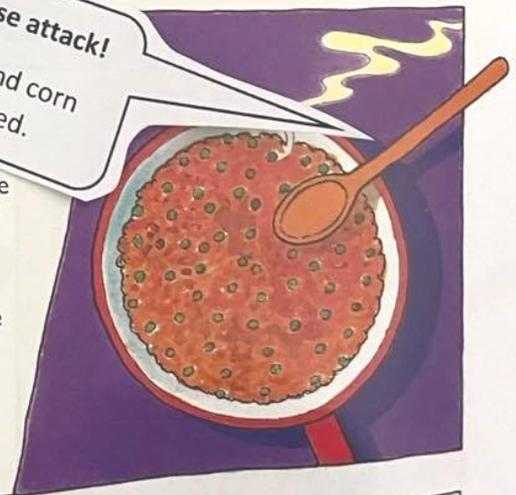


**Vegetable Ninja – Surprise attack!**  
Grated carrot, zucchini, and corn kernels can also be added.

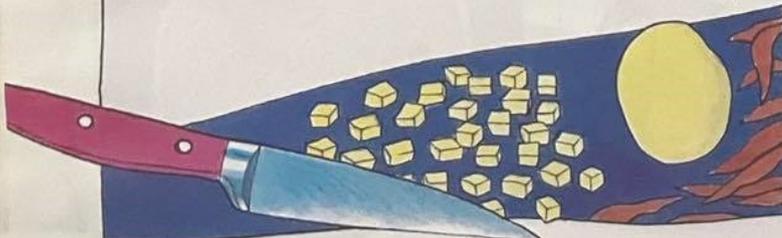
**3** Return the meat to the pan. Stir in the tomato sauce, stock and undrained tomatoes. Bring to the boil, reduce the heat and simmer for 10-15 minutes or until the liquid reduces and the mixture is thicker.



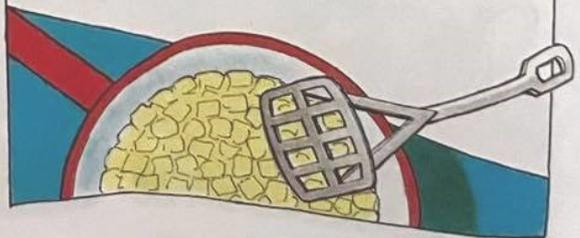
**4** Stir in the peas and cook for 2 minutes. Remove the pan from the heat.



**5** Peel and chop the potatoes. Place them in a large pan with enough water to almost cover them. Bring to the boil, reduce the heat and cook for about 5-10 minutes or until soft. The smaller you cut the potato, the faster it will cook.



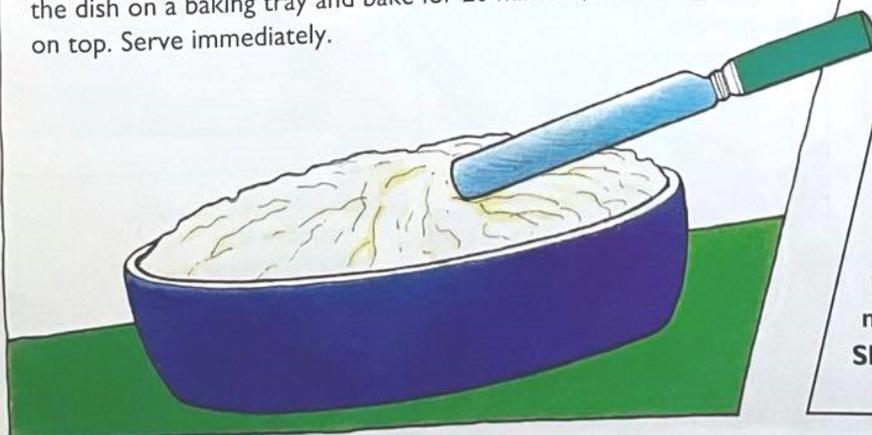
**6** Drain the potato then return it to the pan. Add the extra butter and milk, and mash with a potato masher until smooth and creamy. Season with salt and pepper.





