

YARRIAMBIACK FAMILIES NEWSLETTER



Issue 3, March 2021



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

Welcome to the first Yarriambiack Early Years Newsletter for 2021.

The Yarriambiack Shire Council Early Years team includes:

- Maternal and Child Health Nurses Michelle Schilling & Nanette Freckleton
- Kindergarten Staff

And our little team in the office and on the road:

- Glenda Hewitt—Early Years Coordinator.
- Melissa Evans—Early Years Engagement Officer
- Kathryn Camilleri- Supported Playgroup facilitator

We are available to provide support, information and assistance wherever we can, so please don't hesitate to get in contact with any questions or queries.

We are planning to produce a newsletter bi-monthly and hope that it provides you with local and online support networks, some fun learning experiences that you might like to share with your children, as well as articles of interest related to parenting, children and much more.

We hope you enjoy reading the newsletter and would love to hear from you with suggestions about topics you would like included in future editions.

In this issue

- Sleep Regression—what to expect
- Toilet training hints, tips and strategies
- Healthy Eating, Pick and mix 1-6
- Recipe 'Fried Rice'
- 10 traits common to sensitivity
- Playdough – again!!
We love it ♥
- Programs from Wimmera Uniting
- School Holiday Activities

<p>Michelle Schilling Maternal & Child Health Warracknabeal and Northern Shire Supporting families with key age and stage visits Phone: 0448 065 775</p>	<p>Nanette Freckleton Maternal & Child Health Warracknabeal and Southern Shire Supporting families with key age and stage visits Phone: 0448 065 775</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. Yarriambiack Early Years Network - Secretary. Phone: 0419 310 455</p>
				



Keep in touch

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

Sleep regression: What to do when you feel like everything's going backwards

by Lisa Siberry See the article at babyology.com.au



We all fear the baby sleep regression. When you've spent so long building a solid sleep routine, and you finally get a few weeks of sleep, the thought of going backwards into full-scale sleep deprivation can be almost too much to bear.

What is one to do?

Here are some basics on *why* it's happening, and a few tips to help you cope.

One step forward, two steps back

A sleep regression is essentially a blip in your child's sleeping patterns, where they go from sleeping really well (maybe right through the night), to suddenly waking regularly and without explanation.

A sleep regression isn't caused by common sleep disruptors like teething or illness. Rather, it's usually due to major developmental milestones that occur between the ages of six weeks and two years old.

Ages and stages

Sleep regression is such a common occurrence, that most parents see a few changes around at least one milestone. Keep in mind that not all children will experience a noticeable disruption in their sleep at all of these milestones. But here's what you might notice:

6 weeks

This is when many parents report their newborns are suddenly 'waking up' to the world. The sleepy newborn stage gives way to more crying, increased hunger and general fussiness.

It's a big moment in your baby's life, they're growing rapidly, and as a result you might find there's a rocky period as you both adjust to the new normal.

3-4 months

The 4-month sleep regression (which can actually happen a little earlier from three months on) is a really tough one. Most new parents are already hitting a wall of sleep deprivation at this point, when suddenly baby's sleeping takes a turn for the worse. This is when your baby's experiencing a major growth spurt, as well as a burst of brain development that makes them much more aware of their surroundings.

6 months

By six months, your baby is moving around a lot more. They may even be crawling. All this development means baby is less likely to submit to the swaddle, and more likely to mess around in their crib, trying out their new skills.

This is also right about the time they hit another major growth spurt, so add hunger to the mix, and the sleep routine inevitably goes off the rails.

8-10 months

Also unhappily known as the nine-month sleep regression. Now your baby has probably figured out how to pull themselves up, and they may not be too happy about lying down in the crib at bed time.

So this means a lot of resettling at nap time, and possibly some banging around during the night when they wake up and move around.

12 months

Lots of babies start walking around 12 months, which can wreak havoc on sleep. You may see the sleep disturbances kicking in just before the walking actually starts.

Regardless, brace yourself for some rough nights as your almost-toddler starts to practice their emerging skills in their cot.

