

YOUR TIME AND ENERGY ARE NOT WELL SPENT DWELLING IN THE PAST OR BEING ANXIOUS OF THE FUTURE. INSTEAD, LIFE IS BEST SPENT BEING FULLY PRESENT TODAY – DENAYE BARAHONA



Kidz Dream
FDC



ON *this* MONTH

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HARMONY DAY

21st March

Harmony Day is celebrated annually on March 21st in Australia. Harmony Day began in 1999, coinciding with the United Nations International Day for the Elimination of Racial Discrimination. Each year, it is marked by people coming together and participating in local activities.

What activities will you be doing with your kids?
Send your pictures in so we can share them on our Facebook page.



CLEAN UP AUSTRALIA DAY – 3 MARCH

In 1989 an 'average Australian bloke' - Ian Kiernan, had a simple idea to make a difference in his own backyard - Sydney Harbour. *Clean Up Australia Day* is the nation's largest community mobilisation event. 2019 is the perfect time to band together in Ian's honour, celebrate what has been



Pea, asparagus & mint pasta with lemony ricotta sauce

PREP 5 min | COOK 30 min | SERVES 4

INGREDIENTS

- 2 chicken breasts
- 500 grams short pasta
- 250 grams frozen peas
- A bunch of asparagus, woody ends trimmed and sliced into 3
- 1 cup fresh mint leaves, roughly torn
- 1 cup ricotta
- 1 cup shredded tasty cheese
- Juice and zest of 1 lemon

METHOD:

Preheat oven to 180 degrees Celsius. Place the chicken breasts onto an oven tray, drizzle with a little olive oil and bake for 18 minutes or until cooked through. Shred the chicken breasts using a couple of forks. Set aside.

Meanwhile, bring a large pot of water to the boil, add pasta and cook according to packet instructions. Add the peas and asparagus half way through the pasta cooking time (they need 3-4 minutes in the water to cook). Drain and set aside.

Place the pasta, peas and asparagus into a large bowl along with the shredded chicken, mint, ricotta, tasty cheese, lemon zest and juice and stir to combine. Serve immediately. Enjoy x

Enjoy x Remember to always supervise kids in the kitchen.

the whole family. No ads, and no in-app purchases.

Children will discover excerpts of famous works by, Wolfgang, Mozart, Beethoven and many more while uncovering seemingly endless activities.

achieved, show your support and continue his dream to Clean Up Australia. www.cleanupaustaliaday.org.au

EARTH HOUR – 30 MARCH

Every year hundreds of millions of people around the world in more than 7,000 cities in over 180 countries take part in this amazing global conservation movement. People do a wide range of things around the hour to show they care about our planet's future. Millions choose to mark Earth Hour by going 'lights out' for 60 minutes at 8.30pm – a symbolic show of solidarity. #Connect2Earth Find out more at www.earthhour.org.au.



LEARN, RELAX AND PLAY WITH THESE NEW EDUCATIONAL APPS



HOPSTER
FREE WITH IN APP PURCHASES

Hopster provides a safe place for young children to access educational and entertaining media.

Hopster provides video, music, books, simple games and creative activities specifically chosen for young children. Famous characters, actors, and writers all feature in its superb content.

STOP BREATHE & THINK KIDS
FREE WITH IN APP PURCHASES



Meditation and mindfulness made easy and fun for children, to help them discover and develop their superpowers of sleep, being calm, learning to breathe or to resolve conflicts.

Children can check into how they are feeling using fun emojis and try recommended mindful missions and meditations tuned to those emotions. Stickers reward their progress and keep the mindful activities

TONGO MUSIC FOR KIDS
\$4.49



Tongo Music is a fun, engaging educational app about music for children and



FOCUS ARTICLE: This is why your child can't actually 'calm down' during a tantrum



We are constantly absorbing emotions from those around us. That's part of the reason being around kids and teens, with their roller coasters of emotion, can be so exhausting. And when our own hearts and minds are clouded by emotion, we are not showing up and responding with our wisest mind and most open heart.

Our capacity for calm in the midst of a kid's emotional storm offers hope, because it signals that calm is possible in the midst of chaos.

Neuroscientist Dan Siegel and parenting expert Tina Bryson creatively describe "downstairs" and "upstairs" aspects of the brain. Our primitive brains—the limbic system and amygdala—are reactive and emotional, driven by impulsive, short-term interests, and primitive drives. This childlike, impulsive, instinctual system lives downstairs. Meanwhile, the outer cortices of our brains, which enable us to inhibit impulses, slow down, gain perspective, process emotional stimuli, and articulate these stimuli into thought and action, live upstairs. This upstairs area helps us plan, think before we act, take perspective, make moral decisions, and form relationships. The "wise mind" integrates both our emotional and our rational minds, according to Marsha Linehan, the creator of dialectical behaviour therapy. The four aspects of our brains—left, right, upstairs, downstairs—need strong connections to work together to build wise, healthy brains.

