

May to July 2023

# Newsletter



BUTTERFLIES CHILDCARE  
& EARLY LEARNING CENTRE



## ABOUT US

Butterflies Childcare & Early Learning Centre is a small, family owned organisation comprising of two early childhood education & care services in the northern suburbs of Melbourne.

The company directors; a husband and wife team along with their four children, dreamt of opening their own childcare & kindergarten where they could ensure high quality education and care in a setting that feels like a 'second home' to families and their children.

Our first service; Butterflies Childcare & ELC Orchard Road opened in November 2011 and has been providing high quality education and care to families from the Doreen, Mernda, Yarrambat, Whittlesea and Diamond Creek areas.

After 10 years of operation and the opportunity to expand, Butterflies Childcare & ELC Mulwala Drive opened its doors in January 2021. The Mulwala Drive service is owned and run by the same family and some of our wonderful and experienced educators have moved over from Orchard Road to ensure consistency for children and families and to ensure the organisation's philosophy is upheld and implemented.

## Acknowledgement of Country

Butterflies Childcare & Early Learning Centre was formed on the lands of the Wurundjeri People of the Kulin Nation.

We acknowledge Aboriginal & Torres Strait Islander Peoples as the Traditional Custodians of this country and their connection to the land, water and community in which we operate.

We pay our respect to them, their cultures and customs and to Elders both past and present.



## Welcome

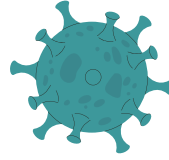
A very big welcome to the families that have joined us in late 2022/early 2023! We have enjoyed welcoming you to our service and getting to know you and your child.

Our quarterly newsletter will cover a range of topics such as room educators, changes to procedures, upcoming centre events and other important information.

We welcome your feedback and ask that you submit any enquiries to [info@butterflies-childcare.com.au](mailto:info@butterflies-childcare.com.au)



# Winter illness



## Viral illnesses

A virus is a germ that causes infections such as the common cold, bronchiolitis, tonsillitis, ear infections, influenza, mumps and chickenpox.

There are hundreds of different viruses.

Colds are very common in healthy children and on average, preschool children get at least six colds per year. It is common for healthy children to have up to 12 viral illnesses per year in the first few years of life. It is also common for children to get sick from one virus shortly after getting better from a different one, so it can seem they are sick all the time. As children get older, the frequency of catching viral illnesses usually reduces.

Viruses can easily spread when children have close contact with each other. Most viruses are mild, and the best treatment is rest at home.

### Signs and symptoms of viruses

If your child has a virus, they may show a variety of symptoms, including:

- a blocked or runny nose
- red, watery eyes
- a sore throat
- fever

rashes that turn white (blanch) for a second or so after you push on them with a finger (you could also press the side of a clear drinking glass over the rash and watch to see if it blanches)

- coughing or sneezing
- vomiting and/or diarrhoea
- wanting to sleep more (lethargy)
- not wanting to eat
- feeling generally unwell.

### How are viral illnesses spread?

A virus can spread from person to person in tiny droplets from the nose (sneezing or a runny nose) and mouth (saliva or a cough). Viruses can also spread via vomit or faeces (poo), especially when someone has diarrhoea.

There is usually a delay between when a child is exposed to the virus and when they develop the illness (the incubation period). This delay is generally a few days, but some viruses may take up to two or three weeks before symptoms appear.

Good hygiene reduces the chance of getting viruses or passing them onto others. Good hygiene includes:

- regularly washing hands thoroughly
- not sharing cups or cutlery

- encouraging children to cough or sneeze into their elbow
- using tissues instead of hankies – teach your child to throw tissues into the bin as soon as they have used them and to wash their hands afterwards.

**If your child is unwell with a virus, keep them home from child care, kindergarten or school until they are well again.**

Most children do not need to take vitamins on a daily basis. It is important to be up to date with your child's immunisations to prevent viruses such as measles, mumps, rubella and chickenpox (varicella).

It is just about impossible to prevent your child from catching viruses, but you can help keep your child's immune system in good shape by ensuring they have a balanced diet and plenty of sleep.



**Key points to remember**  
Viral illnesses are very common in children and are easily spread around child care, kindergarten or school. It is common for children to have up to 12 viral infections a year in the first few years of life, and it can seem like they are sick all the time.

