

## FORBES CHILDREN'S CENTRE NEWSLETTER TERM 3 2024

### Diary Dates:

#### **Governing Council Meeting/AGM:**

Wednesday 14<sup>th</sup> August

#### **Book Week:**

Monday 19<sup>th</sup> to Friday 23<sup>rd</sup> August

#### **Father's Day:**

Sunday 1<sup>st</sup> September

#### **Early Childhood Educators Day:**

Wednesday 4<sup>th</sup> September

#### **Preschool Pupil Free Day:**

Monday 9<sup>th</sup> September

#### **Governing Council Meeting:**

Wednesday 18<sup>th</sup> September

#### **River Room Learning Journey:**

Tuesday 24<sup>th</sup> September

#### **Term 3 ends:**

Friday 27<sup>th</sup> September

#### **Labour Day Public Holiday:**

Monday 7<sup>th</sup> October

#### **Term 4 begins:**

Monday 14<sup>th</sup> October

### Term 3

Welcome back everyone for Term 3!

We would like to extend a big, warm welcome to all the new children who have started with us this term. There have also been some transitions happening between the rooms, and we hope all children and families are settling into their new environments well.

This term, the Nest and Reeds teams are organising times for educators to meet with families outside of the rooms to discuss your child's development and how they are generally settling into their space. If you are interested in arranging a time with an educator, please check in with the front desk to make a booking.

In staffing updates, we are delighted to welcome back Tori after returning from her maternity leave. The River team is excited to have her back in the space! We are also happy to congratulate Shannon from the River, who will begin her maternity leave in November!

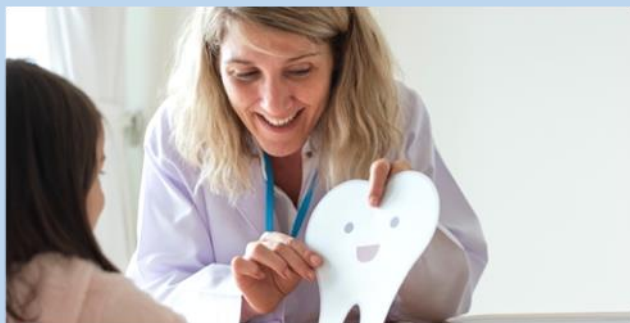
We look forward to a wonderful term 3!

Regards, Ros, Amy and the Forbes team.



### SNOWBALL THROW ALPHABET GAME

Paper, tape and ping-pong balls OR ball pit plastic balls are all you need for this game of "snowball" throwing from **Mom Inspired Life**. Tape a bunch of letters to a wall, call out the sounds and have your kids throw the snowball at the letter represented. As an added bonus, kids get to work on their coordination as well as their alphabet. **Source: Mom Inspired Life**



### DENTAL HEALTH WEEK – AUG 5-11

Dental Health Week is the Australian Dental Association's major annual oral health promotion campaign. Its aim is to educate Australians about the importance of maintaining good oral health in every aspect of their lives.

## Community Events

The 2024 campaign is centred around gum health. Without the correct gum care, bacteria and food particles can find their way in and around your teeth, which could lead to gum disease. So #Letstalkaboutgums

### INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLE

– **AUG 9** In order to raise awareness of the needs of Indigenous Peoples living in the world across 90 countries population groups, the International Day of the World's Indigenous Peoples is celebrated each year. Indigenous Peoples are inheritors and practitioners of unique cultures and ways of relating to people and the environment. We need indigenous communities for a better world.

## Christmas Closure Period

Every year, the centre closes briefly over the Christmas and New Year period. This year, the last day of childcare will be Thursday 19<sup>th</sup> December.

**The whole Centre will be closed from Friday 20<sup>th</sup> December 2024 to Friday 3<sup>rd</sup> January 2025.**

Staff will return on Friday 3<sup>rd</sup> January for a planning day and the Centre will re-open for childcare on Monday 6<sup>th</sup> January 2025.

Preschool will begin for 2025 on Tuesday 28<sup>th</sup> January 2025.

*"Children need a little space to test out their autonomy when on the top of the Circle, but they still need to know we're nearby and available as needed."*

Kent Hoffman, co-founder of the Circle of Security



## Your Children, Your Centre

### Invitation to join the Governing Council

**When:** Wednesday 14<sup>th</sup> August

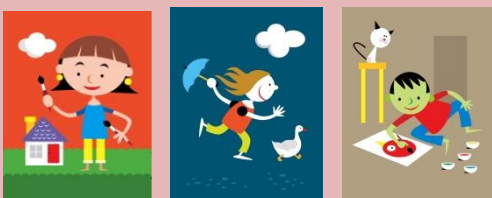
**Where:** Forbes Children's Centre

The Governing Council is the management committee responsible for the ongoing and long-term viability of the Centre and meets eight times a year. We need people interested in participating on the Governing Council. If you've ever been interested in how the governance of the site works or love a chance to have your say, this is a great opportunity.

