



Children see magic because they look for it. -
Christopher Moore

Star Kids Long Day
Care & Preschool

AUGUST
2024



ON *this* MONTH

AT
Star Kids Long Day Care & Preschool

Dental Health Week
**International Day of the World's
Indigenous People**
National Science Week
Smyla Dental Checkup
Olympics Inspired Activities
Nature Play
Book Week

Dental Health Week



Our preschoolers at Star Kids LDC & Preschool had a blast celebrating Dental Week! They took part in engaging discussions and fun learning activities to understand the importance of dental hygiene. From brushing techniques to fun games, it was an exciting and educational week for our little ones. We're proud to have nurtured healthy habits early on!



International Day of the World's Indigenous People



Our preschoolers at Star Kids LDC & Preschool celebrated the International Day of the World's Indigenous People with vibrant and meaningful activities. They learned about the rich cultures, traditions, and history of indigenous communities worldwide. Through stories, arts, and crafts, our little ones embraced diversity and the importance of respecting different cultures. It was a day filled with learning, creativity, and appreciation for global heritage!

National Science Week



Children explored the wonders of science through hands-on experiments, interactive activities, and fun discoveries. From learning about the natural world to engaging in simple physics and chemistry, our little scientists had a blast exploring how things work. It was an exciting week full of curiosity, creativity, and learning!

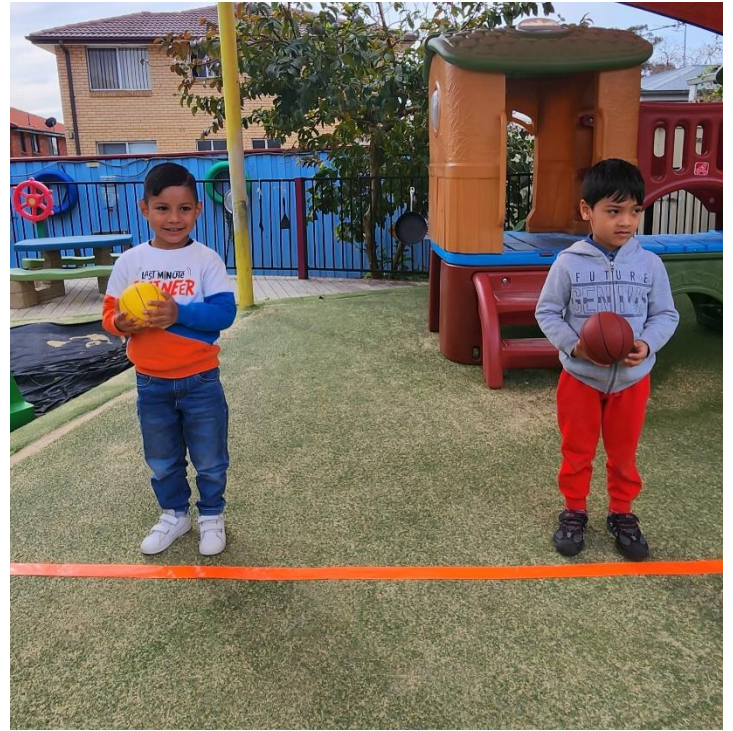
Smyla Dental Checkup



We were delighted to have the Smyla Mobile Dental Australia Team visit our centre for a free dental checkup for our preschoolers! The children had a great time learning about the importance of healthy teeth. After the checkup, the team gave a fun and engaging presentation, followed by a lively discussion on how to care for our teeth. It was a wonderful opportunity for our little ones to understand dental hygiene in a fun and interactive way!

Olympics Inspired Activities





Our preschoolers at Star Kids LDC & Preschool had an amazing time participating in fun physical activities inspired by the Olympic Games! The children were full of energy and enthusiasm as they took part in exciting games that promoted teamwork, coordination, and fitness. It was a day filled with laughter, movement, and a true spirit of friendly competition!