The best treatment is rest at home. Antibiotics will not help treat viral illnesses.

If your child does not improve after 48 hours, or their symptoms get worse, see your GP.

## Please report illnesses to our centre

This way, we can assess incubation and exposure periods and keep an eye on other children who may have been exposed. We can also inform our team and our cleaners to conduct a deeper clean to help minimise the spread of infection.

ROYAL CHILDREN'S HOSPITAL

[WWW.RCH.ORG.AU/KIDSINFO/FACT\\_SHEETS/VIRAL\\_ILLNESSES/](http://WWW.RCH.ORG.AU/KIDSINFO/FACT_SHEETS/VIRAL_ILLNESSES/)

# NO FOOD

from home



Please DO NOT bring in food from home.

We have many children here with allergies and children who may experience an anaphylactic (severe) allergic reaction if they are exposed to triggers.

We have seen a number of children arriving to the centre still eating toast, muesli bars and fruit.

There are bins located in reception, so we kindly ask that if your child has not finished what they are eating,

## TODDLERS AND YOUNG CHILDREN CHALLENGING BEHAVIOURS

Young children experience a range of emotions and express themselves in many different ways. It's normal for toddlers and young children to have tantrums and break rules while their social and emotional skills are developing. It's important that you and other caregivers provide support while your child is developing and learning to manage their own emotions. Guiding your child and encouraging positive behaviours will help them learn appropriate ways to behave.

Different families will have different expectations about what is acceptable and what is considered difficult behaviour. Some behaviours that families commonly find challenging include:

- o defiance (e.g. refusing to follow your requests)
- o fussiness (e.g. refusal to eat certain foods or wear certain clothes)
- o hurting other people (e.g. biting, kicking)
- o excessive anger when the child doesn't get their own way
- o tantrums.



### What causes CHALLENGING BEHAVIOURS?

Challenging behaviour is sometimes due to children of this age not having the social and emotional skills yet. Often when a child displays challenging behaviour, it is a response to feeling anxious, angry or overwhelmed and they are struggling with processing their feelings.

Children need attention from their parents and carers to feel secure and thrive emotionally. Children may show challenging behaviours in an attempt to gain attention and responses from adults – for some children, even negative attention is preferable to no attention at all.

There are a number of other things that might affect your child's ability to control their reactions, emotions or behaviours, including:



- being unwell
- not enough sleep or being tired
- too much screen time
- poor diet or feeling hungry
- a change in family circumstances or routine.

Sometimes, ongoing challenging behaviour can indicate other health issues or an underlying developmental, social or emotional problem. It is also important to consider a child's current situation or environment and how it may be affecting them. If you are concerned about your child, see your GP.

# Support for children and families with developmental concerns

In the early years of our children's lives the brain develops at an incredibly fast rate. The way the brain develops is a combination of the experiences and interactions that children have as well as genetic factors which can intertwine.

The earlier childhood interventions start the greater the chance to make the biggest changes. While the focus area for each child may be different, in general early childhood support is based around improving children's social, emotional, cognitive and physical attributes.

The science of early development is clear; highlighting the importance of the first 5 years of life for well-being and health.

If you have any concerns about your child's development, you should contact your doctor, child health nurse, health service, paediatrician or early childhood educator.

We have put together a list of providers who may be able to assist if you are seeking a therapist for your child.



## Speech THERAPY

Sounds Right Speech Pathology - Bundoora. 9468 5409  
<https://www.soundsright.com.au/>

Sound it Out Speech Pathology - South Morang 9717 8194  
<https://www.sounditout.com.au/contact>

Northern Kids Therapy Service - Mill park 0400 758 132  
<https://northernkidstherapy.com.au/>

Words and Beyond Speech Therapy- Doreen. 0493 223 737. <https://www.wordsandbeyond.com.au/>

Your Journey Therapy - South Morang. 03 9267 9048  
<https://www.yourjourneytherapy.com.au/>

