



Mother Goose Day Nursery

NEWSLETTER SEMESTER 1 APRIL 2016

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WELCOME TO ALL NEW FAMILIES

Welcome to all our new families, we hope that you are settling in to Mother Goose Day Nursery. I hope everyone had a wonderful Christmas and New year. At the end of last year our families raised \$980 for toys for charity for Christmas as well as donating a boot load of cans and non perishable foods for families who needed a hand over Christmas.

We are on face book and this is a very effective way for us to communicate with you about what is happening through out the centre.

If for some reason you feel that your child is not starting to settle into care please talk to your Room Leaders. There are lots of tips and strategies that we can share with you. We are here to support you and your child during this transition.

FRIENDLY REMINDER

For children in all rooms:

Please ensure your child wears a sun hat in which fits into our sun safe policy, *Caps are not considered sun safe.* These needs to be a broad brim, bucket or legionnaire hat. **Please remove cords** from hats these can create a choking hazard if caught on climbing equipment. Any cords remaining will be removed by our educators in the coming weeks. Please ensure that you child's clothing also meets our Sun Safe policy, (shirts must have a sleeve in them).

For children in Tiny Tadpoles, Curious Koalas and Leaping Frogs– Please supply a set of cot sheets in a pillow slip or a draw string bag. Pillows are not necessary. If your child uses a comforter in the form of a toy or wrap please also place these in the pillow slip. Please keep all other **TOYS AT HOME**. These often cause conflict and cause distress if lost or broken. Please supply nappies, if nappy cream is required please label this and place in the nappy change area, Creams can not be stored in children's bags.

Label Belongings– Please clearly label all clothes (2x sets of spare clothes– we love messy play), bags, hats, shoes, bottles, lids, dummies etc. This helps us ensure that these get back to you.

Sipper cups/ Drink bottles– Tiny Tadpoles and Curious Koalas need to pack this each day. Drink bottles are to be left at home in the Leaping Frogs.



Car accident puts child in wheelchair

Everyone reads articles about unfortunate events and tragic stories. It seems that the only news is bad news.

Sharron and Matthew Thomas spent close to three years trying to get Mother Goose Day Nursery through Council. After many neighbour-hood petitions, lengthy council meetings and numerous traffic flow scenarios, Sharron and Matthew finally celebrated with a bottle of champagne the success of gaining Council Approval. Council did not however grant approval without conditions of development approval.

One of the conditions was that their would be **NO RIGHT TURN** into the Child Care Centre. This proposal was accepted on the merits that Mother Goose Day Nursery knew its clientele and could promote the safe access to the site for the safety of the families and children concerned.

Still to this day, Mother Goose Day Nursery is still trying to get families to obey the sign and development consent.

Please for the safety of your family and to reduce the likelihood of an accident, please use the Give-Way Triangle in front of Saroff and Saroff to turn around safely. It only takes a moment longer to keep your family safe and to keep Mother Goose Day Nursery OFF the front page of the Maitland Mercury.

Some resident will surely say "I told you so."

Fees as at 1st January 2016

Brilliant Bees	\$83.00/day
Leaping Frogs	\$85.00/day
Tiny Tadpoles/ Curious Koalas	\$91.00/day

Thanks to Pacific Smiles

A big thank you to Pacific Smiles and Margo for showing all the children in our Brilliant Bees and Leaping Frogs room how important good dental hygiene is. Margo visits every year with her bubbly personality, The children love the puppets, oversized toothbrushes and energetic presentation. The children also get a new tooth brush, stickers, and dental floss.

Again our thanks goes to Margo.





