



## The Elder Street Herald

### Ten Hints for Creating Resilient Families

As parents we all give & receive a bit of home psychology from time to time, especially on the topic of raising children, so I thought this information from Andrew Fuller's website would make a great read for our centre's families.

**No. 1: Promote Belonging—** Resilience is the happy knack of being able to bunjy jump through the pitfalls of life. It is the strongest antidote we know of self harm, depression and drug abuse and it's built on our sense of belonging.

**No. 2: Have mooch time—** we live in a world that suffers from attention deficit disorder. We rush children from activity to activity, from lesson to lesson. Then we wonder why, when there is a lull that they say "I'm bored". Be a counter-revolutionary. Find some time each week just to be at home without anything structured happening.

**No. 3: Rediscover Family Rituals—** it doesn't matter whether it is the family walk after dinner, the Sunday roast, the Friday night Pizza or the Saturday morning clean up, rituals are highly protective. The best rituals cost nothing. These are the activities you hope that later in life your child will reminisce and say "Mum always made sure we did..."

**No. 4: Spontaneity and curiosity—** these are the

building blocks of good mental health. You cannot tell someone how to have better mental health and you can't give it to them by reading a book. So the really hard message here is that if you want to raise children to have mentally healthy lives, you are going to have to have a good time yourself. If you want your child to succeed you need to show them that success is worth having.

**No. 5: Love kids for their differences—** when families function well people are allowed to be different and be loved for those differences. Having children who are strongly individual and who have a sense of who they are is a sign of good parenting.

**No. 6: It is clear who is in charge—** Families do not work well as democracies. In fact they seem to work best as benevolent dictatorships in which the parent or parents consult with their children but at the end of the day the parents have the last say!

**No. 7: Consistency—** this is the ideal! Having parents who agree on rules and standards and who convey the same sorts of messages and who value compassion over coercion, clearly has the best outcomes in terms of children's well being.

**No. 8: Teach the skills of Self-Esteem—** families

that work well seem to praise one another a lot. Compliments are made, positive efforts are commented on. Optimism is in the air!

**No. 9: Know how to argue—** families that work well together know how to argue. It seems strange to say this because we all have the sense those families that work well don't have conflicts. The family is where we learn to resolve disputes fairly. The way that parents teach children to resolve differences of opinions with their brothers and sisters provides the basis for sharing, negotiating and problem solving in the world beyond the family.

**No. 10: Parents are reliably unpredictable—** with young children it is important to provide consistency and predictability. This allows them to feel sure of you. To many children, most parents are about as predictable as a washing machine cycle. It is important to have structure and consistency but it is also useful to act in ways that your children wouldn't expect. This keeps them interested in learning from you or at least wondering what you are up to.

Perhaps the most important feature of parents in healthy families is that they realize that all of the above is desirable but not always possible and so they look at how to promote good functioning while not wasting energy on blaming themselves for the times when things don't quite work out as they had planned.

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July/Aug 09 Edition

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## What have we been learning at Elder Street???

**Nursery Possums**— have been busy with all sorts of activities, but the most noticeable development has been physical independence and language. Lots of our "babies" are now over 6 months or 1 year old, so we have lots of rolling, sitting, cruising and walking, along with the very important tools of chit chat gibber talk (that's the kids by the way!!) and the teachers fostering this through repeating, modeling, labeling, asking open ended questions and singing—of course this happens all day long amongst the routines and play—lots of fun!!



**Toddler Joeys** — have been practicing and practicing the fine art of sharing, thinking of others and making friends. It is so tricky when you are 2 to remember about what our friends also need, so the teachers have been providing lots of experiences like home corner, cooking, looking after our hermit crabs which all involve taking turns and waiting—we are all becoming such great friends and people as we learn! We also have really enjoyed all the excitement of the hermit crabs, learning about how they move, what they eat, even that they grow just like us and need new shells every now and then. We also had a great time at our excursion to the park for a play and picnic. Remember to read our daily journal and you will see what else we do each day.



