



# Mother Goose Day Nursery

NEWSLETTER SEMESTER 1 FEBRUARY 2018

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## WELCOME TO ALL NEW FAMILIES

Welcome to all our new families, we hope that you are settling into Mother Goose Day Nursery. I hope everyone had a wonderful Christmas and New Year. At the end of last year our families and MGDN raised money through the toy orders. This money was used to purchase toys for Carries Place. Families and MGDN donating a car load of cans and non perishable foods for families in need. These were donated to Carrie's Place Maitland. Carries place are still in need of Donations of non perishable foods, if you can help please drop these in to our office and we will get them to Carries Place for you.

We are on Facebook, this is a very effective way for us to communicate with you about what is happening throughout 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 strate-



## FRIENDLY REMINDER

### For children in all rooms:

Please ensure your child brings 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 and medication are not be stored in children's bags. Please check that all creams are within date.

**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.

# 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 three years getting 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 from Maitland. 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 2018

Brilliant Bees.....\$88.00/day  
 Leaping Frogs.....\$90.00/day  
 Curious Koalas.....\$96.00/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, over sized toothbrushes and energetic presentation. The children also get a new tooth brush, stickers, and dental floss.

Again our thanks goes to Margo.



## Welcome to the Brilliant Bees!

We have placed a note in your child's bag, introducing the Bees room Educators and sharing some information about how we operate. If you haven't received one, please let us know and we will give you a copy. The Brilliant Bees routine is displayed on the board above the bags, if you are curious as to how our day runs. For many of your children, this is their last year in early education before they head off to big school and you might wonder how we assist your children to be ready for this change.

In preparing children to make the transition to "big school", it is our aim to support, encourage and inspire children to acquire the skills they need to be successful, enthusiastic, self-motivated, life-long learners - to develop the attributes that will not only make their transition to school a successful one, but will also carry them through life. The NSW Department of Education and most Kindergarten teachers will tell you, that it is not academic knowledge that tells us if a child is ready for school or not - rather, it is a child's social and emotional wellbeing, their self-esteem and resilience, their self-help skills and their enthusiasm for learning, that are the bigger predictors for a successful transition to school. Visit/Click on the link for the DET guide for preparing your child for Kindergarten.

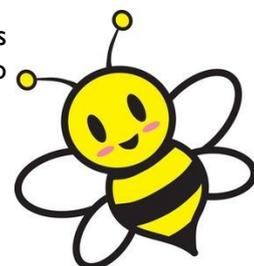
The National Quality Framework and Early Years Learning Framework (EYLF) guide our practices at Mother Goose Day Nursery. The EYLF recognises that children learn best through play-based experiences that are meaningful to them. "The (EYLF) conveys the highest expectations for all children's learning from birth to five years and through the transitions to school. It communicates these expectations through the following five Learning Outcomes:

1. Children have a strong sense of identity
2. Children are connected with and contribute to their world
3. Children have a strong sense of wellbeing
4. Children are confident and involved learners
5. Children are effective communicators"

By providing opportunities for learning that allow children to develop skills and learning objectives that are set out in each outcome, children will become "successful learners, confident and creative individuals and active and informed citizens." (Goal 2 of the Melbourne Declaration on Education Goals for Young Australians). Click on the link: [preparing your child for Kindergarten](#)

Aside from play, educators also use "intentional teaching" to provide for and enrich children's learning opportunities. Intentional teaching "involves educators being deliberate, purposeful and thoughtful in their decisions and actions. Intentional teaching is the opposite of teaching by rote or continuing with traditions simply because things have 'always' been done that way." We deliberately structure our day to provide children with the time they need to explore, investigate, hypothesise and problem solve (or, in other words, play). We provide children with a variety of media to invent, construct, make and express meaning- also building their motor skills. We allow children the opportunities to direct their own learning, whilst ensuring that we are available to support and guide them where necessary. We deliberately provide opportunities to come together as a group/community of learners and explore stories, music and movement opportunities- not in an attempt for children to learn how to "sit still" for a certain period of time (although this may assist them at school), but in order for children to develop an appreciation for learning together, to hear and respect the ideas of others in group conversations and build on their ideas and knowledge.

We provide opportunities for children to explore their interests over a period of time- providing opportunities to gain deeper understandings about the world they live in, becoming researchers and of course becoming confident in their literacy skills at the same time. We provide literacy and numeracy activities that relate to real life experiences, creating rich and meaningful learning opportunities that are not limited to just learning how to count from 1 to 20, but involve learning about measurement, size, capacity, addition, subtraction, money and more! Kasie, Alison, Dayle and Neashea.



**Welcome to the Leaping Frogs!** For those who are new to Mother Goose or for those who are moving up from the Koalas. Your Educators in the leaping frogs are Denise, Majella, Jenny and Ashley. Denise is a 4 Year University trained Early Childhood Teacher with 17 plus years' experience in children's services. Denise works 8.30-4.30 Monday to Friday. Majella has her certificate 3 in children's services and is working towards her Diploma. Majella works 10-6 Monday to Friday. Jenny has her certificate 3 with many years' experience in family day care and Long Day Care Services and is a mum of 4. Jenny Works Tuesday Thursday Friday 7.45-3.45. Ashley has her Diploma in Children's Services, and work Monday to Friday 10-6pm.

