

July to October 2023

Newsletter



BUTTERFLIES CHILDCARE
& EARLY LEARNING CENTRE



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, present and emerging.



Would you like to be a part of our Reconciliation Action Plan? Please contact us if this is something you are interested in!

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.



Welcome to our new families

A very big welcome to the families that have joined us in the last couple of months! We have enjoyed welcoming you to our service and getting to know you and your child.

Our quarterly newsletter covers 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 mulwala@butterflies-childcare.com.au



our family.

FAMILY OWNED AND OPERATED

Since 2011

Bumblebees



Hello from the bumblebees room!

The Bumblebees children have been focusing on the following:

Sensory play: Water play, Slime, Messy play.

Sensory stimulation is an important way that children first get to know the world around them. As sensory play progresses to hands-on activities, it also plays an important role in helping children build cognitive skills involved in problem solving and abstract thinking. Early visual and motor stimulation also seem to play a role in the development of language and math skills later on, too.

The babies have loved participating in role play, especially home corner with the pretend food and kitchen utensils.

Book week, children focusing on their language and cognitive skills, love of interest in books and social development while sharing books at group time.

The babies love exploring in the outdoor environment, especially in the sandpit, climbing and using the walkers and exploring the yard.

General reminders:

Pack spare clothing
Sunhat

Please label clothing etc.

A reminder from the bumblebees team - please remember to tick foods in your child's communication book to show us when your child has tried a food at home. This will allow us to give them that food or ingredient here at childcare!

We also love seeing your comments on Storypark. Your feedback is important to us and we love hearing from you!



Educators in Bumblebees



Sukh, Carly, Kova

BATH SAFETY

- Bathroom safety basics
- Drowning and scalds are the two main risks with bath time. You can avoid these risks by following the four golden rules for safe bath times:
- Always supervise babies, toddlers and children under five years in the bath. Never leave older children or siblings to supervise. They don't have the skills to see and react to an emergency situation.
- Check the water temperature is between 37°C and 38°C before you put your child in. Use a water thermometer or your wrist or elbow.
- Get everything ready in advance so you can stay with your child for bath time – towel, face washer, cotton wool, clean nappy and clean clothes.
- Let the water out as soon as bath time is over. About 5-10 minutes is long enough for a baby bath.



Child

FIRST AID



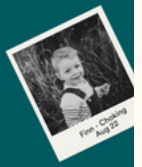
LEARN BABY & CHILD FIRST AID AT OUR VENUE

Learn the saving techniques through our baby first aid course. Protecting your child is such an integral part of parenthood – but we know how nerve-wracking it can be when there's an injury. Learn from an expert educator and gain more confidence in your skills in our public baby & child first aid courses.

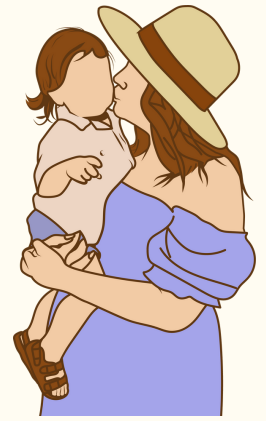
From administering effective CPR to checking first aid techniques, our children's first aid courses can empower you to save little lives any time, anywhere.



98% OF PARENTS FELT MORE CONFIDENT TO ACT IN A FIRST AID EMERGENCY WITH THEIR LITTLE ONE AFTER DOING OUR COURSE



LADYBUGS



Welcome to the Ladybugs room!

At our age, we are learning many new things, including experiencing a range of new and complex emotions, exploring pretend play, independence, new words and so much more! We start to experience new emotions like anger and frustration, guilt, shame, possessiveness and excitement. These 'big' emotions can be hard for your child to deal with, so it's important to help them through this stage.

We do lots of imagining and creating through pretend play - for example, pretending to drink from a cup. As your toddler grows older, pretend play gets more complex, and you might find your child doing things like sweeping the floor with a tree branch.

We have been helping our new friends settle in to the room and are helping them learn our new routine. We are learning a lot about colours and shapes too - all which is done through play and group times!

To encourage social development, our teachers are reading books to us, singing songs and also using flash cards.