18 months

Separation anxiety tends to peak at this age, so your toddler could be struggling with the sensation of being alone in their rooms. This is a really difficult regression, because you're also dealing with a discipline factor – as in, your toddler knows what's going on now, and they have to start learning some important sleep rules.

Add to that the fact that they're forming lots of words, but still can't express all their needs and wants, and you have one tricky sleep stage. This is the point at which you need to explain things to your toddler, and remain consistent with your bedtime rules and routines so that you don't fall into inconvenient habits that might extend the sleep regressions.

2 years

Two years in, and sleep regressions can start feeling interminable. But rest assured, you're reaching the end of the major milestone sleep regressions. This one has a few things happening: firstly, wake times are getting longer, and your toddler may even be dropping their day sleep. Secondly, nighttime fears might start cropping up. This is when your child suddenly starts fearing the dark, or is convinced there's a monster under the bed. Add to this all the other big transitions that are happening in a two-year-old's life (potty training, moving to a big bed, new siblings, daycare), and naturally sleep is the first thing to slide.

How to cope with sleep regressions

Babies (younger than 18 months)

- For those very early sleep regressions (3-4 months, and 6 months), take a look at how you're settling your baby. If you're still rocking or feeding your baby to sleep, you might find it's becoming difficult to sustain the rocking/feeding/holding approach all night long. Observe your baby through the regression, see if things improve afterwards, and if not, you could start considering some changes to the sleep routine.
- Keep reminding yourself that the changes are temporary. Just remember that your child is also struggling through that particular milestone, and it will be short-lived.
- Remain responsive, and do what you can to soothe your child. Do, however, try to stick to the routine that works for you, and resist falling into any new sleep habits that you might regret later.
- Talk to other mums about your struggles and see how they're coping with the changes. It will help put some perspective on an issue that *most* parents struggle with at some point.

Toddlers (18 months onwards)

- Set clear boundaries with your toddler, particularly around sleep routines.
- Try not to make any major changes to their sleep schedules when the regressions do hit. This phase does pass, so sometimes it's best to stick to the old routine and ride it out.
- That said, look carefully at what's happening in your toddler's life. Sometimes we're quick to chalk up disruptions to sleep regressions, when actually it might be that some poor sleep habits are getting out of hand.
- Remember – there's no cure for sleep regressions! All you can do is adapt and look for small ways you can minimise the impact.

https://babyology.com.au/baby/sleeping/sleep-regression-feel-like-everythings-going-backwards/?fbclid=IwAR2Axc5sbZkoAIMtVpmOU-RNUjjY5zrliNTBvcq6OsYaWJyo8L7_ZI3odj4