Brilliant Bees (4 - 6years)

Welcome to 2016 - we are all settling in beautifully welcoming old and new friends to the mix. Firstly we would like to introduce the educators that will be inspiring your child towards flight - Amy is the room leader in the Brilliant Bees, she has a degree in Early Childhood and her hours are 7.45am - 3.45pm Monday through to Thursday, Sarah works from 8.45am - 4.45pm Monday - Friday, she completed her traineeship with Mother Goose in 2015 and currently has a Certificate III, Stacey works Monday, Tuesday and Friday 8.30am - 4.30pm and has her Diploma. Whilst Briane helps out on a Friday when Amy is off - Briane is in her last year at University completing her teaching degree. You will also see Jenny, Emaly and Leanne, both of whom have a Certificate III, within the room covering lunches, and programming.

We encourage families every day to take a look at the red ipad - the ipad not only indicates what was on the menu that day and whether your child has enjoyed this or not but it has our program, which indicates what is happening across our day, from language, music and movement and what activities are placed out throughout our day. It will also have photos of the children engaging in play throughout the day. Please let us know if there is anything you would love to see. We do endeavor to ensure we cover a vast array of our day but unfortunately you will not see your child on the ipad everyday as there is 20 children moving throughout the Bees every day and although quality time is spent with all of your children it would be a very lengthy process to have the children on the ipad every day they attend. You can refer to our program and ask your child about the day using the program as a starting point for your child - i.e "I see you read the story ... today, what was your favourite part?"

Thanks to all the families who have shared their goals for your child with us, you will see on the program how we are striving to work with your child in accomplishing them.

We have just started our Show and Tell program - all the Brilliant Bees will take turns in receiving a blue Show and Tell bag with a name of a day on it - this is the day your child will be ask to bring in Show and Tell i.e. if you get a Monday bag can you please return the bag the following Monday. We ask that you encourage your child to bring one item that they can explain and talk about to their peers so we can practice our public speaking skills (photos, item from a holiday, shells collected from the beach, craft they have made etc.)

Relaxation is a part of the daily routine in the Brilliant Bees room. Relaxation takes place in our room between approximately 1pm - 1:30pm. The children read books quietly in their own space for 10 - 15 minutes before resting their bodies for 10 - 15 minutes. Please tell Amy, Sarah or Stacey if your child requires a sleep while in care. If your child requires a sleep please send sheets with your child and a bed will be provided at relaxation time. Please also encourage toys to stay at home as we do not want them to get lost or broken.

If you have any questions or queries please do not hesitate to ask.

Looking forward to an amazing year with your children.

Amy, Sarah and Stacey

Leaping Frogs (2.5 - 4years)



Welcome to the leaping Frogs for 2016.

What a beautiful start we have had to 2016! Our Leaping Frogs have been very busy exploring, discovering new things and forming relationships with their educators Kasie, Denise and Jenny and of course making and continuing with new friendships.

What did my child do today?

If you ask your child this question the answer is probably **"Nothing"** we do lots of nothing at Mother Goose! So you know what nothing means we provide documentation of the children's learning experiences in a reflective journal on the green I pad. Photos and children's masterpieces are displayed around the room. Your feedback on this documentation would be appreciated; Please talk to educators or answer posed questions which will be placed near documentation. If you or your family have an interest or skills you are able to share with children and educators we welcome your input and would love you to share these with us. It may be you could contribute to our garden, share you cooking talents or your love of music or simply share a story or celebration. If you think there might be a more effective way to share information about your child's day with you, please let

us know. We are always happy to share information by way of short conversations on pick up and drop off, but if you need to have a longer chat with us, please feel free to call us during the day and we will get back to you as soon as possible or we are always happy to arrange a time to sit down and have a more in depth chat when appropriate.

Goals

We have endeavoured to speak to all families about the goals that you have for your children, to either achieve at home or in care, so that we may work with you and your child in achieving them. We have set goals for each child to work towards during their time at Mother Goose to help them in reaching their full potential, with your goals in mind. If you have not shared your goal with us, please let us know so that we can work in partnership with you. Please feel free to talk to Denise or Kasie about this if you have any questions.