During a tantrum, when the amygdala and emotions flare up, it's almost impossible for logic to penetrate our kids' closed-off outer cortices. Helping them settle down from a tantrum to engage their wise mind takes wisdom, compassion, and plenty of patience on our part.

Our children are not miniature adults—their growing brains are actually incapable of taking an adult perspective on a situation and using that knowledge to calm down.

Remembering this can help us see that tantrums are not methodically manufactured manipulations. A child's tantrum operates at an instinctual level that simply won't respond to reason. Once we recognise this, we can make more effective choices about responding. Yes, sometimes challenging behaviours are premeditated, and in those cases, we should respond with intention, logic, and clear boundaries or consequences.

However, when our kids are experiencing a limbic system meltdown, what they need is connection and calming. When children descend into lower-brain chaos, parents need to work overtime to first calm our own prefrontal cortex (PFC), which is associated with planning and thinking and is located just behind the forehead—so we can view the situation clearly. When we show that we've regulated our own emotions, it signals to kids that it's safe for them to calm down. It also models and mirrors to them (often literally, through what are called mirror neurons) how to calm down. Thus, the quickest way to cultivate calm in a child is to practice being calm yourself.

As one meme I recently saw on Twitter says, "**Never in the history of calming down has anyone ever calmed down by being told to calm down.**"

Telling kids to relax doesn't work nearly as well as a soft voice or a gentle touch, both of which turn on the "attend and befriend" response, shut off fight or flight, thin out cortisol, and boost oxytocin, the so-called love hormone. Once we establish that fundamental connection with our child (or anyone, for that matter), we can open our hearts and minds to each other, see each other's perspective, and move on together.

Once your child calms down, you can move toward processing and planning verbally. Here are some things to try: Continue to engage the prefrontal cortex (PFC), don't forget your kid's basic needs, sometimes you have to get creative and throw your kid a curveball. Try to jump-start their PFC with a seemingly random question. Decrease the dominance of the amygdala with games.

When we interrupt tantrums like this, it's vital that, once things calm down, we address what triggered the tantrum. You don't have to rehash the details of every conflict, but remember that consistency is always key to raising resilient and healthy kids. So if you say you are going to come back to something later, come back to it. This lets kids integrate the experience with their whole brain once it's fully back online.

Source: Motherly; Christopher Willard (2019, January 22). This is why your child can't actually 'calm down' during a tantrum. Retrieved from <https://www.mother.ly/child/this-is-why-your-child-cant-actually-calm-down-during-a-tantrum>



ALPHABET ROCKS

YOU NEED: 52 rocks (these may be collected or purchased) Choose rocks that are smooth and big enough to not be a chocking hazard. Permanent Marker.

Using a black permanent marker, carefully print an upper case letter on one side of a rock and the corresponding lowercase letter on the other side. This is an easy way to help children gain practice in connecting uppercase with lowercase letters. These rocks will become a reusable learning resource in your home, with so many activities possible. (This will ensure you have 2 sets of letters for

activities).

1. Upper case, lower case match - This activity is simple; children search the rocks and match the letters.

2. My name – Write your child's name on a piece of paper for your child to copy with the rocks. Model the activity by spelling your name using capitals and lower-case letters.

3. Sight words – Use these rocks to make basic sight words from familiar books.

This activity was adapted from homegrownfriends.com

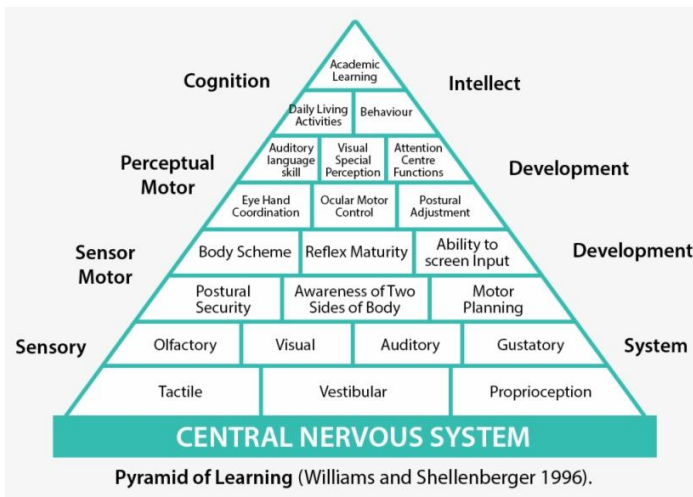


HEALTH & SAFETY: Core strength is more important than you know

This article was written by Nicole Rowan, a mother of three children and a paediatric Occupational Therapist.

For children, their “occupations” are play and school. This is how they learn, grow, and develop. Once I had my own children, my perspective and practice as an OT changed for the better. Likewise, my knowledge of development has enhanced my parenting.

