

IF YOU HAVE GOOD THOUGHTS THEY WILL SHINE OUT OF YOUR FACE LIKE
SUNBEAMS AND YOU WILL ALWAYS LOOK LOVELY – ROALD DAHL

Kidz Dream
FDC

APRIL
2019

ON *this* MONTH

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HOLIDAYS

OFFICE HOURS

Kidz Dream hope that you and your family have a safe and fun holiday during the Easter break.

This month we are celebrating Good Friday, Easter Sunday as well as ANZAC day.

The office will be closed on Friday 19th of April, Monday 22nd of April and Thursday 25th of April 2019.



Nature's gifts to our planet are the millions of species that we know and love, and many more that remain to be discovered. Unfortunately, human beings have irrevocably upset the balance of nature and, as a result, the world is facing the greatest rate of extinction since we lost the dinosaurs more than 60 million years ago.

This Earth Day we are all asked to join the 'Protect our Species campaign' and work together to make a difference for the future. Go to: www.earthday.org/earthdayinbox/

PAY IT FORWARD DAY – APRIL 28

Pay It Forward Day is a global initiative that exists to make a difference by creating a huge ripple of kindness felt across the world. We believe that small acts, when multiplied by millions of people can literally change the world for the better. Join us in paying it forward, and help spread the word about this important day!

<http://www.payitforwardday.com>

Kids in the kitchen



Turkey, Cranberry & Sage Sausage Rolls

PREP 15 min | COOK 20-25 min | SERVES 4

INGREDIENTS

- 500 grams turkey mince (you can use chicken mince if you prefer)
- 2 spring onions, finely chopped
- 2 tablespoons sage, finely chopped
- 1 heaped teaspoon garlic, minced
- 2 teaspoons Dijon mustard
- 1/4 cup cranberry sauce
- 2 sheets puff pastry, thawed
- 1 egg, lightly beaten
- sesame seeds, for sprinkling

METHOD:

Preheat oven to 200 degrees Celsius (350 F). Place the turkey mince,



the turkey mince mixture into four equal portions, roll into sausage shapes and place on each piece of pastry. Brush the edge of the pastry with a little egg and roll to enclose. Cut each roll into four and place on an oven tray lined with baking paper. Use scissors to cut slits in the tops of the rolls, brush with egg and sprinkle with sesame seeds. Bake for 20-25 minutes or until golden. Serve as is or with a good dollop of salt reduced tomato relish or sauce. Enjoy x

Book reviews

THE INTERESTING AND THE FUNNY!

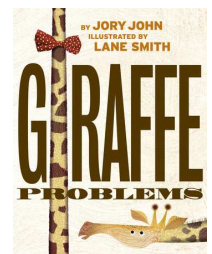


STEPHEN HAWKING
LITTLE PEOPLE, BIG DREAMS

New in the Little People, Big Dreams series, discover the life of Stephen Hawking, the genius physicist and author.

As a child, Stephen used to look up at the stars and wonder what else was out there. After gaining his education at Oxford University, he went on to make a ground-breaking discoveries. Although his health was declining, Stephen was more determined than ever to study and share his findings with the world.

GIRAFFE PROBLEMS
JORY JOHN



Can you guess what's making this giraffe self-conscious? Could it be . . . HIS ENORMOUS NECK??

Yes, it's exactly that—how on earth did you figure it out? Edward the giraffe can't understand why his neck is as long and bendy and, well, ridiculous as it is. No other animal has a neck this absurd. He's tried disguising it, dressing it up, strategically hiding it behind bushes—honestly, anything you can think of, he's tried.



SQUARE
MARK BARNETT

The beguiling second entry in the innovative shape trilogy by multi-award-winning, New York



FOCUS: The importance of self-care and how to make time for it.

Times best-selling duo Mac Barnett and Jon Klassen.



Parenting is one of life's greatest joys. But it comes with some sacrifices. Are you the movie lover who can't remember the last movie you saw in the theatre? The exercise buff who let your gym membership expire because you hadn't been there in months? Perhaps you've become accustomed to being referred to as "Jane's Mum" or "Brian's Dad"? It may feel as though you lost some of your personal identity after becoming a parent. It's time to commit to self-care. Remind yourself of the person you were before you became Mum or Dad. Build a new you, yet again.

You're the role model

As a parent, self-care is important, especially because your child is watching. He takes cues on how to act from you. She learns how to manage problems and to cope with stress by watching you deal with adversity. He learns about healthy relationships by seeing how you interact with your spouses, partners, friends and relatives. If we want to ensure our children have healthy role models to measure themselves against, we must make time to invest in ourselves.

For most parents with competing demands, the first thing to go is often related to self-fulfilment or self-care. It makes sense. Becoming parents, you live for your children. You learn they are worth sacrificing for. But there must be balance if we want to be the kind of role models our children can look to for learning how to navigate challenging situations and for knowing how to live a healthy, satisfying life. Remember, we are parenting for the future ... preparing our children to become healthy 30, 40 and 50-year-olds. Model for them what that looks like.