TOILET TRAINING HINTS, TIPS AND STRATEGIES

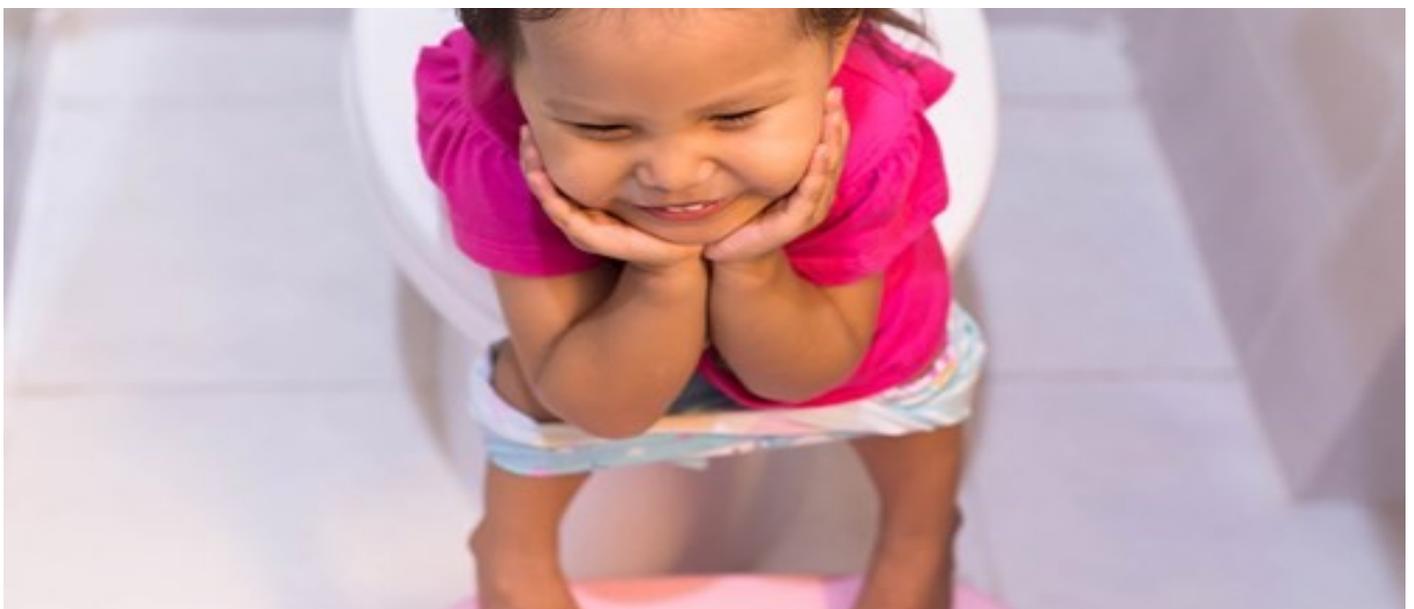
Summary points listed below from Billy Garvey's local session supported by our MCH nurses. Billy is a Paediatrician at the Royal Children's Hospital.

- **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->



Toilet training: in pictures

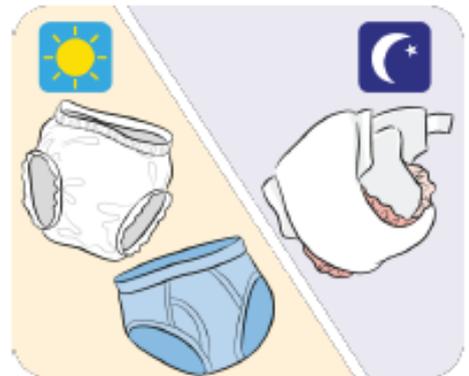
Signs children are ready for toilet training



Children might be ready for [toilet training](#) if they have dry nappies for up to two hours, are more independent, and can pull their pants up and down.



Other signs include being interested in the toilet and wanting to watch you use it. Your child might also tell you when there's a wee or a poo in their nappy.



When children seem to be ready for toilet training, try underpants or training pants during the day. For daytime sleeps and at night, keep using a nappy.

Toilet training basics



Dress your child in clothes that are easy to take off, like pants, shorts or skirts with elastic waistbands.



Watch for signs that your child needs to do a wee or poo, like wriggling or holding hands between their legs. Gently remind your child to use the toilet.



Sit your child on the toilet when a poo is likely – for example, about 30 minutes after a meal. About 3-5 minutes is long enough for your child to sit.

Good toileting habits



Sit your child on the toilet with feet and legs apart. Your child should lean forward with a straight back. You can use a footstool to support your child's feet.



Wipe your child's bottom or help with wiping. Ask your child to bend forward. Always wipe from front to back. If wee or poo gets on the toilet or floor, clean up without fuss.



Help your child to [wash hands](#) after using the toilet. Praise your child for using the toilet. If you're concerned about your child's toileting, speak to your nurse or GP.

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

PICK & MIX



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



FOR A HEALTHY LUNCHBOX

PICK & MIX

SOMETHING FROM EACH GROUP

1-6!

