

January - April 2023

Newsletter



BUTTERFLIES CHILDCARE
& EARLY LEARNING CENTRE



ABOUT US

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.

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.

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 mulwalabutterflies-childcare.com.au



Bumblebees



Settling in...

The Bumblebee children have settled into their room well and are enjoying getting to know their peers and educators.

Sukh, Carly, Ama and Kova are the permanent educators in the babies room and work on opposite shifts each day. This means there is always a familiar face in the room for the babies when they arrive in the morning, and a familiar face when they are collected of an afternoon or evening.

The importance of play:

Play is central to your child's learning and development. When your child plays, it gives them many different ways and times to learn.

Play also helps your child:

- build confidence
- feel loved, happy and safe
- understand more about how the world works
- develop social skills, language and communication
- learn about caring for others and the environment
- develop physical skills.

As the babies grow, Sukh, Carly, Ama and Kova will develop the program to suit their needs and interests.

Educators in Bumblebees



Sukh, Carly, Kova



Newborns and babies: play ideas to encourage development

Just looking at your face and hearing your voice is play for your baby, especially if you're smiling.

You might like to try the following play ideas and activities with your little one:

- Music, songs or bells develop hearing and movement. You could try gentle tapping on your baby's tummy while you sing.
- Peekaboo is great for your baby's social and emotional development.
- Gentle tickles or objects with different textures develop the sense of touch. You and your baby could experiment with things like feathers, mud, metal or foam.
- Objects of different sizes, colours and shapes can encourage your child to reach and grasp.
- Sturdy furniture, balls, toys or boxes can get your child crawling, standing and walking.

Raising Children Network

<https://raisingchildren.net.au/babies/development/understanding-development/why-play-is-important>

Follow our evidence-based safe sleeping steps to reduce your risk:

Sleep your baby on their back: not on their tummy or side.
Keep your baby's head and face uncovered. Covering a baby's face or head with clothing such as a hat increases the risk of sudden infant death
Keep your baby smoke free before and after birth. Help to quit smoking is available from your doctor, midwife or by contacting Quitline
Have a safe sleeping environment night and day: Make sure the mattress is firm, clean and flat, in a safe cot that meets industry standards. Make sure there are no blankets, toys, pillows, or bumpers in the cot.
Sleep your baby in your room: The safest place to sleep your baby for the first 12 months is in a safe cot next to your bed.
Breastfeed your baby where possible.



Don't forget:

Please pack me suitable clothes as the weather changes. As we head into cooler weather, please pack me a beanie and a nice warm jumper or jacket so we can still enjoy the outdoor play space.

Ladybugs



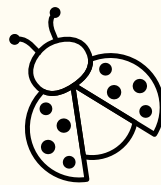
Our little Ladybugs are really enjoying their time, exploring their new room and getting to know their educators. They have so much to explore - from the resources, to the outdoor area with a BIG sandpit, and cubby house.

At meal times, some of us sit at the table on chairs, and some of us enjoy our meals in the highchairs. We have also transitioned from sleeping in cots, to sleeping on mattresses on the floor. We are adjusting to these changes so well and we are feeling very comfortable.

We love having the opportunity to play indoors and outdoors when the weather permits. We have trikes, cozy coupes, sandpit toys, painting easels, picnic rugs and much more to explore.



Ladybugs Educators Nikki, Kiran, Bahar & Keta



Don't forget...

If you can spare a minute, please leave a comment on our daily Storypark posts (Daily Learning Journey) to let us know if you're enjoying the posts, if your child is talking about the activities at home and any other feedback you have for us.

We love to incorporate family life into our program. Let us know what you have been enjoying as a family and we can add it to our program to extend on your child's learning.

Equally, if there is something your child is not enjoying at home (for example bath time) let us know. We can incorporate this into the program and set up an activity like bathing baby dolls to make it a positive experience and open up conversation about bath time and why it's so important.