7

Spoon the meat mixture into a 1.5 litre capacity ovenproof dish. Spread the mashed potato over the top with a flat-bladed knife. Place the dish on a baking tray and bake for 20 minutes, or until lightly golden on top. Serve immediately.

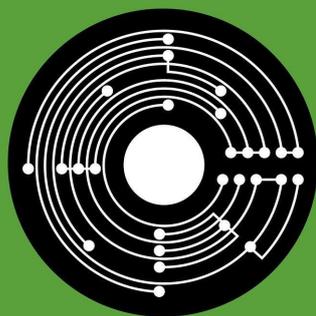


**NOTE**

If using a cut of beef rather than the mince, chop it finely with a large kitchen knife or process it in short bursts in a food processor. Rump or sirloin steak is suitable. Cottage Pie is a great way to use up leftover raw or cooked vegetables. This pie is often made with chopped leftover roast meat. When lamb is used, the name of the dish usually becomes Shepherds Pie.

Have you discovered the 'Creative Circuit'

156 Scott Street, Warracknabeal



CREATIVECIRCUIT

>> PAUSE <<

**STAY SAFE, FRIENDS!  
WE'LL BE BACK SOON!**

WHERE = OUT THE BACK at 156 SCOTT ST, WARRACKNABEAL

**OPEN HOURS  
WHEN WE RETURN**

**TUESDAYS 2pm - 5pm**

**THURSDAYS 10am - 4pm**

**FRIDAYS 4pm - 7pm**

**BOOK IN via social media for WEEKEND  
WORKSHOPS & OTHER EVENTS**

**EVENTS**

JOIN US out the back @ Rotary House  
156 SCOTT STREET WARRACKNABEAL

**THINGI-  
VERSAL**

**EVERY TUESDAY AFTERNOON 2pm-5pm**

LEARN HOW TO 3D PRINT FREE OF CHARGE  
DOWNLOAD & DEVELOP OBJECTS  
FROM [WWW.THINGIVERSE.COM](http://WWW.THINGIVERSE.COM)

**LEGO  
LAB!**

**EVERY FRIDAY NIGHT 4pm-7pm**

ALL AGES EXPLORE AND EXPERIMENT with LEGO  
ALL SKILL LEVELS / IMAGINATION & TECHNOLOGY  
FREE OF CHARGE & BYO SNACKS

**SOON**

CHECK OUR FACEBOOK & INSTAGRAM POSTS  
for more WEEKEND WORKSHOPS & OTHER EVENT details

**Flying Eyes**

CREATE A DRONE WORKSHOP

**DIY Jewels**

MAKE YOUR OWN EARRINGS WORKSHOP  
WITH JOHANNA CLARK FROM PINK NADE

**Stop-Stop-Go!**

INTRO TO STOP-MOTION ANIMATION

**DIY Pottery**

ADULT & CHILDREN SESSIONS  
FIRING / GLAZING / HAND BUILDING

**The Grotto Beckons...**

COMMUNITY MEMORY PROJECT

**A MESSAGE FO THE CREATIVE CIRCUIT TEAM...**

STAY SAFE, FRIENDS! We miss you and, once again, are a little sad to announce the [#WarracknabealCreativeCircuit](https://www.facebook.com/WarracknabealCreativeCircuit) will pause while the regional Victoria lockdown continues - but we'll be back soon!

When we return, we'll be open again on Tuesday afternoons, Thursday during the day, and Fridays in the late afternoon & evening.

Our weekly events will also be back - your favourite [#LEGOLAB](https://www.facebook.com/LEGOLAB) & our new drop-in service [#THINGIVERSAL](https://www.facebook.com/THINGIVERSAL)

We cannot wait to welcome you back for regular play, making, 3D printing and collective imagining!