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<p>FRESH FRUIT</p> <ul style="list-style-type: none"> • 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 <p>MIXED FRUIT</p> <ul style="list-style-type: none"> • Fruit salad • Fruit kebabs <p>DRIED FRUIT</p> <ul style="list-style-type: none"> • Dried fruit, nut, popcorn mixes* <p>TINNED FRUIT/SNACK PACKS/CUPS</p> <ul style="list-style-type: none"> • In natural juice (not syrup) 	<p>FRESH CRUNCHY VEGIES</p> <ul style="list-style-type: none"> • Corn cobs • Carrot sticks • Capsicum sticks • Green beans • Cucumber sticks • Celery sticks • Snow peas • Tomatoes (e.g. cherry and Roma tomatoes) • Mushroom pieces <p>Can serve with either:</p> <ul style="list-style-type: none"> • Hummus • Tomato salsa • Tatziki • Beetroot dip • Natural yoghurt <p>SALADS</p> <ul style="list-style-type: none"> • Coleslaw and potato salad (reduced fat dressing) • Mexican bean, tomato, lettuce and cheese salad • Pesto pasta salad* <p>BAKED ITEMS</p> <ul style="list-style-type: none"> • Grilled or roasted vegetables • Wholemeal vegetable muffins or scones • Vegetable slice (with grated zucchini and carrot) • Popcorn <p>SOUP (In small thermos)</p> <ul style="list-style-type: none"> • Pumpkin soup • Potato and leek soup • Chicken and corn soup 	<ul style="list-style-type: none"> • Milk • Calcium-enriched soy and other plant-based milks • Yoghurt (frozen overnight) • Custard <p>Tip:</p> <ul style="list-style-type: none"> • Freeze the night before to keep cool during the day <ul style="list-style-type: none"> • Cheese cubes, sticks or slices • Cottage or ricotta cheese • Cream cheese • Tatziki dip <p>Can serve with either:</p> <ul style="list-style-type: none"> • Fruit • Wholegrain cereal, low in sugar • Vegetable sticks • Rice and corn cakes • Wholegrain wheat crackers 	<ul style="list-style-type: none"> • 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, silverside, chicken) • Boiled eggs • Baked beans (canned) • Tofu cubes • Hummus dip • Lean meat or chicken kebab sticks • Peanut butter* <p>Can serve with:</p> <ul style="list-style-type: none"> • Wholegrain sandwich, roll, pita or wrap bread with salad • Rice and corn cakes • Wholegrain wheat crackers • Side salad <ul style="list-style-type: none"> • Vegetable frittata • Skinless chicken drumsticks • Savoury muffins or scones (e.g. lean ham, cheese and shallots) • Homemade pizzas with lean roast or deli meats and vegetables <p>Can serve with:</p> <ul style="list-style-type: none"> • Side salad • Steamed or roasted vegetables 	<p>MAINS</p> <ul style="list-style-type: none"> • Wraps • Sandwiches • Rolls • Toasted sandwiches <p>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.</p> <ul style="list-style-type: none"> • Pasta dishes • Rice, quinoa or cous cous dishes • Noodle dishes • Sushi <p>SAVORY BAKED ITEMS</p> <ul style="list-style-type: none"> - Homemade pizzas - Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins) - Vegetable based muffins - Pasta or noodle bake <p>SWEET BAKED ITEMS</p> <ul style="list-style-type: none"> • Fruit loaf • Wholemeal fruit based muffins <p>SNACKS</p> <ul style="list-style-type: none"> • High fibre, low sugar cereal (e.g. muesli) • English muffins • Crackers • Crispreads • Rice cakes • Corn thins • Wholemeal scones • Pikelets • Crumpets • Hot cross buns (no icing) 	<ul style="list-style-type: none"> • Take a water bottle (for refilling throughout the day) <p>Tip:</p> <ul style="list-style-type: none"> • Freeze overnight to keep foods cool in lunchboxes <p>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.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>

Holiday Fun—Prepare and enjoy a meal together

DINNER FOR FRIENDS

FRIED RICE



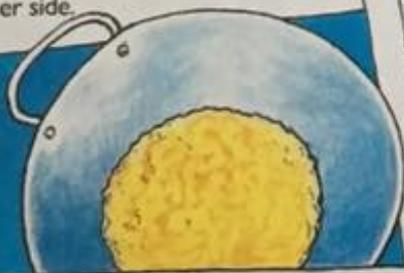
Vegetable Ninja – Surprise attack!
Grated carrot, zucchini, and corn kernels can also be added.

