



### The Elder Street Herald

## It's that busy time of year already—preparing for 2009 at Elder Street

There will be a few forms and notes appearing in family communication pockets over the next couple of weeks. It is that time of the year where we begin to prepare for enrolments for 2009.

We also have some events coming up soon—kids photos, family bbq's and not long after preschool graduations and Christmas parties!!

The year has gone so fast!!

Please mark these dates in your diary and keep an eye out for further information on these planned

### Schedule of Important Dates/Events September to December 2008

#### September 2008

- Fri 5 September 2008— 2009 Enrolment information in Family Communication Pockets
- Fri 26 September 2008—return of 2009 enrolment information forms—get in early if you want extra days in 2009—they fill fast!!!
- Sun 28 September 2008—Family BBQ at Blackbutt
- Toy Catalogue orders due by Mon 29 September

#### November 2008

- 10 November 2008—School photos
- 28 November 2008—Family Xmas Celebration and Preschool Graduation

#### December 2008

- 19 December 2008—Centre shut down

January 2009 Mon 5 January 2009—Centre opens

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#### Special points of interest:

- Karen would like to pass on a big thank you to who ever nominated her for the Fisher Price Child Care Worker of the Year Award. She was honoured to be nominated and proudly displays her nomination in the Nursery.

*"Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate"*

Albert Schweitzer

### Quick Recipe from Catherine's Kitchen

#### Spinach and Ricotta Pastry rolls

- |                |                         |
|----------------|-------------------------|
| Frozen spinach | Frozen puff pastry      |
| Ricotta cheese | Milk or egg for glazing |

Thaw spinach and mix with ricotta cheese in mixing bowl.

Lay puff pastry on board and spread cheese spinach mixture on pastry. Roll the pastry, then cut up the roll creating 6-8 scrolls. Lay scrolls on a baking tray, brush with milk or beaten egg and bake in oven at 200°C until golden brown.

Serve hot or cold as afternoon tea snack—offers veggie, dairy and grain serves

# Scenes from August 2008 at Elder Street



Helping each other



Feeling Proud



Determination



Friendship

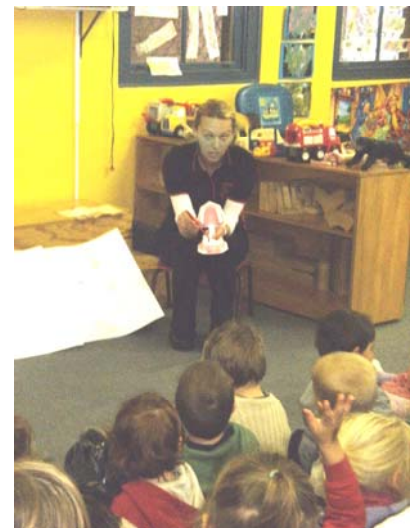
## Dental visit—University of Newcastle Colgate Oral Health Centre

Once again a big thank you to Karen van Eldik (Jorjia and Kelsey's mum) for organizing our dental talk for this year. Leanne from the University of Newcastle's Colgate Oral Health Centre came in and did a wonderful little presentation for the children. She talked about:

- Drinking water and milk all the time and other sweet drinks only "sometimes"
- Eating lots of fruit, veggies, meat, cheese and whole grains all the time and lollies etc only "sometimes"
- She asked the children if their mums and dads helped them brush their teeth and then suggested that if the children want to do it in the morning, then

mum and dad need to do it for them at night time.

- She showed them all how to brush their teeth going around in circles, slowly and gently.
- The children also watched a short animation about Dr Bunny and Professor Brushwell which they seemed to enjoy.



Lots of learning about looking after our teeth thanks to Leanne from Newcastle Uni

## Child Care Management System and Public Holidays

It has become apparent that the CCMS and our child care software have not yet figured out how to deal with centres such as ours that do not charge for public holidays.

The week of the public holiday is fine as the reconciliation process is one week behind. Where the problem comes into play is 2 weeks after the public holiday week. It then takes another two weeks for the account to correct

## Port Folio Week—thank you for your involvement

Thanks to the families who gave their time and came in to look through the portfolio folders with their children. Of course the folders are always available, but this special time set aside will become a memory that influences and guides your child's love of learning and confidence in themselves.

The feedback we received from the questions completed by parents was all very positive. Thank you for your kind words and support. As you can now understand, the time and thought put into these folders is enormous and the girls are constantly discussing, thinking, planning and brain storming new ideas and ways to communicate with you how the children are learning and developing every day. I must say, these Elder Street girls do an amazing job and have embraced this programming style with energy, compassion and great professionalism.

