



SHARE YOUR SMILE WITH THE WORLD. IT'S A SYMBOL
OF
FRIENDSHIP AND PEACE – CHRISTIE BRINKLY

StarKids Long Day

Care & Preschool

FEBRUARY
2022



ON *this*
MONTH

INTERNATINOL MOTHER LANGUAGE DAY

AT STARKIDS WE CELEBREATED

INTERNATINOL MOTHER LANGUAGE
DAY

VALENTINE'S DAY.....

SUSTAINABLE LIVING FESTIVAL

SAFER INTERNET DAY





SUSTAINABLE LIVING FESTIVAL-FEBRUARY 1-28
throughout its history, National Sustainable Living Festival (NSLF) has been a strong advocate for urgent climate action at a scale and speed that can match the escalating climate emergency.

In 2022, NSLF events will focus on these themes: 'Knowing Country', 'Reset & Repair', 'Local Matters' and 'stay safe'

SAFER INTERNET DAY



THE FRIDGE PESTO



PREP 10 min | BLITZ 2-3 min

Pesto... one of the most versatile condiments to keep stocked up in your fridge or freezer. What do you use pesto for? Here, it's added to pasta, gnocchi, sandwiches, wraps, dolloped through frittata and risotto. I have created a nut free recipe so that's it's school friendly give it a try... so creamy!

INGREDIENTS

2 cups basil
1 clove garlic
60g Grana Padano or Parmesan cheese
50g pumpkin seeds
50g sunflower seeds
70g olive oil
1/8 cup water
Salt & pepper

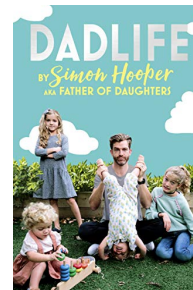
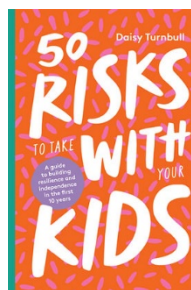
METHOD: Simply add all of the ingredients into a blender (or mortar and pestle) and blend/grind up until the right consistency.

Love this recipe and want more? Go to [Jo Kate Nutrition](#)

Jo's course **The Nourished Family** provides you with a realistic approach to nutrition, health and cooking and will teach you foundational principles to use for the rest of your life.

Book reviews

The un-parenting parenting books you'll



50 RISKS TO TAKE WITH YOUR KIDS

DAISY TURNBULL

A guide for parents and carers to nurture resilience and independence in kids as they learn to take their own risks.

50 Risks to Take with Your Kids, you'll find risks that build physical skills, social confidence and character development before kids enter those 'risky' teenage years. You'll also find some all-important parenting risks that will encourage you to step outside your comfort zone and think a little differently about raising children. It may sound counterintuitive to say that the more opportunities you give children to test boundaries, the better they will 'adult', but it's true. The more they are allowed to play in the mud, create games and find their own solutions to problems, the more they will thrive later in life.

DADLIFE: FAMILY TALES FROM INSTAGRAM'S FATHER OF DAUGHTERS

SIMON HOOPER

From uninitiated parents-to-be to those who know the ropes in families large or small, everyone will find something to relate to in Simon's hilarious and chaotic tales of his own home life.

'This is the story of my journey into parenthood, from being a 24-year-old man-child with no idea of what being a dad involved, to where I find myself today: the single male representative in a household of five women, or in other words, outnumbered. Our house is now known as "the place where silence came to die". It's also where you'll find carpets that are made up of 50% glitter and where there

Jungle dance



VALENTINE'S DAY



THE HUMBLE NURSERY RHYME

Nursery rhymes are important for young children because they help develop an ear for our language. Both rhyme and rhythm help kids hear the sounds and syllables in words, which helps kids learn to read!

Nursery rhyme experiences, awareness, and knowledge were found to be positively related to accomplishment in early phonological and print-related skills. So, practise them in the car, on a walk or before bed. Sing them high, sing them low, say them using funny voices. It's fun to rhyme, and so good for your little one's early literacy skills.



HEALTH & SAFETY: Helping Children Cope with Change

Learn how you can help your child cope with the big and small changes in life. Reduce your child's stress and teach them how to thrive when change happens. Most of us, and especially children, appreciate some level of predictability in our lives. Children need time to process all the information that they are exposed to and appreciate daily routines that offer a sense of security and safety.