Self-Help skills

Most of the children in the Leaping Frogs room still require a sleep or a rest during the day, as we are very busy playing and learning. For rest time please supply a set of cot sheets or single bed sheet in a pillow slip or a draw string bag. Pillows are not necessary. If your child uses a comforter in the form of a toy or wrap please also place these in the pillow slip. We do encourage that all other **toys are kept at home**. These often cause conflict and cause distress if lost or broken.

We have many children that are becoming much more confident with using the toilet independently which is great! We do though have the occasional accident. Please label all belongings CLEARLY, yes even undies, socks and shoes- if clothes get left behind and put through our washing machine, it makes them much easier to identify later. The Leaping Frogs also have access to their bags and are still developing the skills required to care for their belongings. This will make it a lot easier to locate your child's belongings at the end of the day. Your child's shoes will be placed in the green box usually located on the verandah or just inside the door. Please remember to pack a few sets of clothes to allow for accidents, messy play and water play. Even the very big kids love to make a mess.

Leaping Frogs Continued....

We observe document and plan for each child on a regular basis and these observations, photos and masterpieces are compiled in a individual portfolio for each child. You may have access to your child's portfolio at any time during the year. All you need to do is ask. Around July we will give you the portfolio for you to view and share with your family, we ask that you return these so educators can complete them and at the end of the year they are yours to keep.

Our investigations.....

We are very keen investigators in the Leaping Frogs room and so far this year our main interest has been anything creepy crawly! We love searching through our gardens and finding bugs. Of particular interest has been lady beetles! We have discovered many different varieties in our gardens and this investigation, supported by educators, has been encouraging us to think about similarities and differences, naming shapes and colours, counting spots, thinking about habitats and caring for other living things as we look at the bugs, hold them gently and always put them back somewhere safe. We have become keen researchers as we google with educators, using technology to discover the answers to questions, like what is that bug and why is it that colour? Ask your children about lady beetle babies and see if you can find one in your garden!

Another favourite activity of ours is mixing and pouring with dry and wet ingredients- flour, seeds and slime. We are developing our fine motor skill and coordination as we pour, knead, use spoons and tongs to pick up seeds and dough as well using our pincer grasp to pick up small items and manipulating the spoons to stir. All of these things are preparing our muscles for handwriting later on. We are also developing knowledge about the scientific process of change and transformation. To build on our experiences we are going to be cooking our own food. If you have an interest in this, please let us know- the more hands the merrier (and if you have any family favourite recipes for us to try we'd love to hear them).

We look forward to being an important part in your child's learning journey



Portfolios

This year we are changing our portfolios. We hope that these will demonstrate your child's learning and document your child's personality even better than before.

We aim to contribute to these on a more regular basis and what is in your child's portfolio to have more meaning. We look forward to your feedback later in the year.



TINY TADPOLES (0-1.5 YEARS)



Welcome to 2016

Wow, it is March already and we have been thoroughly enjoying getting to know all of our new Tiny Tadpoles and welcoming all of our new families to Mother Goose. Tiny Tadpoles educators this year; Erin is the Room leader working Monday and Wednesdays from 9am-6pm, Tuesday from 11.30am-6pm and Thursdays and Fridays from 10am-6pm. Erin will be there on pick up and will be able to talk to you all about your little ones day. Alex is with our Tadpoles every day in the 7.30am -3.30pm shift and will greet each of you of a morning on drop off. Sheree also works closely in our room as she relieves lunchbreaks and programming. Sheree works 9am - 5pm Monday to Friday. If you have any questions, concerns or comments, please talk to Erin and Alex and we will do our best to assist you. You may also see Emaly who work with us on Mondays and Thursdays.

Each day your child will come home with a routine sheet with information about their day. Our routine sheets will have information such as their sleeps, what they have ate and their nappy changes as well as a few sentences about something exciting that your little one experienced in the day. We also place photos and information about what happened throughout the day on our Pink iPad whenever we can, which is placed with the attendance register on our entry table. Individual observations are done on each child and placed in a portfolio for you to look through anytime and keep at the end of the year. If ever you want to have a look, please ask and we will be happy to show you- these are a continuing work in progress.