We've also got some SUPER exciting workshops coming up too! From making drones to clay play, DIY jewellery, stop-motion animation, and a community memory project! We really can't wait to invite you along, so fingers crossed that is not too far away...



**For the Older Kids—Save The Date (Fingers Crossed)**  
- Friday 1 October is going to be a huge day for live music  
in the region! [#livemusic](#) [#allages](#) [#yarriambiack](#)

**ALL AGES TOUR**

**ALEX LAHEY • ALICE IVY • ALICE SKYE • ALLDAY  
THE CHATS • DALLAS WOODS • JK-47 • KIAN • MALLRAT  
MLBRN • NINAJIRACHI • THE SMITH STREET BAND  
SYCCO • THELMA PLUM • TEENAGE JOANS**

**17 SEPTEMBER – 31 OCTOBER 2021**

*\*LINEUP VARIES AT EACH EVENT*

**TICKETS  
\$20+BF**

# Kindergarten 2022

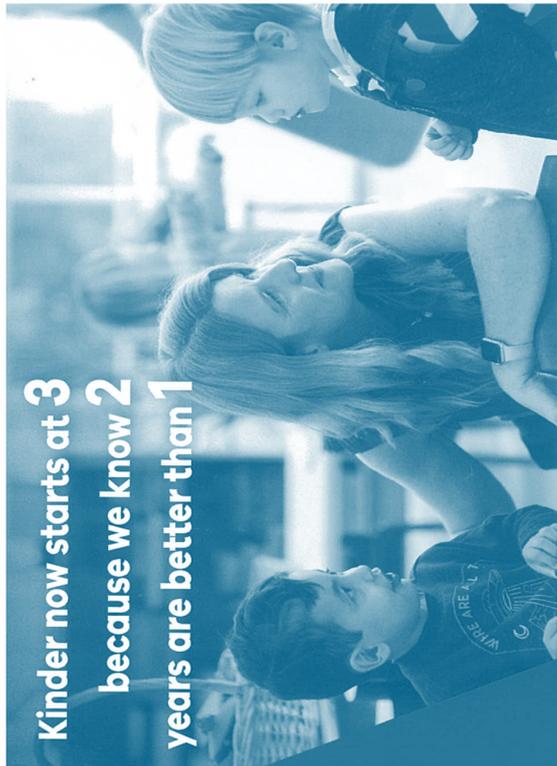
Expression of Interest—NOW OPEN (3 & 4 Year Old)

- Scan QR Code or Google ‘Yarriambiack Kindergarten’



SCAN ME

Kinder now starts at **3**  
because we know **2**  
years are better than **1**



Education and Training

## KINDERGATEN ELIGIBILITY

### 3 year old kindergarten

If your child turns 3 before the 30th of April 2022, they are eligible to attend 3 year old kinder (This is now government subsidised the same as 4 year old kinder)

Children can begin attending once they have turned 3 years of age.

(Jan- April birthdays may consider starting 3 year old kinder the following year to access a full 12 months)

### 4 year old kindergarten

If your child turns 4 by the 30th of April 2022 they are eligible to attend 4 year old kinder.

Children begin attending at the start of the school year.

(Jan- April birthdays may consider starting the following year so as child is a little older when beginning primary schooling)

<https://yarriambiack.vic.gov.au/community-services/early-years-services/kindergarten-enrolments/>

## Kindergarten Contacts

Beulah Outreach Preschool  
0429 776 010

Hopetoun Preschool  
0429 776 010

Minyip Preschool  
0448 118 458

Murtoa Kindergarten  
0429 914 387

Rupanyup Kindergarten  
0429 622 646

Warracknabeal \*\*\*3 Year Old \*\*\*  
0408 751 193

Warracknabeal Memorial Kindergarten \*\*\* 4 Year Old \*\*\*  
0437 104 101

Glenda Hewitt Yarriambiack Shire Early Years Coordinator  
0448 065 775

Melissa Evans Yarriambiack Shire Early Years Engagement Officer  
0419 310 455