Preparation time: 20 minutes
Total cooking time: 10 minutes
Serves 4

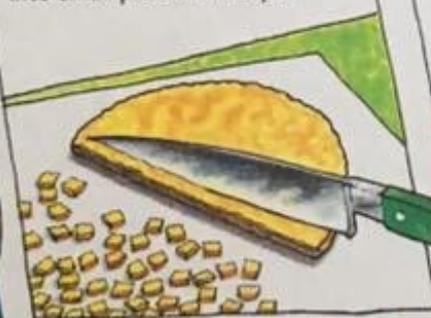


2 tablespoons oil
2 eggs, lightly beaten
1 onion, cut into thin wedges
250 g (8 oz) sliced ham, chopped
1 1/3 cups (295 g/9 1/2 oz) rice, cooked and completely cooled
1/4 cup (40 g/1 1/3 oz) frozen peas
4 spring onions, chopped
2 tablespoons soy sauce
250 g (8 oz) cooked small prawns, peeled

1 Heat 1 tablespoon of the oil in a large frying pan or wok, and pour in the eggs. Cook the eggs as a flat omelette, turn and cook the other side.



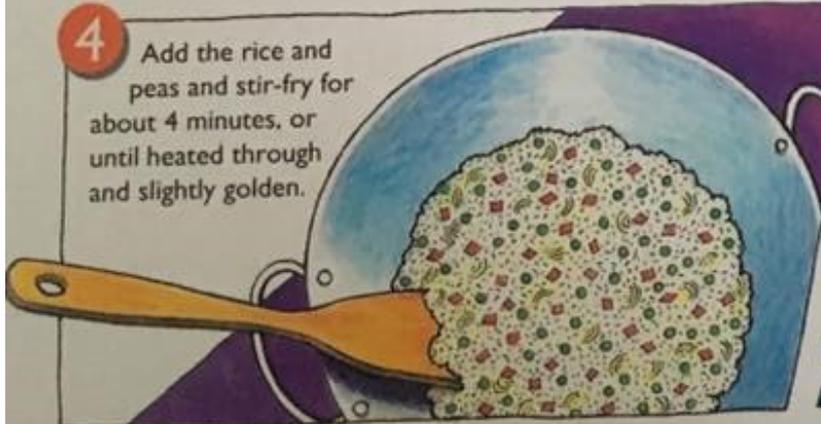
2 Remove the omelette from the pan, cool slightly and chop into small pieces or strips.



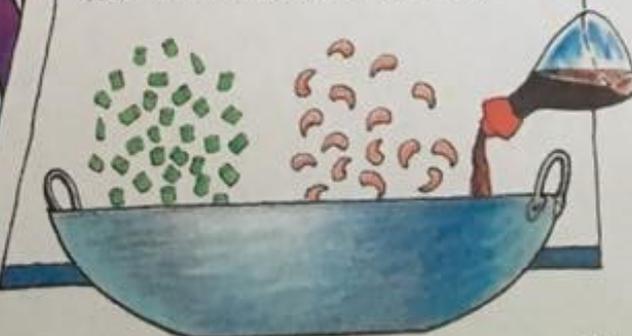
3 Heat the remaining oil in the pan, add the onion and stir-fry until it becomes transparent. Add the ham and stir-fry a minute more.



4 Add the rice and peas and stir-fry for about 4 minutes, or until heated through and slightly golden.



5 Stir in the omelette, spring onion, soy sauce and prawns; cook for 1 minute. Serve immediately.



10 TRAITS COMMON TO SENSITIVITY



The following traits can derive from high sensitivity but none of them are exclusive to kids with high sensitivity.

Dr. Deborah MacNamara
@drdeborahmacnamara

UNUSUAL ALERTNESS

Even as infants they may seem keenly alert to their environment, taking in information, and absorbed by their surroundings.



EXCEPTIONAL MEMORY

They can exhibit an exceptional memory for details and events, relaying stories that contain information others may have missed.