So how then do we help children handle change—both the big changes (new sibling, family illness, new school, missed playdate) and the little changes (new breakfast foods, new morning routine, new shoes)?

Tips for Helping Children Cope with Change

According to a growing body of research, kids learn how to cope with change and ups and downs of life by developing resilience. For years it was considered one of the inherent traits we were all born with but psychologists today now know that it's one of the most important qualities parents can teach their kids (along with compassion). And how do they learn it? Apparently by watching us. Studies have shown that children as young as two years old copy the coping, stress-management and thinking styles of the adults around them. And they can sense if parents are anxious or worried and will tend to mimic that.

Simple tips on helping kids to cope

- Give them a sense of being loved by their family and of belonging
- Encourage a diverse group of friends – both for them and the family as a whole
- Enjoy family rituals – like Sunday night dinner, or a weekend drive



Top 5 practical coping skills

Give advanced warning. Like adults, no child will cope well with change being sprung on them. If you can, start talking through the changes early so they can get their head around it as well as formulate all those aforementioned questions.

Maintain consistency. try not to change everything at once. If you have routines in place like bedtime rituals, the books you read even the TV shows you all watch, try to keep those in place where possible.

Answer questions. Children often have many questions and may ask the same question repeatedly. This is one-way children gain mastery over a situation and builds resilience. Keep answers simple, age-appropriate, and positive. Be honest if you don't know the answer to a question.

Accept grieving. when any of us move, change schools, or make any kind of change in life, we leave something behind. Let your littlies talk about what they miss and don't try to point out all of the wonderful things about new house, school, bedroom or whatever - let them appropriately mourn what they have lost.

Read children's picture books. Reading books together is one way to restore a sense of connection, safety, and peace. Read a wide range of books, including a few that relate to your specific situation. Look for books with adult and child characters who work together to overcome difficult things.

Play together. Play is one of the best ways for children to work through stress and change. Head outside for a game of tag or gather some leaves. Make cookies, play a board game or engage in pretend play. Play is good for both children and adults

Sustainability CORNER

LET'S RE-FOCUS ON REDUCING

Has COVID-19 changed your sustainable focus? Amid understandable concern over health and hygiene during the pandemic, the problem of disposable plastics has taken a back seat. Demand for products such as disposable wipes, cleaning agents, hand sanitiser, disposable gloves and masks is at a record high. Unfortunately, they're also being thrown out in unprecedented volumes.

So what can you do now that the immediate threat is beginning subside? reuse what you have, and try to store rather than throw out items for donation or recycling.



Try to re-engage your old routines.

1. Remember your reusable coffee cups (if your local café allows it).
2. Use your own shopping bags, if need be wash them or use bags on rotation allowing 3 days between uses.
3. Purchase bulk fruit and vegetables from local growers.

<https://theconversation.com/using-lots-of-plastic->



STEM

STEM is an acronym for science, technology, engineering, and math. Skills developed by students through STEM provide them with the foundation to succeed at school and beyond. Young children learn through active exploration—and the drive to observe, interact, discover, and explore is inherent in their development.

During the earliest years, infants and toddlers develop 700 neural connections every second,” Buchter said. “These biologically driven neurological processes and natural curiosity of how the world works make early childhood an optimal time to introduce children to scientific inquiry.”

What does STEM look like in Early Learning Settings?

- Cooking activities
- Nature walks
- Challenging building activities
- Grocery store exploring
- Water play

National Quality Framework | Quality Area 1: Educational Program and Practice

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

1.2 Educators facilitate and extend each child's learning and development.

University of Nevada. (2020, January 15). The Issues: Why STEM Education Must Begin in Early Childhood Education Retrieved from <https://www.unlv.edu/news/article/issues-why-stem-education-must-begin-early-childhood-education>



Sock Wrestling

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

Try sock wrestling for a fun and physical challenge either indoors or outdoors. Trying to remove one another's sock isn't as easy as it sounds – it can be energetic and at times hilarious.

Mark out the wrestling area using soft items. Explain to your child that play is to be kept within the ring to keep everyone safe. You also need to agree how to stop the wrestling match at any time, e.g. by using a clear command word such as 'stop'. Explain the rules to your child – that the object of the game is to remove the other person's socks. Wrestlers must try to stay on their knees and not stand up at any time. The winner is the first person to get the other person's socks off. Sit opposite each other and put on your socks. Once ready, say: 'On your marks, get set, go!'