We do lots of activities where we practice our gross motor skills. This includes climbing, jumping, bouncing and running. Some of our new little friends are learning to walk on their own.

For cognitive development, we have many blocks and loose parts to play with.

Activities that are good for toddler development include talking and listening, reading, working on everyday skills, and playing outside and with others.

Speak with your GP or child and family health nurse if you're concerned about toddler development or you need support.

Ladybugs Educators



Nikolina, Kiran, Baha & Keta

Toddler play: why it's important for emotional development

Play is the natural way that toddlers learn and develop. It's important for all areas of development, including emotional development.

Toddlers are little people with big emotions that they don't always have the words for. Play gives them a chance to explore and express their emotions and also practise managing them. This is good for your child's self-regulation, behaviour and relationships. And you have a key role in your toddler's play and development. Through play, you can help your toddler understand what they're feeling and why. For example, if your toddler is sad because their toy is broken, you can say, 'I can see you're sad that your toy is broken. It's OK - we can fix it'.



Managing screen time

Wednesday 15 November,

7.00pm - 8.30pm

Venue: Online

trybooking.com/CDZUH

Learn how to navigate the challenges of managing children's screen time.

This session will offer valuable information on the impacts of screen time on children's health and development.

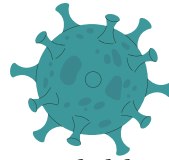
Parents will also be provided strategies/tips on setting boundaries for screen usage.

Facilitated by ParentZone





Illness



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.

ROYAL CHILDREN'S HOSPITAL
WWW.RCH.ORG.AU/KIDSINFO/FACT_SHEETS/VIRAL_ILLNESSES/

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.

child safety AT BUTTERFLIES

All employees at Butterflies Childcare & Early Learning Centre are committed to implementing the Child Safe Standards. The safety, health and wellbeing of children is the number one priority of all staff and volunteers who understand children's safety is a shared responsibility. We have zero tolerance for any form of harm to children and are committed to acting in children's best interests.

Our policies and procedures support and inform this commitment, and our leaders and managers regularly review staff and volunteer practices and understanding, prioritizing training or taking other relevant action if required.

Our policies and procedures also support and comply with the Education and Care National Law and Regulations, and the National Quality (NQS) whose guiding objective and principles outlined in section 3 include ensuring "the safety, health and wellbeing of children attending education and care services", "the rights and best interest of children are paramount", "the principles of equity, inclusion and diversity underlie this law", "that Australia's Aboriginal and Torres Strait Islander cultures are valued" and "that the role of parents and families is respected and supported."

OUR CHILD SAFE COMMITTEE

Rebecca, Amanda, Jessica, Diana, Belinda, Melissa

The committee is open to further committee members including educators and families.

Please email your interest to info@butterflies-childcare.com.au or mulwala@butterflies-childcare.com.au

CHILD SAFE STANDARDS ACTION PLAN

OUR CHILD SAFE STANDARDS ACTION PLAN IS AVAILABLE ON OUR WEBSITE OR AT YOUR REQUEST

"IT TAKES A VILLAGE"

Community

A community is much more than just a location, or a collection of individuals who happen to live or work in the same place.

*We often talk about promoting children's sense of community,
but what do we mean by this?*

We are talking about the quality of relationships and connections that connect people and bring them together. We are talking about children having the connections to thrive in an environment of mutually supportive and caring relationships. How children engage with local communities has a significant impact on both children and their families.

A sense of community plays an important role in the development of their feelings of belonging and security. For this reason developing a sense of community within a service is crucial. It is also valuable for children to feel part of a wider community that extends beyond the learning environment. As children grow and develop, connections to the outside world help them to find their place in the world, to develop understandings of how society works, and to recognise and understand the shared values that underpin our society. For many families early childhood settings often provide their first contact with a wider community beyond the home. Because of this, early childhood services can act as an important point of connection for families. They can foster supportive relationships between families as well as connecting families to other organisations and services in the local community.

Strong links with the local community also provide educators with invaluable information and resources. By drawing on community knowledge and expertise, educators are better able to understand the children and families with whom they work, and better able to provide children with learning experiences that are meaningful and relevant to their lives.

How are we involving our local community and promoting rich relationships between families and communities?