Toddlers: play ideas to encourage development

Here are some ideas your toddler might enjoy:

- Large and light things like cardboard boxes, buckets or blow-up balls can encourage your child to run, build, push or drag.
- Chalk, rope, music or containers can encourage jumping, kicking, stomping, stepping and running.
- Hoops, boxes, large rocks or pillows are good for climbing on, balancing, twisting, swaying or rolling.
- Dress-up games with scarves, hats and so on are good for imagination and creativity.
- Hills, tunnels or nooks can encourage physical activities like crawling, climbing and exploring.

If you put on some favourite music while your toddler plays, they can also try out different sounds and rhythms. You might also like to sing, dance and clap along to music with your child.

Positive attention and warm interactions with your child

What is positive attention?

Positive attention is the way you show delight in your child and warmth in your relationship through:

- smiling at your child
- making eye contact and using caring facial expressions
- showing physical affection - for example, hugging your child
- using words to celebrate and encourage your child
- showing interest in your child's interests, activities and achievements.

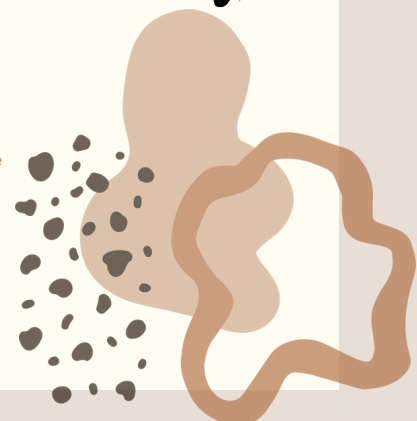
Why positive attention is important

From birth, children need experiences and relationships that show them they're valued, capable human beings who bring pleasure to others. Positive attention, reactions and responses from key grown-ups help children build a picture of how valued they are.

Your child's self-image builds up over time with positive, loving messages from you and other important people in your child's life. A healthy self-image is very important, not only for your child's relationship with others, but also for your child's confidence as they learn about the world.

Your child's feelings of security and safety come from responsive interactions with you and other carers. If you smile at your child when they look towards you, or reassure your child when they're frightened or uncertain, your child will feel safe and secure. This gives your child confidence as they explore their world.

<https://raisingchildren.net.au/toddlers/connecting-communicating/connecting/positive-attention>



Witchetty Grubs



Witchetty Grubs Educators

Susie, Naval, Taylor, Amber & Sima

The Witchetty Grubs children have been having lots of fun in their new room, with their wonderful educators.

The children have settled in very well and enjoy a mixture of indoor and outdoor play throughout the day.

Educators in the Witchetty Grubs room work a variety of shifts so that there is always someone familiar to the children and families in the mornings at drop off, and again in the evenings.

REMINDER: If you can spare a minute, please leave a comment on our daily Storypark posts (Daily Learning Journey) to let us know if you're enjoying the posts, if your child is talking about the activities at home and any other feedback you have for us.

When children ask for things: how to respond constructively

When children ask for something, try to pause and listen. This shows that you're thinking about it before you answer.

If you have to say no, try to explain why. Always give a reason for refusing. Your responses teach children about communication, respect and compromise.

"When your child asks for something, it's an opportunity to help them learn about communicating well and managing expectations and emotions - no matter what answer you plan to give."

REMINDER:

We would like to remind families to check their child's bag in the morning prior to drop off, to ensure there are no food items, medications or any other hazardous items.

We also ask that you label hats, clothing (where possible), dummies, bottles etc.

Things not to pack in my childcare bag:

- Medication
- Food
- Drinks
- Bottles with liquid in them
- Toys from home (unless it's a comfort item)

CATERPILLARS

Educators



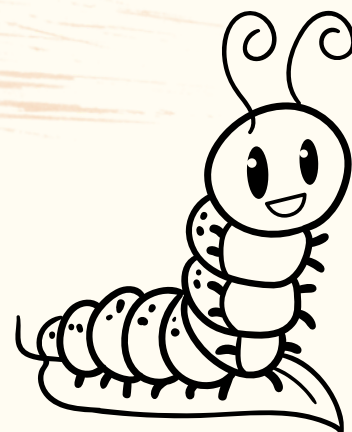
Gagan



Manmeet

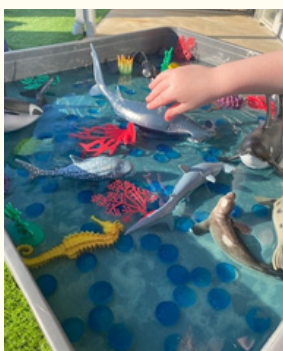


Brooke



The Caterpillars have settled into the new year well. Children have had a wonderful time exploring the new room and resources and having the opportunity to go between the two!