The first thing I wish every parent knew about child development is **the importance of core strength and position as the foundation for fine and gross motor skills, speech and language, and academic skills.**



Often, parents seek support because they recognise that their child is having difficulty communicating. It is relatively easy to spot and critically important. However, speech and language skills are near the top of the “pyramid of development” (as pictured above) and intervention aimed there, while disregarding the foundation, will not be as effective. OTs along with our Physical Therapist colleagues (if we’re lucky enough to have one) look at a child’s sensory-motor function as a basis for growth and development.

Our bodies get information from our environments by moving and sensing which then gets processed for a physical response. This happens unconsciously all day long, but if there is a glitch in the loop, everything gets thrown off. Glitches happen for a number of reasons, many which are beyond your control. What you can do is ensure your child has plenty of opportunities to develop core strength, and pay attention to their position and movements.

Here are my top recommendations for working on Core Strength:

Starting with tummy time in infancy and continuing until they graduate high school, encourage your child to play in different positions. Lying on tummy propped on elbows, kneeling on haunches, tall kneeling, kneeling on all-fours, standing, criss-cross

sitting, side-sitting, and sitting on a child-sized chair to name some. Change it up! Many kids are comfortable in an upright position because that’s where they’ve spent their whole lives (in car seat, baby chair, swing, sling, etc.) but kids need other positions to develop balanced muscles and stability in their hips and chest, not to mention their visual system. Good core strength and stability allows us to have good movements and control with our limbs, hands and fingers.

Remember wheelbarrow walks from your childhood?! They are an oldie-but-goodie that improve core strength. Have some fun with your kids with daily wheelbarrow races, and throw in some animal walks too. Think, bear walks, crawling, slithering like a snake, leap frogs, bunny hops – all of these tap into the foundation skills in a playful, fun way.

Go to the park to climb, swing, slide, walk along a balance beam. In the midst of structured organized sports and recreation activities, don’t miss the chance to let your kids freely explore movement in the park environment. Can’t get to the park? Consider how you can replicate those moves indoors. Tape a “balance beam” on the floor, crawl up and down the stairs. Set some safety rules, then get moving. Even better, set up an indoor obstacle course using your household furniture and objects.

Core strength is connected to attention, anxiety and behaviour. When kids hold their breath and brace themselves or take big belly breaths (for example, in an attempt at deep breathing), this can trigger the fight/fright/flight response and heighten their awareness of everything in their environment, making it appear as if they are distracted and inattentive. Instead, encourage your child to sit or lie in a comfortable position and take deep breaths to expand the lower ribs: which engages the core muscles. Also encourage kids to breathe throughout their movements.

There are many resources available today for parents, and activities such as yoga classes, indoor soccer, and skating lessons. All of these are good but they are not “required”. For most kids, if you get down on their level, follow their lead, play and have fun, they will naturally engage in activities and positions that will develop foundational core strength.

If you’re a parent struggling to get your baby to do tummy time, or wondering whether they really need to crawl, or trying to muster the energy to hit the park, press on and know that you are investing in their foundational skills and setting them up for success as they continue to grow and learn.

Source: This Birds Day (2019, February 16). What I wish every parent knew: Core Strength Retrieved from This Birds Day



INTERNATIONAL DAY OF FORESTS

Did you know that forests cover one third of all land on earth and are home to 80% of the planet’s land animal and plant species? Forests and trees make vital contributions to our lives and to the planet, bolstering livelihoods, providing clean air and water, conserving biodiversity and responding to climate change.

The theme for 2019 is ‘Forests for Education’, so this year

We challenge you to create something to educate others. As a family you may like to create a poster, a song or create a short video to educate others on the importance of forests.

Working together on a project promotes communication and provides a platform to discuss sustainability with your children.

International Forests Day is March 21. Go to <http://www.fao.org/international-day-of-forests/en/> to find out more.



CIRCLE TIME



Circle time is a great way for Pre-schoolers to get a sense of community with other kids their age and enhance their social skills and improve their attention span.

We believe that starting with circle time helps to introduce the topics and plans for the day. Here are some benefits of a successful circle time for Pre-schoolers.

What are the benefits of Preschool Circle Time?

Establish Community – My having circle time, or group time, our pre-schoolers greet each other and learn awareness of other children. This kind of interaction helps to enhance the social skills of toddlers. They learn that each child is valued as a member of the group.

Plan it Out – Use circle time to go over the day's plans and topics. With all the children in the class together, everyone will know what the class will be doing. Kids are always curious and circle time is a good opportunity for them to ask questions.

Keep it Fun – Getting toddlers and pre-schoolers to sit still for any amount of time can be tricky. Keeping circle time fun and interactive can help keep toddlers engaged and help to improve their attention span. Circle time becomes a fun activity rather than a chore.

Make it a Routine – When something becomes routine or familiar to young children, they respond to it better.

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.

Upcoming Easter Period April 2019

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 the period starts.



DANCE PARTY

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

When was the last time you turned on some music and let loose on the dance floor? Or for this purpose the lounge room floor with your kids? For the next 5 minutes turn on some music and get down and boogie. Copy your kids moves and teach them some of your tried and true favorites!

Feedback 
is always welcome

How can we make our newsletter even better?

What information would you like us to include?

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