- Our educators explore and communicate with community members to plan local excursions, participate in and contribute to community events and invite community members and organisations into our services.
- Our educators recognise that such connections should be regular and ongoing. They should be relevant and age appropriate.
- Our educators recognise that community engagement shouldn't be something we do once and then move on; it needs to become a part of our everyday experience.



child safety in the community

YOUR ROLE AS PARENTS/GUARDIANS IN RELATION TO THE CHILD SAFE STANDARDS

The Child Safe Standards are compulsory minimum standards for all Victorian early learning centres to ensure they are well prepared to keep children and young people safe and protect them from abuse.

Victoria's Child Safe Standards were put in place in 2016, however The Victorian Government introduced new Standards which commenced on 1 July 2022.

The eleven new Standards will replace Victoria's current seven standards and principles.

Key changes include new requirements:

- to involve families and communities in organisations' efforts to keep children and young people safe
- for a greater focus on safety for Aboriginal children and young people
- to manage the risk of child abuse in online environments
- for greater clarity on the governance, systems and processes to keep children and young people safe.

As part of our Child Safe Standards Action Plan (Standard 4 – Families and communities are informed and involved in promoting child safety and wellbeing) we encourage families to participate in decisions affecting their child (4.1), and have a say in the development and review of the relevant entity's policies and practices (4.3)

We aim to engage and openly communicate with families and the community about our child safe approach and ensure relevant information is accessible (4.2) and ensure families, carers and the community are informed about organisations' operations and governance (4.4).

WANT TO BE A PART OF OUR CHILD SAFE COMMITTEE OR CONTRIBUTE TO OUR CHILD SAFETY AND WELLBEING POLICY OR CHILD SAFE STANDARDS ACTION PLAN?

Email info@butterflies-childcare.com.au or mulwala@butterflies-childcare.com.au

Witchetty Grubs



Tayla, Naval, Amber, Sima, Blessy, Jacinta

Witchetty Grubs Educators

The Witchetty Grubs children are having a fantastic year. We have seen so much growth, learning and development happening, as well as friendships blossoming and relationships with peers.

We have been focusing on developing our cognitive skills by engaging in activities such as colour matching, looking at numbers 1-10 and continue past 10 when the children are ready. We do lots of fun games to encourage this and you can try this at home too!

We are learning about environment sustainability by reusing art and craft materials and recycling what we have. It's important for us to learn about taking care of the world as we grow.

Our interests at the moment include construction play, cars and trucks, riding our bikes, sensory play, balancing activities (balancing on the stepping stones) and science activities!

At 2-3 years, you can expect strong feelings, tantrums, pretend play and independence.

Toddlers are developing new skills in many areas, including language, thinking and movement.

Development activities include talking and listening, reading, playing outdoors, playing with others and cooking together.

Speak with your GP or child and family health nurse if you're concerned about toddler development or you need support.

We are also here for support if you have any questions or concerns or need assistance in finding the right information.

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

Super Kids Sunday

Sunday 22 October,
12pm – 4pm
whittlesea.vic.gov.au

Ignite your child's imagination at this ever-popular children's week FREE event. Bring the kids along for an afternoon of children's entertainment featuring live entertainment and interactive activities.



TOILETING MYTH:

Myth: "Children need to be fully toilet trained to go to Kinder"

Truth: Here at Butterflies, it is not an expectation that children are toilet trained in order to go to 3 or 4 year old kindergarten.

Some children show signs of being ready as early as 18 months, and some might be older than 2 years. Children learn to use the toilet at their own pace and will often start to show an interest in the Witchetty Grubs room.

In saying this, children can still progress to 3 year old kinder regardless of their toileting, and still have access to nappy change facilities and nappies. Our educators support all families and their children on their toileting journey.

It might take days, weeks or months. And it might take longer for poos than wees. Your child will get there eventually, so stay positive about your child's achievements. Too much tension or stress can upset everyone, and your child might avoid going to the toilet.

Parents/guardians:

We would love to have you take part in our program. If you would like to share a special talent, or talk to our group about your occupation or involvement in the community we would love to hear from you.

CATERPILLARS

Caterpillars Educators



Susie Manmeet
Brooke Rachael

Welcome to the Caterpillars Room!

