



# ON *this* MONTH

AT  
Star Kids Long Day Care & Preschool

ANZAC Day  
Family Engagement  
Project Based Learning: Our Lakemba  
Our Daily Practice on Transitions

# Community Events



Children celebrated ANZAC Day by creating beautiful poppy flowers through art and craft experiences. During the activity, children learnt that poppies are a symbol of remembrance and respect for the soldiers who served our country.



We invited parents who are originally from China to contribute to our Diversity Wall by writing simple everyday communication words in Mandarin. This helped children learn about different languages and cultures within our centre community. The experience also encouraged a sense of belonging, inclusion, and respect for diversity.



Through our Project-Based Learning topic *“Our Lakemba,”* children are exploring their local community and sharing their own experiences and ideas. They are learning about different places, shops, people, and cultures within Lakemba through discussions, art, dramatic play, and excursions. This project encourages children to build a sense of belonging and connection to their community. It also supports children’s communication, curiosity, and confidence as active learners.



During our daily transitions, educators support children by using clear routines, visual cues, and songs to help them move smoothly between activities. These consistent practices help children feel safe, settled, and confident throughout the day. Transitions also provide opportunities for children to build independence, listening skills, and self-regulation.



If you spend time with young children, you’ve likely heard the word “no” more times than you can count. It can appear suddenly and often with great determination. “No!” to getting dressed, brushing teeth, leaving the park, or even something they asked for moments earlier. While it can feel frustrating for adults, this stage is actually an important and healthy part of development.

For young children, saying “no” is often their first way of expressing independence. As children grow, they begin to realise that they are separate individuals with their own ideas, preferences, and feelings. Saying “no” is one of the ways they practise this new sense of autonomy.

This doesn’t mean children are trying to be difficult. More often, they are learning how to communicate their needs, test boundaries, and understand how the world works.

### Why “No” Happens So Often

Young children have strong feelings but are still developing the language and emotional skills to express them clearly. When a child says “no,” it may mean many different things. They might be tired, overwhelmed, unsure, or simply wanting a sense of control over what is happening around them.

Children also use “no” when they are practising decision-making. It’s a way of exploring choices and learning that their voice matters.

### Supporting Children Through This Stage

Rather than seeing “no” as defiance, it can help to view it as communication. Taking a moment to pause and understand what your child might be feeling can often reduce power struggles.

Offering limited choices can be helpful. For example, instead of asking, “Do you want to get dressed?” you might ask, “Would you like the blue shirt or the green shirt today?” This allows children to feel a sense of control while still moving forward with the routine.

Acknowledging feelings can also make a difference. Saying something like, “You wish you could stay at the park longer” helps children feel heard, even when the answer still needs to be no.

### Keeping Boundaries Clear

While independence is important, children also need consistent boundaries to feel safe and secure. Calmly holding limits while showing understanding helps children learn that their feelings are valid, but not every choice can change the situation.

Over time, children begin to develop stronger language skills and emotional regulation, and the constant “no” phase usually softens.

### Growing Independence

Learning to say “no” is one of the first steps toward independence and self-confidence. It shows that children are beginning to understand their own thoughts and feelings.

With patience, empathy, and clear guidance, families can support children through this stage while helping them develop respectful communication and problem-solving skills.

In the end, that determined little “no” is often a sign that a child is growing, learning, and discovering their voice.



**For more information or support check out this link**

Link: [pregnancybirthbaby.org.au](https://pregnancybirthbaby.org.au) When your child’s favourite word is ‘no’!

## TELL A STORY

Storytelling is a wonderful way to support children’s early literacy, imagination, and language development. This simple activity encourages children to create their own stories using toys they already love.

**You will need:** A few favourite toys (soft toys, action figures, dolls, cars, or animals) and a comfortable space to sit together

**What to do:** Invite your child to choose a few toys to be the characters in your story. Begin by setting the scene, such as “Once upon a time, a little dinosaur went on an adventure...” Then take turns adding to the story. One person might describe where the characters go, while the other decides what happens next. Encourage your child to use their imagination by asking questions like “*What happens next?*” or “*Who do they meet along the way?*”

This activity helps build vocabulary, listening skills, creativity, and confidence while showing children that stories can come from their own ideas and experiences.



**Sleep is an essential part of children's health, growth, and development. Preschool-aged children typically need around 10–13 hours of sleep each day, including naps. During sleep, children's bodies and brains are busy growing, repairing, and processing everything they have learned throughout the day. Getting enough rest helps children feel ready to play, learn, and connect with others.**

When children are well rested, they are more likely to have the energy and focus needed for everyday activities. Adequate sleep also supports emotional regulation, helping children manage their feelings and cope with challenges. In contrast, when children are overtired, they may become more irritable, have difficulty concentrating, or struggle with transitions and routines. Sleep also plays an important role in supporting the immune system, helping children stay healthy.

For many families, bedtime can sometimes feel like a challenge. Preschoolers are naturally curious and may resist going to bed when they feel there are still exciting things happening around them. Creating a predictable and calming bedtime routine can help children transition from the busy parts of the day into a restful night's sleep.

A bedtime routine does not need to be complicated. Simple, consistent steps such as having a bath, putting on pyjamas, brushing teeth, and reading a story together can help signal to children that bedtime is approaching. Doing these activities in the same order each evening helps children understand what to expect and can make the transition to sleep feel easier and more secure.

The sleep environment can also make a difference. A quiet, comfortable, and dimly lit bedroom helps children relax. Some children enjoy having a favourite soft toy, blanket, or night light nearby for comfort. Keeping bedrooms mainly for rest can also support healthy sleep habits.

exciting play can make it harder for children to wind down. Instead, quiet activities such as reading books, drawing, or listening to gentle music can help children relax.

It is also important to keep regular sleep and wake times where possible. Consistency helps children's internal body clocks develop healthy rhythms, making it easier for them to fall asleep and wake up feeling refreshed.

Of course, every child is different. Some children fall asleep easily while others need a little more time and reassurance. Patience, gentle guidance, and consistency can help children gradually develop positive sleep habits.

Healthy sleep routines not only support children's physical health, but also their emotional wellbeing and ability to learn and explore. By prioritising rest and creating calm bedtime routines, families can help



**For additional sleep support try this link via the QR code.**

Link: [RaisingChildren.net](https://www.raisingchildren.net)



## PLANTING FOR THE SEASON

**April is a wonderful time to start thinking about planting and caring for gardens as the weather begins to cool in many parts of Australia. Planting herbs, leafy greens, or winter vegetables is a simple way for families to grow fresh food at home while learning about sustainability.**

Gardening helps children understand where food comes from and how plants grow. Even small spaces like balconies, windowsills, or pots in the backyard can be used to grow something useful. Herbs such as parsley, spinach, lettuce, and silver beet are great options for autumn planting.

Looking after plants teaches children responsibility while also encouraging patience and care for the environment. By growing even a small amount of food at home, families can reduce packaging waste and food miles while enjoying fresh, homegrown produce together.



**Find out what grows well where you live via the QR code.**

Link: [April in your patch](#)



Outdoor play is an important part of our daily practice and learning environment. We provide children with opportunities to explore, run, climb, balance, and engage in active play in a safe and supportive space. Through outdoor experiences, children develop their gross motor skills, confidence, social interactions, and problem-solving abilities. Educators encourage children to connect with nature, take safe risks, and use their imagination during play. We also include open-ended materials and group games to support creativity and teamwork. Our outdoor environment promotes children's wellbeing, independence, and joyful learning experiences every day.