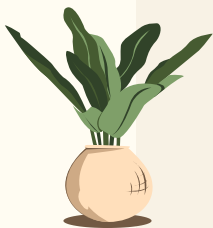
## Feeding THERAPY

Babble and Munch  
1300 755 490 Or 0487503753  
<https://babbleandmunch.com.au/>

Eat Play Grow/Cara Noughton - Bundoora 0 457 050 951  
<https://eatplaygrowtherapy.com.au/>



## Occupational THERAPY



Building Blocks  
South Morang.  
94040338  
<https://www.buildingblockstherapy.com.au/>

Kalparrin  
Greensborough 9435 8311  
<https://www.kalparrin.com.au/contact-us/>

Little Rockets OT Eltham <https://www.littlerocketsot.com.au/>

DOTS Bundoora  
8256 2484 <https://www.dotschildot.com.au/>

Northern Kids Therapy - Mill Park, mobile 0400 758 132  
<https://northernkidstherapy.com.au/services/>

## PSYCHOLOGIST

Time to Shine- South Morang 9717 8194  
<https://www.timetoshinetherapy.com/>

Irabina - Bundoora 9720 1118  
<https://www.irabina.com/autism-services/early-intervention-groups/>

Mullum Road - Eltham, Ringwood, Croydon 8626 7777  
<https://www.mullumroad.com.au/therapies/>



Support for

# PARENTS AND CARERS



All parents need support sometimes. Support networks help all parents to look after themselves and raise their children well. It's OK to ask for the kind of support you need.

If you need more formal support, talk to your GP or contact a helpline.

## *Lifeline*

<https://www.lifeline.org.au/>  
Call 13 11 14 for 24/7 Crisis Support

## *Family Relationships Online*

Phone: 1800 050 321  
Hours: 8 am-8 pm, Monday-Friday,  
10 am-4 pm Saturday



## *PANDA (Perinatal Anxiety and Depression Australia)*

PPANDA provides confidential information, support and referral to anyone affected by perinatal anxiety and depression, including partners and extended family members.  
National Helpline (Monday to Saturday) 1300 726 306

## *MensLine Australia*

MensLine Australia offers free professional 24/7 telephone counselling support for men with concerns about mental health, anger management, family violence (using and experiencing), addiction, relationship, stress and wellbeing.

Call 1300 78 99 78

## *Healthdirect Australia*

Healthdirect provides health information and advice online and over the phone. The website provides links to health resources from trusted Australian organisations. Or phone 1800 022 222 and speak to a registered nurse, 24 hours a day, 7 days a week.

## *National LGBTI Health Alliance*

This is a national organisation promoting the health and wellbeing of lesbian, gay, bisexual, transgender and intersex people.



## *Single parents - Australian Government Department of Human Services – Parent's guide to child support*

This section of the Department of Human Services website has information about child support payments and support services for separated families.

# THE WIDER FAMILY

Seniors Exercise Park Come and Try Day - 28 June

Event details

**Description:**

Join us at the Seniors Exercise Park in Thomastown for our exciting Come and Try sessions!

**Date:**

Wednesday, 28 June 2023

**Time**

9:30AM – 11:00AM

**Location:**

36 Barry Road, Thomastown

**Contact:**

City of Whittlesea's Aging Well team

**Phone:**

9407 5940

**Cost:**

Free

**Registration**

[Register by email](#)

Highlights



Join us at the Seniors Exercise Park in Thomastown for our exciting Come and Try sessions!

The Seniors Exercise Park in Thomastown is an outdoor space designed exclusively for older adults, featuring specialized exercise stations to enhance strength, balance, flexibility, and mobility.

Trained staff and volunteers will be on site every Wednesday throughout June to guide you in using the equipment effectively.

**Dates:** Wednesday June

**Time:** 9:30 am - 11:00 am

To book your spot, email: [leap@whittlesea.vic.gov.au](mailto:leap@whittlesea.vic.gov.au) or phone: 9407 5940

Nourishing Lunchboxes and Meals - 11 July

Event details

**Description:**

Need some yummy and nourishing lunchbox ideas? Join us for this session facilitated by DPV Health.

**Date:**

Tuesday, 11 July 2023

**Time**

10:00AM – 11:30AM

**Location:**

This is an online event.

**Contact:**

Education and Engagement Facilitator

**Phone:**

9404 8865

**Cost:**

Free

**Registration**

[Register online](#)

Highlights



Hear from an Accredited Practising Dietitian on how to support children to have colourful, nutritious meals to support their growth and wellbeing.