We have also been developing and fulfilling a goal for each child to help guide some of our planning and programming. These are created based on our observations, information provided by and discussions with families, developmentally appropriate skills and The Early Years Learning Framework. If there is a particular goal that you would like to see you child working towards whilst at Mother Goose Day Nursery, please let us know, so that we can work alongside you in achieving this for your child. Thank you to all our families who have already brought in their family photos and leaves for our hopes and dreams tree. Some of our children love walking around with pictures of their families- it assists them to settle and allows them to feel more at home in their care environment. If you have not already brought yours in, please bring in as many as you like. We encourage photos of family pets, important extended family members etc. We are in the process of making a big board to place them all on. We would also love to hear what your child's favourite song and book is to sing or read with you at home. This would help us in building relationships with your little ones as we share familiar songs and stories from home and build language skills. We look forward to reading your contribution in the book.

WATCH OUT FOR OUR TBA TINY TADPOLES FRIEND! Another tool we use to link the home environment and day care is our TBA Tiny Tadpoles friend. Our friend is a soft animal that we send home with a scrap book for you to paste a picture or two in of their adventures at your house. This only needs to be simple. Our friend will be coming home in your bag soon.

One of our favourite areas in our room is our baby dolls home corner. Many of our Tadpoles love to role play as they wrap their babies in blankets, give bottles and place them into bed. This is a continued interest of many of our Tadpoles as they have loved to interact with many of our little Tadpole friends who have started at Mother Goose as they assist Erin and Alex in giving our Tadpole friends bottles and lie on the mat with us and play with them. Caring for babies teaches children empathy, kindness and respect towards others whilst providing children with opportunities to identify with the adult world. Role play supports children in developing social skills as they practise negotiation skills, turn taking, problem solving and sharing. It also supports children's emotional development as they understand and express their feelings through the re-enactment of certain experiences and encourages their imagination. Role playing as they take care of their baby allows children to further develop their language skills as they communicate verbally and non-verbally with their doll and also their peers. As the weather is getting cooler if you could remember to pack a few sets of warmer clothes, footwear and jumpers it would be extremely appreciated.

Thank you for your time. We are looking forward to a great year

Erin, Alex and Sheree

Did you know that you can reuse disposable swimmer pants. Just squeeze out as much water as you can and allow to dry. This can be done several times and will start to pill after a while. (I don't recommend this for wee wet or soiled pants).

Curious Koalas (1.5 - 2.5years)



Welcome to the Curious Koalas for 2016. For all our new families, I am Amy W the Curious Koalas room leader, I would like to formally introduce Sheree to you as your new Room Leader. It is with great sadness that I will leave Mother Goose and start a new chapter in my Child care career. My last day is Friday the 8th of April but I know you will be in good hands with the sweetest lady you will ever meet, Sheree will be working Mon-Fri 7.30-3.30. Sheree also has many years experience in early childhood and also has her Diploma in Children's Services.

The beautiful Jasmin also makes up our team in the Curious Koalas room recently moving from Sydney, holding her certificate 3 in Children Services. Jasmin works Mon-Fri 8:30-4:30.