Children enjoy playing indoors and outdoors and have a wonderful variety of activities and experiences to choose from. Gagan, Manmeet and Brooke work on various shifts to ensure there is always someone familiar at morning drop off and again at pick up time. You will receive feedback from the educators on how your child's day has been and what activities they have enjoyed taking part in.



Your child is due to complete 3 Year Old Kindergarten in 2024! Please see reception for an application form, in order to secure your spot!

SETTLING IN...

Starting childcare can feel overwhelming and maybe even a bit scary for some children.

Parents are often very excited and talk about childcare lots when their child is due to start and although we are excited, our children can have big emotions about the changes and expectations that lie ahead.

What is so wonderful about Butterflies, is that children are involved in play based and the routine is flexible - allowing children to take part in all of the activities and experiences they love.

The program is still developed with the children's interests at the forefront and with a substantial amount of parent input.

While the routine is flexible, there is still an element of structure to the day to ensure children are getting the most out of their time here with us, which falls around meal and rest times.

Change to a child's regular routine

It is very normal for young children to be unsure of new things. This includes change to routines, changes to life at home (welcoming a sibling or a parent in hospital), illness or a death of a loved one.

Routines are good for children and families in many ways. They help family life run smoothly. They help children feel safe, develop skills and build healthy habits. And they help parents feel organised, manage stress and find time for enjoyable activities.

Explain routines to your child. Even toddlers can understand simple, consistent explanations. For example, 'First clean teeth. Then story time with Dad'.

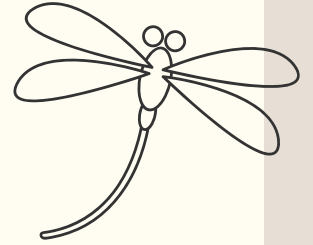
Talk with children about why routines are important. For example, 'We have dinner early on Thursdays so we can get you to gymnastics class on time'.



raisingchildren.net.au

<https://raisingchildren.net.au/toddlers/development/development-tracker-1-3-years/2-3-years>

DRAGONFLIES



Educators



Hiruni



Indi



Dhanya

The Dragonflies have settled into the new year well. Children have had a wonderful time exploring the new room and resources. Children enjoy playing indoors and outdoors and have a wonderful variety of activities and experiences to choose from.

As you may be aware, 3 Year Old Kindergarten is now Government funded, meaning the service receives funding for each child enrolled, allowing us to deliver a wonderful program, employ Early Childhood Teachers (ECT) and give children the best start.

Research shows that two years of a quality kindergarten program are better than one, with many benefits to starting your child in kindergarten at three years of age.

Kindergarten in a long day care setting like Butterflies...

A long day care centre can offer a full day of education and care, including a kindergarten program. The teacher-led kindergarten program is integrated with additional hours of education and care. At a standalone service, a kindergarten program will only operate on certain days and at specific times. These days and hours are set by the kindergarten service.

No matter where your child goes to kindergarten, teachers and trained educators will lead the program.

Free Kinder in 2023

Free Three- and Four-Year-Old Kinder will be available across Victoria at participating services in 2023 at both long day care and sessional (standalone) services.

Free Kinder means more Victorian children can have the best start in life, no matter where they live:

- For three-year-olds, this means from 5 and up to 15 hours per week of a kindergarten program
- For four-year-olds, this means 15 hours per week (600 hours a year)

Free Kinder means a saving of up to \$2,500 per child, each year, and also means more than 28,000 Victorians can return to work, including almost 26,600 of which are women.