ENHANCED SENSORIUM

They may have an enhanced sensorium such as heightened tactile, auditory, visual, touch, taste, and kinesthetic proprioceptor signals.



SENSORY INTEGRATION

Due to intense signals, some kids may need more time and support to integrate sensory information, with play being one of the most natural places for this to occur.



INTENSE FEELINGS

They may display intense feelings and emotional reactions to things that frustrate, upset, excite them, or that they are attached to.



EXCEPTIONAL BRIGHTNESS

They can put ideas and concepts together in ways that are not typical, and may learn quickly when not emotionally distressed.



PREOCCUPATION WITH THOUGHTS

They can become intensely preoccupied with their thoughts, play, or any activity they engage in as they absorb sensory information.



LOW TOLERANCE FOR DISTRESS

They may be less able to function in distressing environments and can display spontaneous attempts to pattern and reduce sensory stimulation.



ASKS PROBING QUESTIONS

As they engage in play or learn different subjects they may explore it thoroughly and ask questions that seem novel and unique.



FOCUS IN OR OUT

They may have a narrow focus when it comes to their interests but display a depth of knowledge in them, or they can have a wide range of interests that they are passionate about.

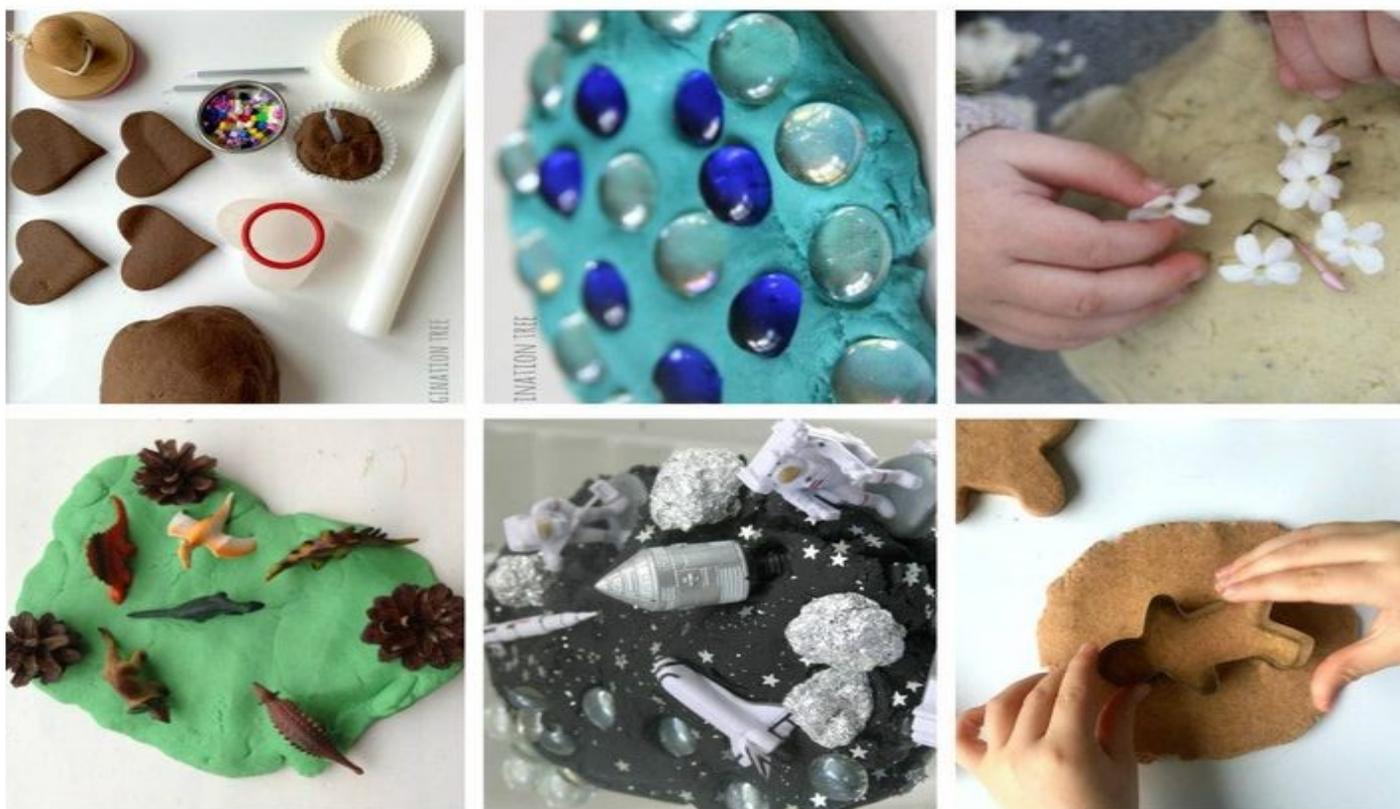


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<http://www.macnamara.ca/>

WHY PLAYDOUGH IS SO GOOD FOR KIDS (AND ADULTS TOO!)

Credit: <https://www.facebook.com/TheImaginationTree>



Play dough - It's fun, promotes creativity and so many developmental outcomes.

For example - Fine motor and language development skills - pinch, roll, squeeze, flatten, mould, print, press, poke, tear, twist, cut, fold, model, smooth, rough

Hints and tips

- Store play dough in plastic wrap/bag then place in an air tight container in the fridge.
- If play dough gets stuck in carpet or fabric, allow to dry. Then scrape dry play dough off with a teaspoon. Vacuum and spot clean as needed.
- Playdough on its own encourages lots of fine motor development and creativity. However you may also like to supply plates and utensils for creative kitchen play or other loose parts for construction, cutting or printing.
- Sensory experiences can be created by adjusting smell, feel or texture of the play dough eg adding lavender tips, rice, glitter or essential oils.

Play dough recipe - No cook

1 cup plain flour

1/2 cup salt

1 tablespoon cream of tartar