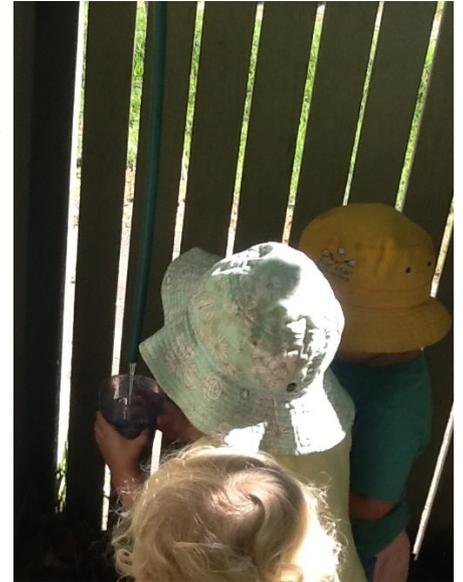
In the Curious Koalas we get satisfaction from watching your children grow whilst placing the utmost importance on building trusting relationships with each child in care. Thus giving them the confidence to feel safe, secure and supported to gain the most from our program and the many different and sometimes very messy experiences we provide.

Through observation and family input we set an individual program for each of our Curious Koalas and are lucky enough to watch the spiral of

learning occur. Water play has been our favourite way to cool down in these warmer months with lots of tipping and pouring happening, co-operation and building friendships as we run through the sprinkler or strengthen our large muscles as we jump and splash in muddy puddles. If you have any concerns about your child or need any questions answered please don't hesitate to ask, on the blue iPad will be our weekly program along with our day sheet of what your child has eaten, slept and a brief overview of our day. In the nappy change room is a daily record of nappy changes.

We thank you for the privilege of caring for your child and look forward to getting to know you and your children over the coming year.

Amy W, Sheree and Jasmin.



A BIG WELCOME TO EDUCATORS

Jasmin: Jasmin started full time in our Babies Room in January in a maternity Leave position. Jasmin has her Certificate 3 in Children's Services.

Emaly: Will be working Mondays and Thursdays in a maternity Leave position. Emaly has her certificate 3 in children's Services.

Olivia: Liv will be joining our team on the 18th April. Liv has a certificate 3 in Children's Services and has many years experience with children. I look forward to Liv sharing her wide range of experiences with us at MGDN.

Leaving:

It is with great sadness that over the next week we say goodbye to Amy W who has been apart of our team for 3 years and Leanne who has been apart of our team for 8 years.

Amy W is leaving us to travel a new path while still following her passion for quality child care. I look forward to catching up regularly when Amy drops her children to care.

Leanne is leaving to take advantage of a opportunity to turn her interest in health and fitness into a career.

I wish both of these ladies the very best of luck, and every success.

Passionate Educators

Denise, Jenny and Amy C Attended Inspired Conference in October last year with many international speakers inspiring change and reflective practise. Check out the creation next to the Bees outside door.

Amy C, Briane and Sarah Attended a workshop through Aspect in March. This was about using the children's interests to create learning opportunities. The Lego Club had already been implemented within the Bees room. Other ideas demonstrated how some Apps can foster an opportunity to develop social skills for example. We look forward to seeing other ideas implemented with the children.

Erin and Jasmin went to a professional development presentation on the 9th March that focused specifically on the 0-2 age groups which has definitely inspired us and brought us back with many ideas that we can incorporate into our daily program and routines so be on the lookout for changes over the next coming weeks. The presentation focused on just how important relationships with not only children but families and other educators are for this age group because without strong relationships our children will be unable to meet our goal of every child to feel safe, secure and supported and therefore reach their full potential.

Sarah went to an inclusion workshop in Sydney. Sarah and felt chuffed with the amazing job and strategies that are already being implemented in the Bees room and can now confidently build upon this with some new ideas.

Baby and toddler routines

Routines are one of the most important things for your baby along with love and a caring & safe environments. Below is a guide of what your babies routine should look like, and of course it is just a guide. Your child may sleep a little longer or shorter, or go down a little earlier or later, but generally baby's routine will look something like the following. Mother Goose structures programs and room routines to suit the developmental ages/stages of the children in our care. This ensures that your Baby is getting everything that your child needs to develop at an appropriate rate. If your child's routine is different than this, it may be an indication that your child is not developing at an appropriate rate and may need to be referred to a pediatrician. If you have any concerns about your baby please see your Room Leader Erin, Kasie or Amy W.