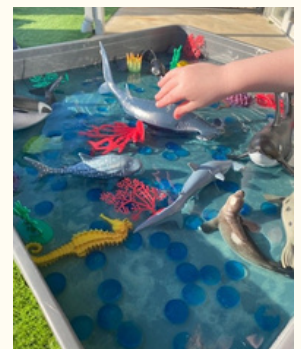
Participating kindergarten programs will receive funding directly from the Victorian Government, so families are not out of pocket (and don't have to claim the savings back). If your child attends a kindergarten program within a long day care setting, a \$2,000 Free Kinder subsidy will offset the kindergarten program component of your out-of-pocket fees.

Long day care centres will be required to pass on the full amount to parents as a direct reduction in their out-of-pocket fees. This will provide a free program for some families and a significantly reduced cost for other families, depending on service fees, number of days attended, and the amount of Commonwealth subsidy received.

KINDER KITS

If your child is enrolled in our 3 Year Old Kindergarten program and you have signed the funding forms to allow us to claim funding, your child should have received a "Kinder Kit". If you are claiming funding through another Kindergarten, your child will receive this kit through them. Please contact us if your child is only attending Butterflies 3YO kindergarten and has not yet received a kit.

The Kinder Kit contents have been carefully curated and provide educational and fun items to support three-year-old children to develop their skills and creativity as they learn through play.



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.



There are some wonderful resources out there which can support your conversations with your child. Here are some examples:



Books about separating from parents/guardians



Social stories



"How I feel today" charts/flash cards

Settling in to childcare & kindergarten

The beginning of a new year is very exciting, but it can also be unsettling for some.

Children have moved into new rooms, welcomed new peers/friends and have new educators. These are big changes for little minds and children need extra care and support in childcare/kindergarten as well as at home.

It can be helpful to talk to children about how they are feeling, what emotions they are experiencing and how we can better support them. Some children benefit from visual aides, such as a weekly planner or calendar, social stories and/or books which talk about coming to childcare.

Butterflies - 4 Year Old Kindergarten



Butterflies Educators

Nikki, Naomi, Chandima

SETTLING IN TO 4 YEAR OLD KINDER

BUTTERFLIES KINDERGARTEN

The 4 Year Old Kindergarten children (our Butterflies) have settled into the new year beautifully. Children are settled and happy and building their relationships with their peers.

We hope you are enjoying seeing what we are up to each day, as we post photos and videos on the Storypark app!

Kindergarten is an important step for young children. Research shows that kindergarten improves children's health and wellbeing, helps them to develop strong social skills and encourages a love of learning. Children who go to a kindergarten program are more independent and confident and are more likely to make a smooth transition to primary school the following year.

PLAY BASED LEARNING

Play is central to your child's learning and development. When your child plays, it gives them many different ways and times to learn.

Play also helps your child:

- build confidence
- feel loved, happy and safe
- understand more about how the world works
- develop social skills, language and communication
- learn about caring for others and the environment
- develop physical skills.



INCURSIONS & EXCURSIONS

AT KINDER

Throughout the year, we host a range of incursions and excursions for our 4 year old kindergarten children.

This includes Little Sports Heroes, the Responsible Pet Education Program, Dental hygiene (dentist) visit, Lunchbox Week, Chicken Hatching program and many more!

Take a look at our yearly calendar of events to see what we have planned!

Preschoolers: play ideas to encourage development

Here are some ideas to get your preschooler's mind and body going:

- Old milk containers, wooden spoons, empty pot plant containers, sticks, crumpled-up paper, plastic buckets, saucepans and old clothes are great for imaginative, unstructured play.
 - Simple jigsaw puzzles and matching games like animal dominoes can improve your child's memory and concentration.
 - Playdough and clay help your child develop fine motor skills.
 - Favourite music or pots and pans are great for dancing or making music.
 - Balls can encourage kicking, throwing or rolling.
- When you're encouraging your child to kick or throw, see whether you can get them to use one side of their body and then the other.



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
0457 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

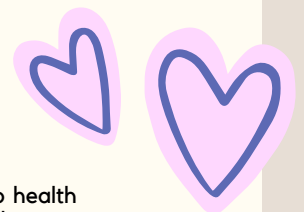
MensLine Australia

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.

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™



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 mulwala@butterflies-childcare.com.au