2 tablespoons oil

1 cup boiling water

Food colouring (optional)

Mix all ingredients together. When cool enough knead by hand until smooth

Playdough - Thermomix

Highly recommend— <https://fatmumslim.com.au/best-thermomix-playdough-recipe/>

It's the best!

Join us.

Uniting's Wimmera Support for Families and Community team offer a range of group programs that support the wellbeing of children and adults.

Our programs include a focus on parenting and communication skills, emotional intelligence, behavioural awareness and reflection.



Wimmera Family Services Group programs.

Nurture

Nurture is a group for pregnant women and mothers with children under 12 months of age who are experiencing signs and symptoms of perinatal anxiety and depression.

4 Week Program—Online available

Positive Play

Positive Play allows children to express, regulate, communicate and identify emotions through play. Positive Play is a safe place for children to verbally or non-verbally express their thoughts, feelings or challenges.

8 Week Program—Ages 6-12

Young Mums Group

Young Mums Group is a social and capacity building parenting program for young mums under 25 who are pregnant or have children aged up to 2 in their care.

Tuning into Kids

Tuning into Kids is designed to assist with recognising, understanding and responding to your own and your children's emotions. Over the 6 week program you will learn emotion coaching skills that you can use at home.

Bringing Up Great Kids

Bringing Up Great Kids program focuses on respect, mindfulness and reflection. We support parents to go on their own parenting journey to discover how to be the best parent they can be for themselves, their children and their relationship.

Drumbeat

Drumbeat, a program for children aged 8-11, uses music to engage and transfer social learning to everyday life.

The program is delivered in small groups where up to 10 participants learn hand drumming.

10 Week Program—Ages 8-11 (1 hour)

Social Cooking Group

We are now taking expressions of interest for a new Social Cooking Group for 2021. This Group will offer opportunities for parents to learn new skills around meal planning, smart shopping and cooking new recipes to nourish the family whilst connecting with other parents in a social environment.

School Holiday Programs

During school holidays Uniting offer a range of activities that children of all ages can participate in.

Activities we have offered in the past include cooking, arts and crafts, excursions, and a range of active games.