Practical, nutritious tips will be provided in an interactive online presentation.

This session is recommended for parents and carers of children.

Parenting toddlers' information session - July

Event details

**Description:**

Facilitated by ParentZone and City of Whittlesea Maternal Child and Health

**Date:**

Wednesday, 12 July 2023

**Time**

10:00AM — 11:30AM

**Location:**

Jindi Family and Community Centre, 48 Breadalbane Ave

**Contact:**

Education and Engagement Facilitator

**Phone:**

9404 8865

**Cost:**

Free

**Registration**

[Registration link](#)

Highlights



This session aims to assist parents and carers to better understand their toddler's behaviour and sleep. Parents and carers will be provided with information on toddler development, and useful information and strategies to manage challenging but normal toddler behaviours and sleep needs. Morning tea will be provided, and children are welcome!

This session is recommended for parents and carers of children.

# Popular recipe



## Creamy chicken Noodle Soup

Creamy chicken noodle soup

6kg chicken mince  
4 x leeks  
1kg Carrots  
2 bunches of chopped celery  
½ tub margarine  
4 cups plain flour  
1kg onion  
4 tbsp garlic  
8 tbsp chicken stock  
½ bunch parsley  
1 x 600ml light cream  
18L water

3.5Kg angel hair short pasta

Please note! This is the recipe for 80+ children therefore you will need to reduce the quantities to suit your family.

flexischools

*A reminder to sign up to FlexiSchools and check for updates regularly. You should receive a "push notification" for all notices sent out however we recommended checking the app to ensure you have not missed anything.*



  
Storypark  
WE USE STORYPARK

We use Storypark for all of our learning and documentation and planning.

StoryPark allows and improves communication between educators and families especially when communicating about your child's development.

This is a two way means of communication which means you will be able to comment and respond to learning observations posted by your child's Educators.

Storypark allows us to send families daily updates throughout the week to let you know what activities and experiences the children have been involved in. This includes photos and videos!

You can even invite extended family to join your child's learning journey.

Please ensure you download the Storypark app to your smartphone.

All costs are covered by Butterflies Childcare so that Storypark is FREE for families.

# LOCAL BUSINESS

Support your community by shopping and dining local, connecting with small businesses and reaching out to organisations that support people in the community.



## Design Excavation and Landscaping

This local business is your go to for all things landscaping! Rob from Design Excavation and Landscaping has helped many local families turn the landscape of their dreams into reality.

info@design-el.com.au

*tinyHearts*<sup>TM</sup>



Although not a local business, Tiny Hearts Education provide first aid training all over Australia. Tiny Hearts is run by two sisters - Nikki and Rach. With family values at their core, we have a soft spot for these girls and their incredible organisation.

Nikki and Rach created their baby first aid course to help parents and caregivers, just like you, feel confident, educated and empowered to act in a first-aid emergency with their little one.

Our educators are first aid trained by Tiny Hearts, who deliver corporate first aid via Hero HQ!

**Meet the Chef**

Hi, I'm Tash. I know breastfeeding isn't easy. It can be super hard! Especially when you struggle with supply issues like I did. I'm a chef and a mum of two little ones and I'm thrilled to share our premium lactation biscuit mixes and hot chocolate mixes with other mums because they really work – and taste delicious too!

**About us... Nourishing treats to support breastfeeding mums**

Ollie Tots premium lactation biscuit mixes are an easy, delicious and wholesome way to nourish your milk supply. Our pre-packaged mixes deliver the finest – and most functional – clean ingredients to support breastfeeding mums.

**Ollie Tots.**

0422 487 667  
info@ollietots.com  
www.ollietots.com.au  
Made in Geelong

WWW.OLLIELOTS.COM

## Hats by Bernie

Local hat maker Bernie has supplied a hat stand full of beautifully designed bucket hats at just \$10 each. These hats have gorgeous designs and are appropriate for the SunSmart season! The hat stand is located in the foyer.



**Would you like your business to be featured in the next edition of our newsletter?**

Send us an email and a jpeg flyer to include, to [info@butterflies-childcare.com.au](mailto:info@butterflies-childcare.com.au)