Two meetings will be held on the night:

- **6:30pm Governing Council Meeting**  
So anyone interested in joining can see how the Council operates – (it's not that scary!)
- **7:00pm Annual General Meeting**  
To advise members of the Centre's achievements for 2023/2024 and seek representatives for the Council for 2024/2025.

Please **RSVP** to the Centre via email or on **8293 9000**.



### Reminders

As a measure to keep children in our care safe, we ask that **toys from home** are not brought to childcare unless they are a specific comfort item that staff are aware of. This is to prevent choking risks, particularly in the birth to three space.

If you would like to change days, add or drop **childcare sessions**, please remember to put in a 'notification of changes' as soon as possible. This will allow us to begin finalising numbers and organise staffing.

### Annual Feedback Survey

During Term 3 every year, the Department asks us to send out a feedback survey to families. This survey covers all aspects of your experience at the site and helps us see where we can offer more support or improve your experience at the Centre.

Keep an eye on your emails, you will receive a link to participate!

## A Golden Rule of Parenting: Stop Thinking Everything You Do Is Wrong

Parenting is hard, we are inundated with parenting advice from every man and their dog daily... in the news, on social media, from other parents, or from overheard conversations in the grocery line. It's no wonder that seeking out parenting advice, in general, can be a very overwhelming experience. So, an article in **The New York Times** brings up a single, inspiring piece of advice that can be universal to all concerned parents: **Stop thinking everything you do is wrong.**

A survey conducted in the United States this year found that many adults feel that young people today face more hardships than they did when they were young. Particularly in terms of stress, anxiety, depression and other mental health issues. This is an interesting reversal of the traditional dynamic, in which adults 'recall the hardships and dangers of the old days and conclude that kids these days have it easy', says paediatrician Dr Matthew M. Davis.

**And yet the paradox is understandable...**On the one hand, children are 'cushioned, shielded [and] protected from the literal and figurative bumps and bruises of the real-world playground'. But on the other, kids are overscheduled, overstressed, and increasingly anxious. These challenges are often a result of trying to succeed in an increasingly competitive academic climate, with the hopes of gaining employment in an increasingly oversaturated job market. This contrast leads to a confusion of which parenting approach is best, and an inevitable and ongoing confusion of what kind of parenting style we should adopt.

Do you hover like helicopter parents to protect your children from the difficulties they face, so they can focus on their studies? Or do you leave them to deal with everything on their own, in the hopes they'll rise up to the challenge?

Most parents — including yourselves — rightly sit somewhere in the middle. But there's always going to be times when unexpected challenges throw your parenting style off course. This is not a reflection of your parenting as much as a reflection of being human!

**And from our point of view, the fact that you're reading this article, or any article, shows that you're not doing everything wrong.** Investing the time and energy into researching advice is a testament to your commitment to being the best parent you can be. **The point is:** Congratulate yourself on trying to be the best parent you can be. Show your child what you believe is right and wrong by example. And when you slip up in one way or another, forgive yourself and move on, because it's likely to happen again (and again and again).

Melbourne Child Psychology (2019) A golden rule of parenting – Stop thinking everything you do is wrong. Retrieved from:

<https://www.melbournechildpsychology.com.au/blog/a-golden-rule-of-parenting-stop-thinking-everything-you-do-is-wrong/>



**TAKE A MOMENT, TAKE A BREATH.**  
**Stress-Relief Mantra #3: All experiences are helping me grow.**

### **How and when to recite this**

**mantra:** Recite this mantra four times either out loud or quietly to yourself as often as needed.

**How this mantra can help you:** This mantra is perfect to use when you are searching for answers to challenges that have come your way. Life is a journey of growth, and by acknowledging this, you can see the higher purpose in everything that happens. It may not always be easy to see exactly how you'll grow from a particular situation, but understanding that all experiences are contributing to your growth and development can be reassuring and can help you tackle things from a place of curiosity rather than despair.

Viewing all experiences as opportunities to grow allows you to focus on the bigger picture and helps you avoid getting caught up in all the details. You'll be able to take a step back and not put so much pressure on yourself to have everything figured out. You are here to learn, and part of that process requires you to go through experiences that are indeed challenging and confusing—but also ultimately joyful. The more you can approach life as a learning experience that you simply cannot fail at, the freer you will feel to explore things with a sense of adventure.