**Preschool Wallabies**— with the arrival of our new 3 sided easel and the coloured blocks, the children have shown great interest in colour, light, shade and reflection. The teachers have been extending this by providing lots of different art mediums for the children to experiment with. There have been discussion about colour mixing, colour blending from light to dark and most importantly lots of hands on experimenting to put their theories to the test. The results have been some lovely art work, lovely interaction between children whilst sharing their discoveries and great learning opportunities. Also the children have welcomed new friends from the Joey's room and displayed lovely caring qualities to help them settle in and learn the rules and routines of the room, showing beautiful manners, care and compassion for our new younger friends. Our older Wallabies are also showing lots of interest in emergent print around them and practicing their letter and number writing.



## Child Care Compliance Obligations and Payment of Fees

From this year all child care services operating under the Child Care Management System (CCMS) are required to provide four weekly statements to families using care at their service. This new requirement is designed to replace the obligation to provide receipts for child care fees paid, but we will continue to provide receipts as well as the statements. I would like to try to comply with this government obligation in an environmentally friendly way and do this by emailing the statements in pdf form to families each month. Currently we have many families' email addresses, but not all.

I will be placing a form in family communication pockets shortly requesting everyone advise me of an email address where statements can be sent each month. If you do not have an email address, please just write that and I will print a hard copy for those families.

### Payment of Fees

A reminder that fees should not be in arrears by more than 2 weeks. We ask that your account have a zero balance by the end of each week. If paying fortnightly or monthly, the same rule applies. It makes it very difficult to meet all

our overheads if fees are paid a month or fortnight in arrears by families. Also, if paying by direct debit, please ensure a reference of the child's first name or surname is with the payment so we know which account to allocate the payment to.

A reminder also that if your child picks up extra days on a permanent basis, you are required to pay the extra bond associated with this. The bond is still \$100 per day of attendance. If paying this by internet banking please reference the payment as "bond" for your child.

Thanks.

## STARTING SCHOOL

We have a great book in our parent library called "Starting School" by Sue Berne. The Wallabies that are heading off to school next year will engage in our School Preparation Program come October that runs for the last term of the year. As the books suggests, the majority of school preparation can be started from as early as 2, with things like building self esteem, promoting a love of learning and fostering independence. Our 10 week program simply reinforces these things and allows special opportunity throughout the day to practice these skills and chat about things related to school.

One of the areas we would like to remind parents to focus on is to encourage learning through play. Often around this time leading up to school, the focus from adults is directed at writing and reading. Suddenly what your child has been working so hard at since birth is deemed to be "just playing". Please encourage your child to keep on playing which in turn will help their learning. Sue Berne quotes from her book mentioned above "Play helps children learn new ideas and puts them into

practice, to adapt socially and to overcome emotional problems. It is a very important factor in your child's learning. Through play she comes to understand and express her thoughts and feelings about the world, so try to present activities as games that are interesting and fun. And if her environment is stimulating, she will learn many things on her own.

### THE RECIPE FOR STARTING SCHOOL SUCCESS

- \* A large amount of respect for himself and the rest of humanity
- \* A big dollop of self esteem and self confidence
- \* Equal amounts of skills such as listening, communicating, ability to resolve conflicts in a positive way, friendship skills, the ability to set goals and work towards them
- \* A love of learning and someone to help him nurture his special gifts
- \* Parents who believe in him 100%
- \* LOVE—the most important ingredient of all.

If you have any questions about your child's school readiness, or what you can do to help, please make a time to talk to one of the preschool staff, they are more than happy to help.

## NOTICES

### STAFF HOLIDAYS

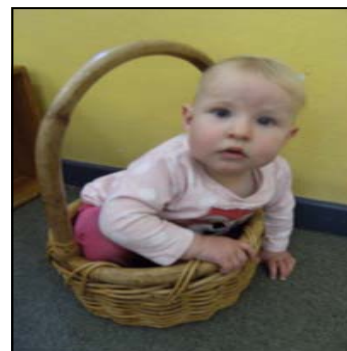
The girls have some well deserved holidays coming up. The dates are listed below. Covering these breaks will be a combination of Mel, Catherine, Donna (Preschool teacher) and Natalie & Lauren (regular relief workers)

Kim away 3-5 August  
April away 6—12 August  
Kate away 24 Aug—4 Sept  
Karen away 17—25 Sept  
Tahlia away 28 Sept—6 Oct  
Catherine away 13-19 Oct  
Sheree away 19 Oct—11 Dec  
Kim away 26-28 Oct  
Georgia away 5 —20 Nov





## Cute n Funny from July 09



## Port Folio Week—7-11 September 2009

Each year for a week in September we have the opportunity for parents and family to come into the centre and look through their child's Portfolio together. Of course, the port folios are available to be looked through at any time and we encourage parents to do so regularly. However, Port folio week is a chance to sit and look with your child, talk about their time at the centre, read the documentation that the staff have written and follow their learning journey to date.