**Getting to know you:** We would love to know more about your family, your child or children's interests and personalities. This year we are going to send home a piece of card for you to add a photo, decorate it, draw on it to tell us a little more your child. This could include favourite foods, activities, favourite toy, culture, interests etc. We will display these in our room or maybe add to a scrap book. The children love to learn about each other and always want to share this information with educators and other visitors. This helps us to become strong in our sense of identity, while learning to respect the similarity and differences between all of us.

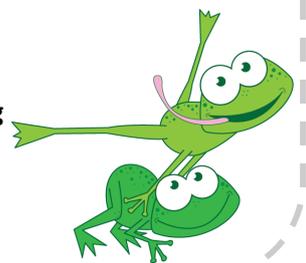
**What did my child do today?** If you ask your child this question the answer is probably "Nothing" we do lots of nothing at Mother Goose! So you know what nothing means we provide documentation of the children's learning experiences in a reflective journal and program which is in a large A3 art folder which will be in the room. We observe document and plan for each child on a regular basis and these observations, photos and masterpieces are compiled in an 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, at the end of the year they are yours to keep.

Photos of the children in play will be on the iPad along with our child's eating and sleeping habits for the day. Photos and children's masterpieces will be 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 or on the program. 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 or a little of your culture.

**What does my child need for the day?** On arrival please put sunscreen on your child, this is provided in every room and near the sign in benches outdoors, Sunscreen is reapplied throughout the day. The children have access to water throughout the day at all times and do not require a drink bottle, we are developing many skills including drinking from a cup. We also record toilet habits for those children in nappies and those who are tackling toilet training this is recorded and is available to you in the children's bathroom. Many of the children are still gaining confidence in their toileting skills. Please talk to educators if you and your child are ready to tackle this milestone. If your child is still in nappies please provide at least 4 nappies per day, clearly labelled.

Most of the children in the Leaping Frogs room still require a sleep or a rest during the day, as we are very busy. Children who do not require a sleep will be provided with quiet activities, yoga etc. For rest time please supply a set of cot sheets or single bed sheet in a pillow slip or a draw string bag, or a sleeping 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 Label all belongings CLEARLY, yes even undies, socks and shoes. The leaping Frogs have access to their bags and 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, we have a very natural environment that encourages the children to get wet and dirty, yes even the very big kids love to make a mess.

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



## Welcome to the Curious Koalas!

My name is Jaclyn and I am the Room leader position for the Curious Koalas for 2018. I have been employed at Mother Goose full time since July 2017, previously working here as a casual for a number of years. I have my Diploma in Children's Services, a qualification I have held since 2012 and have worked in a number of different childcare centres since, mostly full-time and some casual.

In the Curious Koalas room this year, I will be working 8:45am-4:45pm, Dana who is almost finished studying for Certificate III in Children's Services will also be in the Curious Koalas room and will be working 7:45am-3:45pm. Sheree, working 8am-4pm, will also be moving between the Curious Koalas and Tiny Tadpoles rooms and has her Diploma in Children's Services.

I am very much looking forward to this new and exciting role of being the Room Leader of the Curious Koalas. I am looking forward to watching the children grow and develop as individuals and being a guide for their learning.

As part of my own personal philosophy, I believe learning through play is a vital part of a child's development and is where children learn their skills best. As educators, we are there to guide the children's learning and extend on any of their interests.

Please remember to bring a hat, drink bottle, two changes of clothes, bed sheets and any comforters your child will require during their time at Mother Goose.

We look forward to getting to know you all through the course of the year!

**Jaclyn, Dana and Sheree.**



# Tiny Tadpoles

(0-2 years)

## Welcome to our Tiny Tadpoles!

My name is Amy Walton and I will be the room leader this year in the Tiny Tadpoles room, I have been working in the early childhood sector since 2001 and started working full time at Mother Goose in March of 2013 and hold a Diploma in children's services. I have four beautiful, although sometimes testing children of my own who are all of school age now. I will be working Monday to Thursday 7:30-3:30 and will be assisted by Emaly, Emaly works Monday to Friday 9:00-5:00 and is very bubbly and playful with the children whilst having a strong understanding of the importance of the children's routines and needs.

Tegan joins us on a Wednesday and Friday of each week she works 9:00-5:00 and is one of the kindest people you will ever meet and I have no doubt she will treat each of the children like her very own, Tegan has a beautiful little boy Hudson who also attends Mother Goose. Our beautiful Alex goes off on maternity leave at the end of February, Alex works on a Tuesday, Wednesday and Thursday 7:30-3:30.