We have been having lots of fun in our room and would like to share some of the things we have been learning about!

We are practicing lots of self help skills which allows us more independence. This includes things like getting dressed, putting our shoes and socks on, wiping our noses etc. All of these things also help with our gross motor (big movements like pulling on jumpers or jackets) and fine motor skills (smaller movements such as doing up buttons on jackets or pants).

We have also been learning about letters, colours and shapes. We practice identifying the letters in our names, which will eventually lead to us recognising our whole name! You can practice these things at home too - identifying colours (including different shades of colours like blue, sky blue, navy) and shapes! We love games, so making a game and incorporating shapes into it is a great way to get our brains thinking!

We build on vocabulary through telling and listening to stories and engaging in conversation with our peers and educators. Our brains are taking in so much information at this age and answering lots of questions your child has will help them to make sense of it all and also encourage them to build on their own social skills.

We have also been exploring sound through the use of musical instruments, and making repetitive sounds, tapping to the beat and clapping or stomping our feet. Children develop a real love of music at this age and it is important to foster this. Singing songs is a great way for children to learn letters, numbers, colours and shapes too! We are encouraging the children to build on their confidence through singing and dancing. There are some great resources on YouTube and Spotify which can encourage this at home!

Here are some songs you can play at home to encourage dancing and movement:

The Freeze Dance <https://www.youtube.com/watch?v=2UcZWXvgMZE>

Shake your sillies out https://www.youtube.com/watch?v=NwT5oX_mqS0

The Floor is Lava <https://www.youtube.com/watch?v=wbNAIN8FTfc>

We are also having a lot of fun doing sensory play and expanding on our sensory skills. Sensory skills are those such as, vision, hearing, touch, smell, taste, vestibular (for balance and head position in space), and, proprioception (information from the muscles and joints). We do this by playing with a range of textures, smells, visual and auditory resources.

We are always practising our gross motor skills, even when we don't know it! By providing the children with the opportunity to climb, jump, run, hop and bounce we encourage these skills to develop. We love setting up obstacle courses, which uses lots of muscles!



Healthy Eating and Oral Care for Kids

Wednesday 25 October, 10am – 11am
Venue: Jindi Family and Community Centre, 48 Breadalbane Ave, Mernda
trybooking.com/CDZTU

Hear from an Accredited Practising Dietitian on how to support children to have colourful, nutritious meals to support their growth and wellbeing. Plus learn about oral care for keeping children's teeth healthy and strong.

Practical, nutritious tips provided in this interactive online presentation.

Morning tea will be provided.

Facilitated by DPV Health

Friendships

Why friendships and relationships are so important.

By three years old, many children regularly do activities with other children – for example, at child care, kinder or playgroup. At this age, some children have a clear idea of who their friends are and can name them. They might look for their friends when they arrive at preschool or playgroup, and play just with them. They might even want to have playdates with friends. Other children at this age might not have friends they can name, but they might be keen on making friends.

By four years, most children will be able to tell the difference between 'my friend' and other children they know.

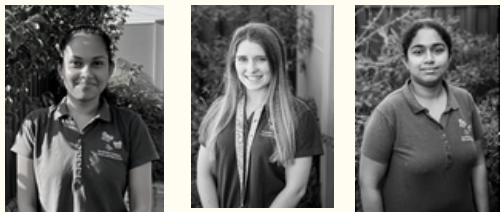
Some children seem to make friends easily and get energy from being around a lot of other people. Others can find this tiring and overwhelming. Some children might be slower to warm up and need time to watch what happens before joining in with a group.

Child Safe Standard 3 – Children and young people are empowered about their rights, participate in decisions affecting them and are taken seriously

3.2 The importance of friendships is recognised and support from peers is encouraged, to help children and young people feel safe and be less isolated. At Butterflies, educators encourage and foster relationships between peers to help them feel safe and less isolated. Educators do this by talking to children about their peers as 'friends', singing songs about friendships, reading and making books about "which friends are here today" and assisting children who are shy or need help to initiate conversations

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DRAGONFLIES



Hiruni Indi Dhanya

Dragonflies Educators

3 Year Old KINDERGARTEN

Step into our 3-year-old kindergarten room and discover a world of joy!