One of the most common suggestions from parents from the feedback was that they really enjoyed the folders but would also like to see or receive some sort of 6 monthly update or checklist to ensure that their child was meeting their milestones etc. We always aim to accommodate par-

ents wishes as much as possible, however we feel strongly that this form of planning and recording offers way more than any checklist can. I have taken some information from the **NSW Curriculum Framework for Children Services**, which is the guidelines all children's services must follow when programming and planning for children.

### Gathering Information:

Planning is informed directly by close observation and documentation of children at work and play, and by ongoing evaluation of practice. Traditional standard observation techniques such as anecdotal records and checklists provide some information, but careful observation of processes, interactions and relationships, children development and the emergence and progress of projects provides a much richer basis for planning. Documentation done with children as contributors is richer and more meaningful than that done by professionals alone. That sort of documentation relies very much on the professional encouraging children to disclose what experiences mean to them.

gest that you continue to pay that amount each week. We only have one public holiday left for this year which is a Monday in October, so if you are unsure please ring and check what your fees will be for that week.

Thanks—Mel in the office

*What do you enjoy most about the folders?*

**"Everything! Thanks guys! It really shows how much you care for the kids and love your job. I really appreciate all the effort you have gone to"** Wallaby parent

**"It is very interesting to see how a simple playtime activity actually shows a particular motor skill.**

**Playing IS learning!"**  
Possum Parent

NSW Department of Community

Services—NSW Curriculum Framework for children services—Documentation, Planning and Evaluation.



# Siblings

*We have so many siblings at our centre and they just keep on coming!! I thought this article gave a really interesting perspective of how being a sibling (even as an adult!) affects us. Having several siblings myself and now raising my 3 children makes me think there would be few people that haven't had the sibling experience at some time or other. Have a read, it makes you realize how these people we call siblings can play such an important part in our lives.*

## Siblings

*By Dr Alex Cutting*

For many of us, sibling relationships have a profound effect on our lives - whether we love our brothers and sisters or find them almost impossible to get along with. Over 80% of human beings have at least one sibling, and our sibling relationships are very often the longest lasting relationships that we experience, so the potential for influence is huge. Sibling relationships involve high familiarity, and are emotionally uninhibited, and so often very intense - which can bring both problems and benefits to brothers and sisters.

As one seven-year-old complained to me recently, about his sister, "She's awfully good at annoying me... She knows *exactly* what to do to make me cross, and I think she does it on purpose." When I asked him what was good about having a sister, he thought for a while and then commented thoughtfully, "Well, she's good at helping me when I can't do stuff, and she does understand how boring Mum and Dad

are sometimes"(!) What this little boy's comments capture nicely is the dual nature of many sibling relationships. There can be rivalry and competition, especially for parental attention, but at the same time, brothers

and sisters can offer each other support, love, friendship and understanding. Our relationships with our brothers and sisters are generally unlike the relationships we have with our parents or friends - especially when we are children. Parent-child relationships are unequal in terms of power, and involve complementary roles. Friendships are more equal, and involve more reciprocal roles.

Sibling relationships fall somewhere in between - there's usually some difference in power, because one child is older than the other, but there is similarity (both being children in the same family) and a more reciprocal relationship too. One thing that is very clear is that wide individual differences exist among sibling relationships.

### What happens when a sibling arrives?

Professor Judy Dunn's extensive work on sibling relationships has shown that reactions to a new sibling can be variable and sometimes ambivalent. Children's reactions reflect their own temperamental traits, as well as their age, and the way their parents behave. Most research on this topic has focused on first-born children reacting to the arrival of a new baby brother or sister. It's common for the older child to show jealousy and be clingy or deliberately naughty when the new baby arrives, although not all do this. For some it takes a while to realise that their new brother or sister is a permanent fixture, and it is only later that their behaviour reflects the major change they have just experienced in their lives. Posi-



**Mel's sibs—I couldn't live without my sisters (& brother) now, but that was not always the case**

itive responses occur too though! Children may show affection and concern for their new sibling, and by the time the new brother or sister is a year old, siblings have often developed a meaningful relationship, playing and spending time together.

### Interactions between siblings

Children can't choose their siblings, but are simply faced with living with them, whether they get along or not.

Sibling relationships develop soon after the birth of a new sibling, and are fairly stable in nature throughout childhood.

They may be close or characterised by conflict, but either way, provide a huge source of interaction and opportunity for learning. Older siblings in particular provide several very useful sources of support for their little brothers and sisters - the younger child is treated to a ready source of companionship, help and learning. The older child gains the chance to develop responsibility, and learns to share and protect others. Both are likely to get a very intense initiation into the human social world of needs, intentions and feelings.