Invest in yourself

Self-care is part of being a good parent. Consider these suggestions:

- **Take care of your body.** Get enough sleep (recommended 7-9 hours per night). Eat healthy foods including a combination of whole grains, lean meats and fishes, fruits and vegetables. Get moving. If the gym isn't your thing, take a walk. (Or go out dancing!)
- **Enjoy yourself.** Commit to doing at least one thing you enjoy each week. Spend time on a hobby. Maintain your interests.
- **Feeling stressed? Find ways to relax.** Take a bath. Listen to calming music. Read a book. Practice mindfulness.
- **Nurture the important relationships in your life.** Find time to return messages, emails, and calls even if it is just a quick "thinking of you" text to a friend. Show your spouse or partner you care with a thoughtful note or small gesture.
- **Invest in others.** Helping others is gratifying and brings a sense of meaning and purpose to our lives. So get out and volunteer, join a community service organization, or engage in small acts of kindness. It's easy helping an elderly neighbour unpack groceries, or picking up a busy friend's child from school.

How to find the time:

- **Allocate it:** The time is there you just need to make it a priority, so put it in your diary, begin small, block out 15mins of you time and make it non-negotiable.
- **Swap 'self-care' time:** organise with another time poor parent to arrange a couple of hours once a week where you take turns in looking after each other's children and take time for you.
- **Get up earlier:** Taking as little as 10 minutes every morning for you can change the entire flow of your day. You may only have a cup of tea, do some yoga, go for a walk or read a book. But that 10 minutes is your time to rejuvenate and set your intentions for the day.

Caring for yourself is not selfish at all, it's a strategic act of good parenting. We can't expect to give kids our all, if our tank is empty. The well-being of our children relies on our health, resilience, and the strength of our relationships. Keep your tank full so you have the energy to offer your kids the best of you.

Source: Parent and Teen (2019, March 10). The Parent Sacrifice: Why Self-Care is Important Retrieved from <https://parentandteen.com/invest-in-yourself/>

YOU NEED: Any picture books will work, 'Goodnight Numbers' is a beautiful example of this exercise.

HEALTH & SAFETY: Button Batteries

We want children to see math as friendly and relevant to their lives — and it's never too soon to start. Math concepts can be taught in fun ways without specifically doing a math activity.

Around 20 children present to hospital emergency

1. **Departments every week in Australia due to suspected button battery ingestion or insertion.** readbright.com.au/learn/health-and-safety/health-and-safety-deeper-at-the-images-on-the-page.

In some cases, the damage is catastrophic and can be fatal.

Why is it happening? Button batteries are enticingly shiny and smooth. They're also easy to swallow and can get stuck on the way to the stomach, causing severe localised burning with surprisingly few symptoms.

There have been two button battery-related deaths in Australia to date. In both cases, the parents didn't know their child had swallowed a battery and its source was never found.

About button batteries:

Button batteries are found in many common household products, such as remote control car keys, TV remote controls, calculators, kitchen and bathroom scales and greeting cards. The rapid rise of button batteries in the marketplace has happened well ahead of any safety regulations.

Toys designed for children aged under three are legally required to have secured battery compartments, but these are the only products where battery safety is mandated. Everything else is self-regulated by a voluntary code that makes a number of recommendations, including avoiding the use of button batteries altogether.

Risks and injuries:

If swallowed, coin-sized button batteries can lodge in a child's gastrointestinal system. An electrical current is immediately triggered by saliva, which causes a chemical reaction that can cause severe burns to the child's oesophagus and internal organs such as the lungs, heart, arteries and spine. This can take only a few hours, resulting in serious injury or death. These injuries can occur even if the battery that is swallowed is flat.

Once burning begins, damage can continue even after the battery is removed and repairing the damage can be painful and may require multiple surgeries.

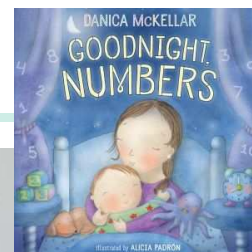
Symptoms that may occur after swallowing a button battery include:

- gagging or choking
- drooling
- chest pain (this may present as grunting)
- coughing or noisy breathing
- unexplained vomiting or food refusal
- bleeding from the gut: black or red vomits or bowel motions
- nose bleeds – sometimes this can be blood vomited through the nose
- unexplained fever.

2. **Look at the pictures** – Observe numbers as they exist in the real world — four legs on a cat, five points on a star, six sides on a block, etc. Count together.

3. **Take the opportunity** – to point out numeracy concepts whenever the opportunities are presented.

Read more about this topic at [readbright.com/help/numeracy-mathophobia/](https://www.readbright.com/help/numeracy-mathophobia/)



These symptoms are similar to many other conditions and may not appear for some time, so it may not be suspected that the child has swallowed a battery.