You can also find more information in "Settling Your Baby" Developed by Children, Youth and Women's Health Service. We have several copies on our parent Library as it is a fantastic reference.

Routine for 4-7 Months

6.00am Breastfeed or Bottle on waking
 7.00 Food (solids), playtime.
 8.00 Settle to sleep
 10am Breastfeed or Bottle on waking
 12noon Settle to sleep
 2pm Breastfeed or Bottle on waking
 4pm Settle to sleep
 6pm Breastfeed or Bottle on waking
 6.30pm Solids
 8.00pm Settle to sleep

- It would be normal for a baby to have an overnight feed
- Solids include pureed fruits and vegetables.
- A useful link www.cyh.com

Routine for 7-12months

7.00am Breastfeed or Bottle on waking
 7.30-8.00 Breakfast
 Playtime
 9.30-11.30 Morning Sleep
 12.00 Breastfeed or Bottle on waking
 Or or lunch then bottle or cup
 Playtime
 2.30-4.30pm Afternoon sleep
 5-6pm Breastfeed or Bottle on waking
 Or Tea
 Bottle or cup
 Quiet Play
 7.30-8pm Settle for the night (though it may take sometime for baby to settle and actually go to sleep).
 10pm Breastfeed or Bot-



Routines for 12 months or older

Around 12 months of age your baby will show signs of being ready to move to one day sleep.

These sign include -taking longer to settle for one or both of their day time sleeps
 -wanting to push their first sleep back past 10am.
 - moving bed time of an evening back.
 - having two short sleeps

The first few weeks of transitioning your child from two sleep to one sleep can be hard. It means being organised. You may need to bring lunch forward or save it till when they wake up (over tired children don't eat well). You will need to have dinner ready early. Saving tea from the night before was always really handy at this stage. A few seconds in the microwave and you are done.

Be prepared in these first few weeks to go from one sleep one day, to two sleeps the next day. You will need to read your child's tired signs to work this out and if they are not asleep by 10am or showing tired signs by 9.30, hold them out till 11am.

At 11am give them lunch. You will slowly be able to move this back to 12-12.30 as they get older and cope better.

Be aware that car trips can wreck a well thought out plan in this transitional phase. A 10 minute power nap can be all that your child thinks they need, and will tire quickly.

Plan outings just after baby wakes up to try and keep the routine going.

From the Kitchen

Are you struggling to get your loved ones to love veggies? Tired of trying to stretch that budget
Simply concerned for the wellbeing of your children....

Chickpea, Bengal gram, garbanzo bean, Egyptian pea or chana. The chickpea is a legume from the family Fabaceae. It is believed to originate in Turkey but also found in India, South America, northern Africa and the Mediterranean.

Who'd have guessed, this humble ingredient could count as both a meat alternative and vegetable at the same time? That's a great value in my book.

High in protein and fibre. Low Glycemic index, they may also help to lower cholesterol. Low in fat, full of vitamins, folate, high in iron *and* heart foundation tick approved. .. You can save money in your grocery bill as well. Need I say more?

That all great but how to get the family to eat it you ask??

Uses: stews, salads, Hummus, falafel, ground into flour, popular in Indian cooking, tapas, curries, soups, stir fries and pasta....

Here's a serving suggestion you may not have thought of:

Chocolate Chick pea cookies

(Adapted from Thermomix recipe)

1 Table spoon of oats

½ cup sugar

250g chickpeas drained and rinsed

2 Tablespoons 100% cocoa (or carob)

1 teaspoon baking powder

50g butter or alternative

Blend chickpeas and oats in a blender till smooth. Add all other ingredients and blend to combine.

Spoon onto greased tray . bake for 10 minutes at 180°C

Have a great idea? Send it in! Let's share our knowledge to inspire our children towards flight
Don't forget variety and balance is the key to health habits and always follow the advice of your doctor or health care professional.

Caroline...