Our little explorers are having great pleasure in our exciting activities. They roar with laughter in Dinosaur World, play house in the Home Corner, and create colourful drawings using chalk paint.

Sensory Play tickles their senses, while play dough allows them to shape their imagination. The Sandpit is a sandy paradise for building and constructing, and they even make feathered friends with our chickens.

Group Time is a celebration of song, dance, and sharing stories. In our kinder room, every day is full of smiles, giggles, and learning fun!



Friendships at kinder

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How preschoolers make friends

Children need to learn friendship skills. As children play with others, they build skills that help them with friendships now and in the future. These are skills like sharing, taking turns, cooperating, listening to others, managing disagreements, and seeing other people's points of view.

For example, when children decide to play in the home corner, they have to decide what roles to take and what to do – not everyone can be mum! And if they all want to be mum, or they have different ideas about what mums do, they have to work it out.

Child Safe Standard 3 – Children and young people are empowered about their rights, participate in decisions affecting them and are taken seriously

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General REMINDERS



SUNSMART

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,

SUN PROTECTION and the UV INDEX										
Low		Moderate			High		Very High		Extreme	
UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	
1	2	3	4	5	6	7	8	9	10	11+
SUN PROTECTION NOT REQUIRED		SUN PROTECTION REQUIRED								
Unless outdoors for extended periods, or near reflective surfaces such as snow or water.		Wear sun-protective clothing, a broad-brimmed hat and sunglasses. Apply SPF30+ sunscreen to any unprotected skin. Seek shade.								

Please ensure you have supplied a SunSmart hat for your child.

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.

Butterflies

4 YEAR OLD KINDER

BUTTERFLIES KINDERGARTEN



Butterflies Educators Nikki, Naomi & Chandima

Over the past few months at Butterflies Kindergarten we have implemented a 'Butterflies Jobs' chart, where the children are given an opportunity to be a special helper for the day such as a lunch table helper, teacher assistant etc. This is a great way to teach the children about responsibility and how to take ownership and play their part in keeping a great learning environment.

The children took part in a fun project during Term 3 where they were encouraged to make meaning of how letters, numbers and shapes are used by finding these around their community. The children presented their findings in front of their peers and educators.

We loved celebrating Book Week at Kinder. The children loved dressing up in their favourite character costumes and bringing their favourite books from home to share. The children participated in lots of fun activities such as a Where's Wally Hunt!

For Term 4 we will be focusing on school readiness, encouraging the children to be independent and confident, ready for a smooth transition to primary school next year.

Now that the weather is getting warmer, if you can please make sure you pack extra clothing in your child's bag as we will be setting up lots of water play!

Super Kids Sunday

Sunday 22 October,
12pm - 4pm
whittlesea.vic.gov.au

Ignite your child's imagination at this ever-popular children's week FREE event. Bring the kids along for an afternoon of children's entertainment featuring live entertainment and interactive activities.



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!



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/>

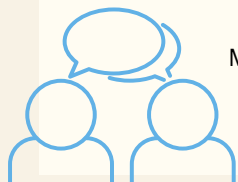
Northern Kids Therapy - Mill Park, mobile 0400 758 132
<https://northernkidstherapy.com.au/services/>

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



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

National LGBTI Health Alliance

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

PANDA (Perinatal Anxiety and Depression Australia)

PANDA 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

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.

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.



Yarning Safe N Strong
1800 959 563 (24 hours, seven days a week)
Email: ysns@vahs.org.au

VAHS have established a free and confidential counselling service for Aboriginal and Torres Strait Islander Peoples. Yarning SafeNStrong (YSNS) is available to people and families who need to have a yarn with someone about their wellbeing.



Safe Steps - Family Violence Response
1800 015 188 (24 hours, seven days a week)

Safe Steps is a service for women and children experiencing violence and abuse from a partner or ex-partner, another family member or someone close to them.