Book Week





Our preschoolers at Star Kids LDC & Preschool had a fantastic time celebrating Book Week! The children enjoyed exploring a variety of books, from exciting adventures to imaginative stories. Through storytelling sessions, crafts, and interactive activities, our little ones developed a love for reading and storytelling. It was a week filled with creativity, fun, and a celebration of the magic of books!

Nature Play



Our preschoolers at Star Kids LDC & Preschool had a wonderful time engaging in Nature Play! They explored the great outdoors, connecting with nature through activities like collecting leaves, building nature sculptures, and observing plants and insects. It was a fun and educational experience that encouraged curiosity, creativity, and an appreciation for the environment. Our little adventurers loved every moment of this hands-on learning experience!



Our Display Wall



Our display wall in the classroom at Star Kids LDC & Preschool is a vibrant showcase of our children's creativity and learning! From artwork and crafts to educational posters and student projects, the wall reflects the curiosity, imagination, and accomplishments of our little learners. It's a beautiful way to celebrate their efforts and brighten up the learning space!



HEALTH & SAFETY: Sleep

Sleep plays a crucial role in the development of young minds. In addition to having a direct effect on happiness, research shows that sleep impacts alertness and attention, cognitive performance, mood, resiliency, vocabulary acquisition, and learning and memory. In toddlers, napping appears to be necessary for memory consolidation, executive attention, and motor skill development. Sleep also has important effects on growth, especially in early infancy.

What Happens When Children Don't Get Enough Sleep?

As every parent knows, a child that's short on sleep can swing between being grumpy and hyperactive, with effects that can mimic ADHD. Sleepiness can also affect your child's ability to pay attention, with ramifications for their performance in school. Even minimal sleep restriction can have effects on your child's day-to-day life.

According to the American Academy of Paediatrics (AAP), a quarter of children under the age of 5 don't get adequate sleep. This is worrying because poor sleep in early childhood has been linked to allergic rhinitis and problems with the immune system, as well as anxiety and depression. There is also emerging evidence that poor sleep in childhood may carry future cardiovascular risks in the form of obesity, diabetes and high blood pressure.

In adolescents, inadequate sleep can have long-term effects on academic performance and mental. The American Medical Association, the US Department of Health and Human Services, and the American Academy of Paediatrics consider chronic sleep loss in adolescents to be a public health problem. It is a risk factor for substance abuse and mental health problems, as well as more immediate problems such as car crashes and sports injuries.

Tips on How To Make Sure Your Child Gets a Full Night's Sleep

Sleep needs change as your child grows older, but whether you're dealing with a 2-year-old toddler or a stubborn teenager, research shows that a consistent bedtime routine is helpful for

making sure your child gets enough sleep. Whatever activities you choose, try to do the same ones every day in the same order so your child knows what to expect.

A typical bedtime routine might include: Turning off computers, TV screens, video games, and other bright lights, Putting on pyjamas and brushing teeth, reading a light book, singing a lullaby, or taking a bath, picking a stuffed animal or security blanket for the night for toddlers.

Sleep Hygiene Tips for Kids: Daytime habits also affect sleep. You can promote restful slumber in your children by following basic sleep hygiene rules:

- Arranging a balanced schedule with interspersed periods of rest and play
- Keeping a regular bedtime
- Making the bedroom, and especially the mattress, a no-screen zone, even during the
- Providing a healthy diet
- Setting the thermostat to a slightly cooler temperature
- Using dark curtains to block out light, or a nightlight if they're scared of the dark
- Keeping the bedroom quiet, or using a white noise machine to mask outside sounds
- Avoiding caffeine, large meals, and sugary treats before bedtime, opting for a healthy bedtime snack if necessary

It's important to give your child regular exercise, but don't fall into the trap of exhausting your child to have them sleep better at night. More often than not, this will make them overtired and actually make it harder to fall asleep. Learn to recognize the special level of hyper that means your toddler is too tired, so you can put them to bed before things turn sour. For more information about sleep and your child **follow the QR code.**



Read the article via the QR code.