**Read the article via the QR code.**

Source: Happify. (2021). 4 Mantras for Instant Stress Relief. Retrieved from [happify.](https://www.happify.com/)

# Forbes Children's Centre Term 3 (July to October) 2024 Program

Forbes Children's Centre for Early Childhood Development and Parenting. 80 Thomas Street, South Plympton. SA 5038 Ph 8293 9000

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
<p><b>Long Day Care &amp; Preschool</b></p> <p><b>LGBTQIA+ RAINBOW CONNECTION PLAYGROUP</b> 10.30- 2.30pm</p> <p>Do you identify with, or want to connect with, the LGBTQIA+ community through a term time weekday playgroup?</p> <p>Contact Katherine through "Pink Parents" on Facebook Messenger or on 0438 536 346 to book into this great playgroup or for more information.</p> <p><b>OCCUPATIONAL THERAPIST &amp; SPEECH PATHOLOGIST</b></p> <p>Our OT and Speechie offer parent information groups, 1:1 appointments to chat about queries or child concerns &amp; provide professional referral where needed for children. Please call the centre on 8293 9000 for a confidential chat with Huong (OT) or Maria (Speech Pathologist) or for more information</p> <p><b>CENTRE TOURS</b> Call 8293 9000 to book</p> <p>Tours are 45+ mins long. Tours through children's learning &amp; sleep areas is restricted to respect children's wellbeing. Tours view these rooms through glass internal walls unless all children in the room have left for the day (usually after 5.45pm - at the end of our 5pm tours) Friday 26<sup>th</sup> Jul 5pm Wednesday 7<sup>th</sup> Aug 4pm Monday 19<sup>th</sup> Aug 11am Tuesday 3<sup>rd</sup> Sept 1pm Thursday 19<sup>th</sup> Sept 5pm</p>	<p><b>Long Day Care &amp; Preschool</b></p> <p><b>MY TIME</b> 9.30am-11.30am</p> <p>Group for Mums, Dads and Carers of children up to 16yrs with a chronic illness, disability or developmental delay. Morning tea provided. Cost: Free + Free crèche. Contact Silvana on 0488 151 789 for start date Bookings Essential</p> <p><b>REBUILD YOUR CORE &amp; PELVIC FLOOR AFTER PREGNANCY</b> 24<sup>th</sup> Sept 10-11.30am</p> <p>In just 1.5hrs learn how you can get your core muscles back to strong, confident, pain and worry free "sneeze leaking" through simple exercises at home! Babies and toddlers welcome - a play area will be set up in the room. Presented by Lara-Jezeph A Pre &amp; Postpartum Corrective Exercise Specialist Cost - Free Bookings Essential 8293 9000</p> <p><b>DADS MOVING TOWARDS RESPONSIBILITY</b> 6.30-8.30pm</p> <p>This free 24 week program starts with understanding the many forms of abusive behaviour including physical, sexual, emotional, financial &amp; psychological actions or threats &amp; has a focus on practical ways of helping dads choose to be respectful fathers &amp; partners. Experienced counsellors help dads work on ways to improve relationships with their partner &amp; children &amp; keep them safe. Call Phil on 8186 8900 for more info or a confidential chat.</p>	<p><b>Long Day Care</b></p> <p><b>MUSIC FUN FOR EVERYONE</b> Weekly during school term 10am sharp - 10.30am</p> <p>½ hour of singing, dancing &amp; movement fun for infants &amp; young children. Cost - Free. Bookings Essential 8293 9000</p> <p><b>MULTICULTURAL WOMEN &amp; CHILDREN GROUP</b> Weekly during school term 10.45am - 11.45am</p> <p>Our mums and grandmothers meet to connect with other women while your little one plays! No English (or just learning)? ...you're in the right place - just come along! Facilitated by qualified staff supported by CaFHS Nurse Please bring a piece of fruit for your child to eat! Cost: Free. Bookings preferred: 8293 9000</p> <p><b>ALL NATIONALITIES WELCOME</b></p> <p><b>CaFHS CLINIC at FORBES</b> By Appointment Free Child &amp; Family Health Service for infants and children 0 to 5 years, with a 0-3yrs focus Please call 1300 733 606 to make an appointment (Enter your postcode then ask to be booked in at Forbes)</p> <p><b>EARLY PARENTING GROUP</b> For new dads and mums Courses start every 4 weeks</p> <p>Free 4 week CaFHS course for new dads, mums &amp; their baby! Cost: Free Bookings Essential: Call CaFHS on 1300 733 606 and enter your postcode when prompted</p>	<p><b>Long Day Care &amp; Preschool</b></p> <p><b>LEARNING TOGETHER ALL AGES PLAYGROUP</b> 9.30 - 11am</p> <p>Come and join us for this all ages playgroup! Your child will learn through play (and have lots of fun of course!) Cost free. Bookings Essential 8293 