Region: Victoria



Kids Helpline
1800 551 800 (24 hours, seven days a week)

Online Chat: kidshelpline.com.au

Kids Helpline is Australia's only free, 24/7 phone and online counselling service for young people aged 5 to 25

Region: National



Djirra - Aboriginal Family Violence Response & Support Service
1800 105 303 (9am - 9pm, Monday to Friday)

Djirra provide practical support to all Aboriginal women and people who are currently experiencing family violence or have in the past.

Region: Victoria



eHeadSpace
1800 650 890 (9am - 1am, seven days a week)

Online Chat: headspace.org.au/eheadspace

eHeadSpace is a confidential, free and secure space where young people 12 – 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.

Region: National

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 (otherwise you'll have leftovers for weeks!)

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.

Parents/guardians:
We would love to have you take part in our program. If you would like to share a special talent, or talk to our group about your occupation or involvement in the community we would love to hear from you.

Sun

SMART

Please ensure you bring a hat for your child to protect them for the sun's harmful UV rays.

Don't forget that we have some lovely hats available on our hat stand, which range between \$5 and \$12 each. Local hat maker Bernie has made some beautiful hats!



SUSTAINABILITY - HOW ARE WE TRACKING?



When Butterflies opened in 2011, we pledged an ongoing commitment to sustainability and helping to make the world a better place. Not only are we accountable for keeping the planet clean and sustainable, we are responsible for educating future generations to do the same.

Our ongoing day to day practices include:

- Educators look for opportunities throughout the day to engage in discussion with children about being sustainable.
 - All children's hand washing taps are timed to reduce water waste and toilets are flushed using tank water.
 - Leaks and drips are fixed promptly to prevent water waste.
 - Lights are switched off when the rooms are not in use and when there is sufficient natural light. Natural light is the preferred option throughout the day, with the exception of dark winter months. Energy efficient light globes are used throughout the centre.
 - Unused appliances are switched off when not required, or when the rooms are not in use.
 - Natural resources & materials that reduce the impact on the environment are the preferred choice.
 - Encourage educators and children to care for resources to make them last and prevent the need to replace them.
 - Educators provide children with a range of activities and experiences using natural & recycled resources and materials.
 - Educators are encouraged to reuse materials such as boxes and packaging where appropriate. Coffee tins, biscuit tins & other items can be used in the rooms in the children's activities/experiences.
 - Food waste from the kitchen is given to the centre animals (rabbit & chickens.) Shredded paper is also used for the centre animals' bedding.
 - Educators acknowledge environmental sustainability and incorporate it into their programs as a regular topic. Children engage in learning about the food cycle by growing, harvesting and cooking food.
 - Educators role model sustainable practices by embedding sustainability into all aspects of the running of the service.
 - Children pour unused water from their cups into a recycle bowl, where it is then used to water the centre plants.
 - Butterflies seeks to use the least hazardous cleaning substances appropriate for the situation.
 - Some rooms have maintained worm farms to encourage children to learn about sustainability.
 - All educators soaking paint pots and paint brushes in water instead of rinsing and cleaning them under running water.
 - All educators washing children's dishes in a tub of warm soapy water or in a sink of warm soapy water instead of washing them under running water.
 - Butterflies engage with local community groups to enhance and support children's learning about sustainable practices ie; gardener from Edendale Farm comes out to plant herbs & plants.
 - Children are involved in nature walks down to the local park and learn about plants and gardening and growing plants and flowers from seeds.
 - Garden mulch is used and garden waste from working bees is reused on gardens.
 - Butterflies uses a range of auditing tools to ensure the service is operating sustainably and is keeping up with new information & ideas to be sustainable and promote the idea of "thinking green."
- When purchasing resources or equipment, management considers the environmental footprint made by the resource. This includes what the resource is made from, if it is recyclable, what the life expectancy of the resource will be, how the resource will be disposed of when it is no longer used.



"The world is changed by your example, not your opinion."
- Paulo Coelho



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



That's our Aunty Jan!
(Volunteer firefighter)



Our local CFA are always there for the community.

If you see them out on the road, give them a wave!

Don't forget - the Doreen CFA visit our family Christmas picnic in the park each year and bring Santa along too!



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!

YUMMY HOT CHOCOLATE DRINKS FOR BREASTFEEDING MUMS!



Meet the Chef

Hi, I'm Tashi. 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.



0422 387 667

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 \$12 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