Buying Tips:

If buying a household device or novelty, look for products that do not run on button batteries. If you do buy button battery operated products look for ones where the battery compartment requires a tool or dual simultaneous movement to open. This will make it difficult for a young child to access the battery.

Safe Use

- Keep products with button batteries out of sight and out of reach of small children.
- Examine devices and make sure a child cannot gain access to the batteries inside.
- Dispose of used button batteries immediately. Flat batteries can still be dangerous.
- If you suspect a child has swallowed a button battery, contact the Poisons Information Centre on 13 1126 and you will be directed to the nearest hospital or emergency service that can manage the injury.
- Do not let the child eat or drink and do not induce vomiting.
- Tell others about the risk associated with button batteries and how to keep their children safe.

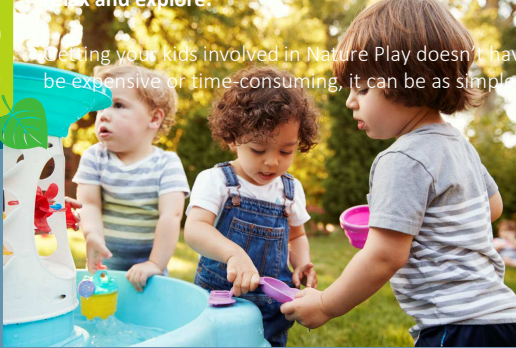
Source: Product Safety Australia (2019, March 16). **Button Batteries Retrieved from** <https://www.productsafety.gov.au/products/electronics-technology/button-batteries>

Choice (2019, March 16). **Button Battery Safety Failures Retrieved from** <https://www.choice.com.au/babies-and-kids/children-and-safety/avoiding-common-dangers/articles/choice-button-battery-test>



EXPLORE THE OUTDOORS

Nature play is a term used to describe the creation of simple play opportunities in the natural environment. Nature play encourages kids and parents to see the natural environment as a place to enjoy, play, imagine, relax and explore.



Getting your kids involved in Nature Play doesn't have to be expensive or time-consuming, it can be as simple as a

Water is an important natural material that provides hours of absorbing fun and a multitude of wonderful development and learning opportunities.

What are the benefits of Water Play?

Energy Release – Children can find water play both calming or invigorating depending on the activity being presented.

Therapeutic Water Play – Water play doesn't have to be loud and busy, it can be a tranquil activity where children are quietly absorbed. A bit like losing yourself in a colouring page, children benefit from the relaxing and repetitive nature of scooping, pouring and running their hands through the water.

Motor Skills – Water play gives many opportunities to develop gross and fine motor skills across the age ranges. **Fine motor skills and hand and eye coordination are constantly refined** as children scoop and pour water and fill and empty containers in a multitude of different ways. **Gross motor skills and large muscle strength is developed and stretched** as children are encouraged to carry and pour larger and heavier pots and buckets of water.

Social Skills - It is a great way for children to **learn to share and take turns** as they share the physical space and the play items in the water.

Language and Communication - Water play is so versatile you can add pretty much any play items to it, be it dinosaurs and mud for a swamp or cars, sponges and bubbles for a car wash, the possibilities are endless! Of course **each new way of playing with water brings with it new vocabulary choices** for all the play items and play scenarios involved, as such, it is a fantastic resource for building new vocabulary and communicating with peers as they play.

Source: <https://kidscraftroom.com/benefits-water-play/>

visit to the local park where the kids can roam free, going for a bushwalk, planting bee friendly plants in your garden, or exploring a local water way.

Nature Play is getting outside and enjoying time together. Encourage your family to commit to one outdoor activity each week, use Nature Play week as a start to a long term routine.

Nature Play Week April 17 -28.
Go to natureplayweek.org.au



- 1 cup rolled oats
- 1 cup plain flour
- 2/3 cup brown sugar
- 2/3 cup desiccated coconut
- 125g butter, chopped
- 2 tablespoons golden syrup
- 1/2 teaspoon bicarbonate of soda

METHOD

Step 1

Preheat oven to 160°C/140°C fan-forced. Line 3 baking trays with baking paper.

Step 2

Combine oats, flour, sugar and coconut in a bowl. Place butter, syrup and 2 tablespoons cold water in a saucepan over medium heat. Stir for 2 minutes or until butter has melted. Stir in bicarbonate of soda. Stir butter mixture into oat mixture.

Step 3

Roll level tablespoons of mixture into balls. Place on trays, 5cm apart. Flatten slightly. Bake for 10 to 12 minutes or until light golden (see note). Stand on trays for 5 minutes. Transfer to a wire rack to cool.



Temporary Holiday Hours:

In the upcoming holiday period Educators will need to send their temporary holiday hours to the office for approval. This needs to be done at least one week before