

# GUMNUT GROVE



## Childcare Centre

Volume 2 Issue 7

July 2018

### Director's Report



Director's Report-  
Page 1

Caterpillar News

Butterfly News

Recipe

Belonging, Becoming  
and Being- All children  
experience learning that  
is engaging and builds  
success for life.

What's been happening at Gumnut Grove

Two weeks ago we celebrated NAIDOC week at Gumnut Grove, which was fabulous the children had a great week experiencing the Aboriginal culture. Including making damper to eat for lunch, trying kangaroo sausages, Aboriginal face painting and many crafts. Please see the displays in both rooms of our celebrations.

With the cooler weather upon us our time outside is obviously limited, but we try to get outside regularly and weather permitting so please make sure you bring a coat and beanie for your child every day, unfortunately Gumnut does not have enough spare coats for everyone so please pack your child's everyday they attend.

During the month of August we are expecting our Assessment and Rating visit from ACECQA where they will visit us at Gumnut Grove and spend either 1 or 2 days observing our practices at Gumnut Grove.

We are hoping to get our new prams shortly for the Centre as a result from our movie night, we are just waiting for them to come back in stock. We are hoping to have these ready for our Spring weather in September where the Caterpillars can then go on some small outings.

I'm also really excited to announce that Gumnut Grove was successful in receiving another grant that I had applied for which was announced by Stephanie Cooke last week to commence some interior renovations for Gumnut Grove. This will include new cupboards, lockers, storage areas and a bit of a face lift inside etc. So this is wonderful news!!!

Kind Regards

Meghan Pratt

Director

## *Clare's Recipes*

### **Pumpkin Soup**

#### **Ingredients**

½ medium Jap pumpkin  
1 Large potato  
1 large onion  
6 chicken stock cubes  
½ tsp nutmeg  
Pinch salt  
½ cup-1 cup milk  
1 dessertspoon butter

Peel and cut pumpkin, potato and onion. Place in a pot ½ filled with water. Bring to the boil, simmer gently until soft. Add stock cubes, nutmeg and salt. Blend, add milk until right colour/ texture, and add butter. Return to heat to keep warm.

During winter our lunch menu will consist of lots of winter warmers. These including soup once a week, more casseroles and warm filling lunches.

### **Banana and Carrot Muffins**

#### **Ingredients**

1 cup wholemeal SR Flour  
1 banana  
1 egg  
1/3 cup milk  
2 Tbs Honey  
1 Carrot grated

Preheat oven, line a 6 hole muffin tin. Place flour in a bowl, combine banana, mashed with egg, milk and honey. Add to flour mixture with grated carrot and stir to combine. Bake for 15 minutes or until golden.



## Fact Sheet

# CHOOSE WATER AS A DRINK



**Water is the best drink for anyone who is thirsty. Water is a good choice as it does not have any added sugar.**

**In Australia, water is safe to drink straight from the tap or boiled if you prefer. In most areas, tap water contains fluoride, which helps children to develop strong teeth.**

### **Tips to help your child to drink more water**

- Take a refillable bottle of water when you go out.
- Put a bottle of water in with your child's lunch.
- Keep cold water in the fridge at home.
- Give your child a water bottle when they play sport.
- Serve water for everyone with the family meal.
- Show your child that you enjoy drinking water.

### **Limit fruit juice, soft drinks, sports drinks and cordial**

Fruit juices, soft drink, sports drinks and cordials should not be given to your child everyday as they contain a lot of added sugar. If you do give your child juice, soft drink, sports drinks or cordials remember to:

- water these down until very dilute. You can then replace them completely with water
- serve in smaller cups
- limit the number of cups of all sweet drinks your child has each day

### **The facts about fruit juice**

- Fruit juice is high in natural sugar and can contain added sugar too.
- Eating a piece of fruit is much better than having a glass of juice.
- Children do not need any fruit juice at all.
- ½ cup of fruit juice each day is enough for your child, if you choose to provide it.

### **Milk is another healthy option**

- Milk helps your child develop strong teeth and bones.
- Children over 2 years of age can drink reduced fat (not skim) milk.
- Reduced fat milk has less fat than full cream milk but still has all the nutrients that young children need.
- Soy milk is suitable if needed. Choose one that is high in added calcium.



For more information and ideas on healthy eating and physical activity go to [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)



## Fact Sheet



# ENCOURAGING HEALTHY SLEEP HABITS IN YOUNG CHILDREN

Sleep is essential for your child's health and wellbeing. It is important to establish healthy sleep habits from an early age to promote growth, good concentration, and reduce the risk of illness.

Your child's sleep needs will vary depending on their age, developmental stage, health, home environment, family and cultural background, and daily activities and routines.

The *Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years)* recommend the following amount of sleep for young children:

- **Infants (aged birth - 1 year)** - 14 to 17 hours (for those aged 0-3 months) and 12 to 16 hours (for those aged 4-11 months) of good quality sleep, including naps.
- **Toddlers (aged 1-2 years)** - 11 to 14 hours of good quality sleep, including naps, with consistent sleep and wake-up times.
- **Pre-schoolers (aged 3-5 years)** - 10 to 13 hours of good quality sleep, which may include a nap, with consistent sleep and wake-up times.

### Tips for parents/carers

- Recognise and respond to the common signs of sleep - yawning, eye rubbing, irritability, seeking comfort and a lack of interest in activities.
- Make sure your child feels safe and secure by providing a comfortable and familiar place for them to sleep or rest.
- Provide a comfortable and safe environment for your child to sleep. Such as reducing the light, noise and temperature (21-22°C) in your child's room.
- Use calm, consistent and familiar routines to encourage your child to sleep. Start routines (bathing, toileting, brushing teeth etc.) at the same time each night and in the same order. Do quiet activities before bed time such as reading a book together.
- Limit screen time before bed which can reduce your child's ability to sleep.
- If your child does not wish to sleep, encourage other activities that support rest and relaxation. Such as yoga, reading, puzzles or drawing.
- To reduce the risk of sudden infant death syndrome (SIDS), it is important to follow safe sleeping guidelines. This includes positioning your baby correctly and checking the sleep environment. For current safe sleeping guidelines, visit the Red Nose website at [www.rednose.com.au/news/guidelines-for-new-parents-to-reduce-risk-of-sids](http://www.rednose.com.au/news/guidelines-for-new-parents-to-reduce-risk-of-sids)

For more information about the *Australian 24-Hour Movement Guidelines* visit the Department of Health website at [www.health.gov.au/internet/main/publishing.nsf/content/npra-0-5yrs-brochure](http://www.health.gov.au/internet/main/publishing.nsf/content/npra-0-5yrs-brochure)

Sources: Commonwealth of Australia, Department of Health (2017). *Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep*.

Queensland Government, Sleep in Early Childhood Research Group (2017). *Meeting children's sleep, rest, and relaxation needs – Babies and toddlers in ECEC*.

Queensland Government, Sleep in Early Childhood Research Group (2017). *Meeting children's sleep, rest, and relaxation needs – Children aged 3-5 years*.

**MAKE  
HEALTHY  
NORMAL**