For more information or full program booklet contact groupwork@vt.uniting.org or Ph: 5362 4000 or Yarriambiack Shire Early Years Team - Melissa Evans 0419 310 455, melissaevans@yarriambiack.vic.gov.au

Join us for some fun.



April school holiday activities.

Looking for some fun activities to keep your kids entertained during the school holidays?

Join us for the following sessions:

Movie Day, Disney's Sing

Time: 1:00pm to 3:30pm

Age: 6-11 years

Where: Wimmera Wellbeing Centre

When: Friday 9 April 2021

Snacks will be provided, please advise of any special dietary needs.

Science Day

Join us for our science days where children can enjoy:

- Making Slime
- Building a Volcano
- Making Elephant Toothpaste
- Making a Marker man Float

We will be hosting a science day in both Horsham and Warracknabeal.

Horsham: Monday 12 April 2021, from 11am to 12:30pm.

Warracknabeal: Tuesday 13 April 2021, from 11am to 12:30pm.

Cost
Free

Venue
Horsham: Wimmera Wellbeing Centre
28 Urquhart Street
Horsham

Warracknabeal: Lions Park, 80 Craig Avenue
Warracknabeal

Bookings essential
Register with Cassandra Jeffery

Phone: 5362 4000

Email:
groupwork@vt.uniting.org

Uniting

WHAT'S ON
APRIL
SCHOOL
HOLIDAYS

enjoy!



MONDAY 5th

Easter Monday



TUESDAY 6th

Grampians Bush Walk/Hike



WEDNESDAY 7th

Test and Tag (Warrack)



THURSDAY 8th

Kids Fun and Fitness (Murtoa) (Warrack) (Hopetoun)

FRIDAY 9th

Online Escape Room (YSC Young People)



SATURDAY 10th

SUNDAY 11th

NOTES:

FRIDAY 30TH

White Card HOPETOUN



Yarriambiack Libraries

School Holiday Activities

Fri. 2nd

CLOSED
EASTER
FRIDAY

Sat. 3rd

CLOSED
EASTER
SATURDAY

Mon. 5th

CLOSED
EASTER
MONDAY

Wed. 7th

Patchewollock
Story-Time
& Crafts
11am
Hopetoun
Story-Time
& Crafts

Thur. 8th

Warracknabeal
Story-Time
& Crafts
10am
Games Day
Warracknabeal
1pm-4:30pm

Fri. 9th

Murtoa
Story-Time
& Craft
1:30pm

Mon. 12th

Folkie Dokey
Rupanyup
Library
10am
Murtoa
Library
1pm

Tue. 13th

Folkie Dokey
Warracknabeal
Library
10am
Hopetoun
Library
2pm

Wed. 14th

Beulah
Story-Time
& Craft
10am
Woomelang
Story-Time
& Craft
1:30pm

Thur. 15th

2pm
Warracknabeal
Story-Time
& Crafts
10am
Games Day
Warracknabeal
1pm-4:30pm

Activity Packs

Available
in the
OPEN LIBRARY



- YARRIAMBIACK -
Libraries

Parents are to please stay with their child while they participate in the activities

WHAT'S ON
APRIL
SCHOOL
HOLIDAYS

enjoy!



MONDAY 12th

Folkie Dokey

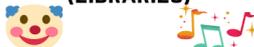
RUPANYUP 10:00AM
MURTOA 1:00PM
(LIBRARIES)



TUESDAY 13th

Folkie Dokey

WARRACK 10:00AM
HOPETOUN 2:00PM
(LIBRARIES)



WEDNESDAY 14th

THURSDAY 15th

First Aid for Juniors

WARRACK
HOPETOUN



FRIDAY 16th

SATURDAY 17th

SUNDAY 18th

NOTES:

FRIDAY 30TH

White Card HOPETOUN



For more information, Get in touch with
Justin Knorpp, Youth Engagement Officer
Ph: 0429 941 083 email: jnorpp@yarriambiack.vic.gov.au
or Monique Metlika—Yarriambiack Libraries
Ph: 03 5398 0100 email: metlika@yarriambiack.vic.gov.au