9000</p> <p><b>PARENTING IN AUSTRALIA</b> 2 Session Workshop 16<sup>th</sup> &amp; 23<sup>rd</sup> Sept 9.45am-12.15pm</p> <p>Learn how you can help your child's development. Topics include: Understanding your child's behaviour; Parenting in a new culture; Helping your child identify &amp; manage their emotions</p> <p>Plus free crèche (limited places) Bookings Essential ALL WELCOME</p> <p><b>LEARNING TOGETHER BABY PLAYGROUP</b> 1pm - 2.30pm</p> <p>BABY playgroup provides opportunity to learn early socialisation, motor development &amp; open-ended sensory activities for learning through play Bookings Essential 8293 9000 Cost - Free ALL WELCOME</p> <p>Are you or your partner Pregnant? Watch this space! We're looking at offering Sessions for Soon-To-Be &amp; New Parents!</p> <p>Some suggested groups include Birthing Options in Australia, Optimal Birthing Positions, Hypnobirthing, Breastfeeding/lactation and more! Contact us for more info!</p>	<p><b>Long Day Care &amp; Preschool</b></p> <p><b>PLAYGROUP @ GLANDORE COMMUNITY CENTRE</b> 9.30 - 11am</p> <p>Come and join us for this partnership playgroup! Sessions include indoor/outdoor play, craft, story time, songs with a fenced &amp; shaded outside area, large sandpit, play equipment &amp; more. Cost: \$4 - For more info: 7420 6400</p> <p><b>BABY CONNECTIONS 1.30-2.30</b> Weekly during the term facilitated by OT &amp; other staff</p> <p>Join this group of new parents &amp; carers, to learn about, wonder &amp; delight in your baby. For dads and mums &amp; carers who want to connect, but are not yet ready for playgroup. Bookings preferred 8293 9000 Cost: Free - ALL WELCOME</p> <p><b>LEN-Lived Experience Network</b> Meet Every 2<sup>nd</sup> Friday 10-12pm</p> <p>LEN System Advisors meet fortnightly to advise DHS on how to improve the Child and Family Support System. If you have experienced significant family stress, needed support services and want to become an advisor in this meeting - Contact Paula, LEN Coordinator, for more info &amp; how to apply (\$30 per hour time reimbursement) M: 0435 366 394 Free crèche available</p> <p><b>WE'RE ON FACEBOOK &amp; ONLINE!</b></p> <p><a href="http://www.facebook.com/ForbesChildrensCentre">www.facebook.com/ForbesChildrensCentre</a> or <a href="http://www.forbescc.sa.edu.au">www.forbescc.sa.edu.au</a></p> <p>Have you checked out our Website or Facebook page yet? Find this program, last-minute program changes, updates, other community parenting courses, support &amp; information as well as lots of helpful parenting hints, tips and links to parenting resources</p>	<p><b>Long Day Care &amp; Preschool</b></p> <p><b>FIRST AID WORKSHOP FOR PARENTS, GRANDPARENTS and CARERS</b> Sat 21<sup>st</sup> Sept 10am - 1pm</p> <p>3 Hours of practical 'what do I do when <b>!This! happens!</b>' Cost: \$30 per person Sorry no crèche available (pre-mobile/non walking babies are welcome to attend with you) Please see flier about attendance certificates or call the centre Bookings Essential: 8293 9000 <b>ALL WELCOME</b> (Sorry, no refunds for non-attendance)</p> <p><b>I'M PREGNANT - NOW WHAT!!!??</b> Sat 21<sup>st</sup> Sept 11am-12.30pm</p> <p>An information session for pregnant mums and their support people. Join our FREE workshop where we'll guide you through the different models of care available &amp; help you to make the best decision for YOUR unique journey so you can make informed choices for a safe &amp; joyful pregnancy experience. Bookings Essential Cost: Free 8293 9000 - ALL WELCOME</p> <p><b>DADS &amp; KIDS PIZZA LUNCH</b> Saturday 24<sup>th</sup> Aug 11.30-1.30pm</p> <p>Dads and Kids connect with a pizza making workshop using the Glandore Community Garden's very own wood oven fire. Bring your favourite toppings along, we will supply the pizza base and tomato paste. Adults will be required to supervise children. Cost \$5 per person. Tickets available via Eventbrite: <a href="https://www.eventbrite.com/e/dads-and-kids-pizza-day-tickets-74206400">Dads and Kids Pizza Day   Glandore Tickets</a>. Sat. Aug 24, 2024 at 11:30 <b>AM   Eventbrite</b></p>

For more information about any program or event listed, or for copies of more detailed individual fliers please see the inside of this program or contact: Merridee Dangerfield, Community Development Coordinator. Phone: 8293 9000 or Mobile: 0400 263 567 Email: [merridee.dangerfield@sa.gov.au](mailto:merridee.dangerfield@sa.gov.au)