Source: Sleepfoundation.org (2023, April). **Children and sleep** Retrieved from sleepfoundation.org

SNOWBALL THROW ALPHABET GAME

Paper, tape and ping-pong balls OR ball pit plastic balls are all you need for this game of "snowball" throwing from **Mom Inspired Life**. Tape a bunch of letters to a wall, call out the sounds and have your kids throw the snowball at the letter represented. As an added bonus, kids get to work on their coordination as well as their alphabet.

Source: Mom Inspired Life



FOCUS: Parenting Children Ages 2-6: When My Child Hits

Take a moment to picture this scene: Your four-year-old son wants to show you the block tower he's made, but before you're able to come look, his baby sister comes over to play and knocks the tower down! You arrive just in time to see your son push his sister away, and your daughter falls and bursts into tears on the floor. Oh boy, not good! So, what do you do?

It's not an unusual thing for kids to do at this age, in fact, it's pretty normal and common, but of course you want him to know that it's not okay! You probably want him to learn to take responsibility, make amends, and do better in the future. With emotions running high all around, it can be a tough spot to be in as a parent!

But how we respond, rather than react, to situations like this can either help or make things worse in the long run. This is one area of parenting where it's really important to remember: as we build healthy RELATIONSHIPS with our kids, they will be more open to our correction! We need to build connection, and THEN we can more effectively direct and correct our kiddos' behaviour.

Of course, this doesn't mean letting your kids get away with things like pushing! But it's helpful to keep that big picture in mind as we set boundaries, keep everyone as safe as possible, and help our children understand that violence is not acceptable. The key here is when they feel connected to you, they'll be more open to learning other options for handling those strong feelings and tough situations!

Here's a few basic tips that can help you with those goals:

1. Keep in mind that your child probably isn't TRYING to be bad or mean. They're still learning to understand and regulate their feelings, and they don't have a lot of problem-solving experience yet. So, when they hit or push, it's probably their way of expressing themselves and asking for help and getting their needs met! That doesn't make it okay, of course, but it's important to remember that they probably WANT to get along with others and figure out better ways to handle hard emotions. They just don't know HOW, sometimes! They need your help to learn. It takes time and a ton of practice for kiddos to learn how to use their words or find other ways to problem-solve in high-emotion situations. Try to be patient with them, and with yourself. Remind yourself that learning these skills is a process, and it will go better if you try to look at things from their perspective.

2. PREVENT problems when you can. For example, when your child is tired or hungry, it's probably not the best time to have them play with other kids. Think about it: when YOU'RE tired and hungry, it's hard to respond well when people aren't nice to you! Right!? So, it's probably even harder for your kiddos to do so!

Things like cutting playdates short or packing some extra snacks for long outings can help.

3. Take ACTION without insult. Sometimes you'll need to physically intervene to keep people safe, maybe grabbing or blocking the child to protect someone. Be careful what you say when you do so! Rather than telling them that they are bad or mean, give information that teaches your values, such as "It's not okay to hit!", or strongly express your feelings, such as "It makes me sad when you hurt your sister!" Focus on the BEHAVIOUR without attacking your child's CHARACTER. This will help you maintain a healthy connection with them and help them be more open to correction.

4. Help your child calm down and feel safe. This can include you making eye contact with them and taking some deep breaths together to bring their heart rate back to normal and help clear their mind. Or maybe you hold them or take them to another room where they can have some quiet time for a few minutes. It's important to not try and teach our child a lesson when they are experiencing strong emotions. Remember: emotions must be understood before behaviour can be improved.

5. TEACH your child and SHOW them how to be kind. Acknowledge their feelings by saying something like, *"Even though you know there's no pushing allowed, it can be frustrating to have little sisters ruin something you worked hard on. You were really mad at her for knocking down your tower, right?"* Then, work together to come up with ideas for making amends to whoever they hurt and for other ways they might solve similar problems in the future. For example, you might say something like, *"I think your sister was pretty sad when she was knocked down. What do you think you could do next time when you get frustrated with her, instead of pushing or hitting?"*

There's a lot that can be said about this tricky parenting subject, but these tips are a great place to start!