Our goal over the next few months is to build strong meaningful relationships with both you and each of the babies in our care, our aim is to make each baby feel like they are at their second home when they are at Mother Goose. We are hoping that each of the babies will quickly feel a strong sense of belonging to Mother Goose and feel a great way to help this happen is to place a family picture of each family on what will become our belongings shelf in the entry way to our room, we will frame each photo and place them on the shelf for the babies to look at during the day. We would also love some old photo frames to be donated if you have some old ones lying around the house (5 x 7 in size) .

Please make sure you pack 4x nappies each day, 2x sets of spare clothes, a sun safe hat, sheets and comforters for rest time, a water cup, bottles if needed and enough formula or breast milk (labelled with name and date), please clearly label everything your child brings to Mother Goose.

In your bag each day you will find a day sheet of what has happened during the day with your little one, we also have our Ipad on the sign in bench which will have some pictures of the day on it, if you ever have any concerns or would like to know more about your babies day don't hesitate to give us a quick call or catch up with us on drop off or on pick up, Thank you for giving us the opportunity to care and nurture your little one in your absence we are really excited about the year ahead and can't wait to watch all the growth and learning that's going to take place.

\*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).



# A BIG WELCOME TO

## Dayle:

Dayle started with us as a trainee. Dayle is working towards her Certificate 3 in Children's Services. Dayle is working in the Brilliant Bees room. Dayle completed her HSC in 2017 and accepted and deferred an offer to do an Early childhood Teaching Degree. We look forward to watching Dayle grow as an Educator in the coming months.

## Alison:

Alison is a familiar face at Mother Goose having worked casual, but has just joined us full time in the Brilliant Bees Room. Alison has her Diploma in Children's Services and has two beautiful school aged children.

## Passionate Educators

### Last year a number of our educators attended trainings including

#### January 17

Alison and Jaclyn attended ADHD workshop.  
Sheree, Jenny, Tegan and Jaclyn attended Caring for Children 0-3

#### February 17

Kasie attended Steiner Early Childhood Education Workshop  
Majella attended Protective Behaviour Workshop  
Amy and Erin attended Communication as a Leader

#### March 17

Majella and Jenny attended Documenting childrens Learning.  
Majella attended intentional teaching  
Amy and Erin attended Communicating as a Room Leader  
Sheree and Jenny attended Routines and relationships with 0-3s  
Amy and Erin attended Developing Emotional Regulation Skills in - 0-6s  
Emaly, Erin and Majella attended Music with young children  
Emaly attended Intentional Teaching - the What & How  
Stacey attended Lee Sturgeon Autism Workshop  
Kasie and Amy attended Maitland Local Aboriginal Consultative Group  
Majella attended Develop Childhood Learning  
Majella and Emaly attended Intentional Teaching

#### April 17

Tegan attended First Aid St Johns  
Erin and Sheree attended First Aid Adamstown  
Sharron attended Introduction to Permaculture

#### June 17

Emaly and Majella attended A taste of music workshop  
Denise and Kasie attended Stem Training  
Alison, Denise, Kasie, Neashea, Sheree, Sharron, Amy, Dana, Alex and Ashley attended Speaking in Colour Training

#### September 17

Denise, Neashea and Ashley attended Maitland Local Aboriginal Consultative Group.

#### October 17

Sharron Attended First Aid St Johns

#### December 17

Amy, Kasie and Alex attended First Aid Training

# 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 they need 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 Amy W, Jaclyn or Denise

You can also find more information in "Settling Your Baby" Developed by Children,

## 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](http://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

## Routine 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



# From the Kitchen

As most of you would know, we have a full time chef (Ashley) who cooks meals and prepare snacks for the children. She makes a variety of delicious and nutritious meals, with something different on the menu each day of the week! Some of the meals include Hawaiian Meatballs, Tandoori Chicken and a beautiful Spaghetti Bolognese but we cant leave out some of the delicious snacks Ashley prepares, these may include Carrot Cake, Weetbix Slice and Anzac slice.

A favourite from around the centre is the Chicken and Zucchini Nuggets and the recipe is below so you and your children can enjoy them at home.

## **Chicken and Zucchini Nuggets**

(makes 25-30)

**Prep time** - 10 minutes

**Cooking time** - 16 minutes

### **Ingredients**

- 500g free-range chicken mince
- 2 TBS milk
- 1 Cup packaged wholemeal breadcrumbs
- 1 small zucchini, coarsely grated
- 1 shallot, finely chopped
- 1 heaped tablespoon finely chopped flat-leaf parsley
- 1 TBS olive or rice bran oil

**(can also try adding in things such as grated carrot, sautéed mushrooms or finely chopped spinach as healthy extras for fussy eaters)**

### **Method**

1. Combine all ingredients, except the oil, in a large bowl. Use your hands or a wooden spoon to mix until thoroughly combined.
2. Shape tablespoons of the mixture into nuggets and place on a tray lined with baking paper.
3. Heat the oil in a large heavy-based frying pan over medium heat. Cook nuggets (in batches to avoid over crowding the pan) for 4 minutes each side or until light golden and cooked through. Transfer to paper towel to drain.

**\*If your child liked a dish in particular that they have tried at Mother Goose, we are more than happy to supply you with the recipe.**