The folders are available in your child's room each afternoon between 3pm and 5pm from Monday 7 September to Friday 11 September. The staff will be

available to have a quick chat with parents and family, but will have their normal duties to attend to.

We would encourage parents whilst looking through their folders, to note down any questions or areas of development that they may wish to discuss in further detail with their child's room staff, then organise a time to have a chat. The girls are available at any time throughout the day, as long as given notice so they can be relieved whilst they attend the discussion with parents.

For those parents reading this that may be scratching their heads and not

quite understand what port folios we are talking about, they are the folders that are stored in the walkway between the Nursery and the Preschool room. If you are unsure, please ask staff to point them out and explain them to you.

The girls put a great deal of thought and time into observing, planning and documenting the experiences that are detailed in the children's folders and would love nothing more than to share the important learning information with families.

We will put a reminder note in family pockets closer to the date.

## Family Social Event—Elder Street Disco—Fri 2 October, 2009

It feels like ages since we last held an Elder Street Disco. It was voted last year by our families that they would like to alternate family social events between a disco one year and Family BBQ the next. We had a great day in late September 2008 at Blackbutt, so this year it is time to break out the disco gear and get ready to boogie!!

We are hoping we have lots of families attend as the weather should be warming up in the evenings. Our discos are held in the Preschool

room and start at 6.00pm, finishing at 7.30 with party food provided for the children.

We will distribute a flyer for parents to stick on the fridge and an rsvp slip to return.

We would love to see lots of families attend this fun evening for a chat and a dance!

Keep an eye out for signs and flyers in pockets.



Our last disco was a Bushdance in 07, with the Lonergan family taking out the "Best Dressed!" Award

## Welcome to New Friends at Elder Street!

We have some new families who have started at Elder Street due to some of our other friends moving on. We would like to welcome **Sam** (Wallabies) and his mum and dad Shantala and Byron, **Olivia** (Wallabies) and mum and dad Emma and BJ, **Bronte** (Joeys) and mum and dad Kate and Matthew, **Charlotte** (Joeys) and mum and dad Anna and Geoff, **Micah** (Possums, who will start in a few weeks) and mum and dad Melissa and Matthew and finally **Joel** (Possums) and mum and dad Rebecca and Dave. We hope all our new families find the transition into the centre a smooth and happy experience!



## PARENT DIRECT AND CHALK TOY CATALOGUES

We have recently put some exciting new toy catalogues in family pockets with a letter explaining the toy purchasing system. Both companies have some great buys and we have allowed lots of time between now and Christmas for families to choose at their leisure and return orders by **Friday 2 October, 2009**. Getting in nice and early will ensure that we have orders back well before Christmas. This fundraiser that is run by staff each year helps us purchase more equipment for the children and also offers parents a chance to purchase some quality educational resources for home. Any questions please see Kate or Karen.

## IMPORTANT CENTRE REMINDERS

- No food to be brought into the centre from home—we have many children with life threatening allergies.
- No toys from home to be brought into the centre, we do happily allow children to bring a book or sleep time cuddle toy for rest time.
- Please remember to take home drink bottles daily and sleep bedding weekly for a wash.

## HAPPY BIRTHDAY!!!!

July Emily turned 1, Taj turned 2, Anthony turned 2, Jake turned 3, Sam R turned 3, Elise turned 3, Ryan turned 3 and, Olivia turned 5

### August

Annika turns 1  
Madison turns 1  
Joel turns 1  
Allie turns 3  
Benjamin turns 4  
Austin turns 4  
Rhys turns 5, Katelyn turns 5



## NEW EDITIONS!!!!

Congratulations to the Gay family on the arrival of a third little boy called Harrison. Well done to Leah and Jason and big brothers Xavier (Joeys) and Levi (Possums)

Welcome to the world little Georgia Liddle, another lovely little girl for Katie and Darren. Abigail (Wallabies) and Loki will be the best big sister and brother in the world!