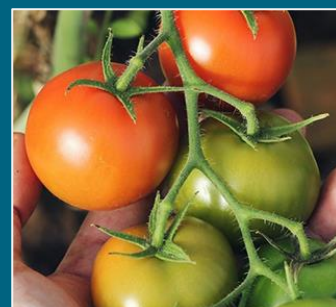
Read the article via the QR code.

Source: Schramm, Dave (2022).
When My Child Hits. Retrieved from
www.drdaiveschramm.com



RE-GROW VEGGIES FROM SCRAPS

Did you know that there are lots of vegetables out there you can regrow from scraps and leftovers? And it doesn't matter if you don't have a garden; many of these veggies will regrow from your balcony or windowsill too. Regrowing your veggies is a fun and free way to get your kids excited about healthy food. Why not try turning it into an experiment to see which veggies grow the fastest? Or challenge your kids to making a recipe using their own home-grown produce.





ART AND CRAFT

Art is a natural activity to support this free play in children. The freedom to manipulate different materials in an organic and unstructured way allows for exploration and experimentation. These artistic endeavours and self-directed explorations are not only fun, but educational as well. Art allows youth to practice a wide range of skills that are useful not only for life, but also for learning. So why is art so important for pre-schoolers?

Skills youngsters practise when participating in art activities include:

Fine motor skills - Grasping pencils, crayons, chalk and paintbrushes helps children develop their fine motor muscles. This development will help your child with writing, buttoning a coat and other tasks that require controlled movements.

Cognitive development - Art can help children learn and practice skills like patterning and cause and effect (i.e., "If I push very hard with a crayon, the colour is darker."). They can also practice critical thinking skills by making a mental plan or picture of what they intend to create and following through on their plan.

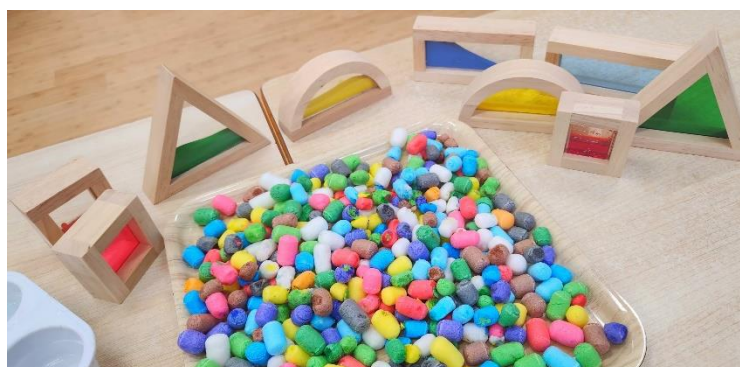
Math skills – Children can learn, create and begin to understand concepts like size, shape, making comparisons, counting and spatial reasoning.

Language skills – As children describe and share their artwork, as well as their process, they develop language skills. You can encourage this development by actively listening and asking open-ended questions in return. It is also a great opportunity to learn new vocabulary words regarding their project (i.e., texture). In addition to helping youth develop important skills, free expression is also good for overall health and well-being. Giving your child a creative outlet can help relieve stress and work through things happening in their lives. By encouraging artistic expression, you can help facilitate learning.

Source: <https://montessorirocks.org/importance-art-preschoolers/>

National Quality Framework | Quality Area 1:

Element 1.1 – Program. The educational program enhances each child's learning and development.



NINJA WARRIOR

Short simple activities to get some active minutes in the day.

Create a Ninja Warrior obstacle course in your backyard!

Your home is full of objects you can use for the course, buckets, ladders, play equipment, heavy cans, ropes, hula hoops. You can also mix the obstacle race with a treasure hunt. Include obstacles that involve agility, jumping, balancing, climbing, crawling, strength and teamwork. Check for safety and have fun!