Because sibling interactions are frequent, uninhibited and intense, they offer an unrivalled context in which to develop and hone social skills - from comforting, sharing and co-operating, to deceiving, manipulating and arguing. Children with more siblings have been reported to develop an understanding of the link between what we think and how we behave in advance of those with fewer siblings. Those with positive sibling relationships tend to display greater moral maturity and more

**"It's common for the older child to show jealousy and be clingy or deliberately naughty when the new baby arrives, although not all do this"**

Conflict between siblings is almost inevitable, unless the age gap between the children is very large. Parents may find this stressful, but again, there are real advantages for children in terms of their social development. Unlike your friends, your siblings are stuck with you, so children in conflict with their siblings have an opportunity to learn about the causes and mechanics of conflict, along with how to manage it and (hopefully!) how to negotiate solutions.

As a whole, same-sex siblings tend to get into more conflict and show more aggression than opposite-sex siblings, although it's worth noting that same-sex siblings can also be exceptionally close to one another.

#### Sibling situations

One of the problems researchers face when studying sibling relationships today is the variety of siblings that they may encounter. Full siblings, half-siblings, step-siblings, twin siblings, foster-siblings and adoptive siblings all exist, and many children have several different types of sibling. Family context can also be important in determining the nature of a sibling relationship. Differential parental treatment is one example of this, but other factors are also important, such as having a disabled versus non-disabled sibling, family structure (step versus biological parents), and how many other siblings a child has.

Parents often wonder about the effects of age gap and birth order on sibling relationships. A very large age gap may lead to limited relationships between siblings in childhood. It has also been suggested that an age gap of two to four years tends to produce more conflict and rivalry, because siblings this close have especially similar lives. However, research to date indicates that how well - or how badly - siblings get along is actually more to do with the children's individual temperaments, and how well these do, or don't, fit together, than it is to do

with the age gap between them. Research into the effects of birth order has produced similar findings. Birth order



**5 of the 6 Bright siblings!!**

often matters a lot to children, and there is evidence that suggests that birth order has an effect on us as individuals. However, as far as relationships between brothers and sisters go, the bottom line again appears to be that children's actual personalities are more important than their birth order.

#### No siblings?

What about children growing up without siblings, or perhaps those with much older siblings? Are they disadvantaged by the lack of such a unique context (conflict and closeness) for the development of social competence? Historically, many writers have said "yes", and have characterised the only child as spoiled, self-centred and selfish.

However, more recent research findings suggest that while siblings bring many advantages, they are certainly not essential for healthy development. In fact, only children are just as socially competent as those with siblings, and often have greater self-esteem and higher achievement motivation, so they tend to do better academically. This may be because only children tend to have closer relationships with their parents, who exert more pressure to succeed. If this pressure is not excessive, it seems to be an advantage developmentally. Being an only child has pros and cons, as does having siblings. Only children frequently describe advantages like lack of rivalry, more privacy, greater affluence, and more time and attention from their parents. Disadvantages include missing the closeness of siblings, feeling great pressure to succeed from their parents,

and having no-one to help them care for their elderly parents.

#### Final thoughts

Perhaps the most fascinating thing about sibling relationships is their sheer variety - there are different types of siblings and different types of relationships. Just like the children involved, no two sibling relationships are the same. What most sibling relationships have in common though, is their potential for influence on the development of the children who have them. Whether positive, negative, or both, these are relationships in which children really learn.



**Cavie kids**



**Argyrakis boys**



**Fowler twins**



**Cummins crew**



**van Eldik girls**

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elderstreet@optusnet.com.  
au

► **Building Partnerships  
with Families**

**We're on the web  
[www.elderstreetehc.com](http://www.elderstreetehc.com)**

*Some lovely quotes to brighten your busy day as  
working parents...*

Babies are such nice ways to start people

Don Herrold

Parents have the glorious opportunity of being the most powerful influence, above and beyond any other, on the new lives that bless their homes

L. Tom Perry

A baby will make love stronger, days shorter, nights longer, bankroll smaller, home happier, clothes shabbier, the past forgotten, and the future worth living for.

Unknown

Your children will become what you are; so be what you want them to be.

David Bly

Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom.

Unknown

**HAPPY BIRTHDAY!!!!**

**September Birthdays**

Charlotte turned 1  
Tyler turns 1  
Oliver turns 2  
Chloe turns 3  
Nicholas turns 4  
Bianca turns 5  
Zoe turns 5  
Happy birthday  
everyone!!!



**Big brother Elliot—  
ready to teach his little  
brother Luca all about  
playing!!!**



**Breanna will be such a great help for  
mum and dad with her little sister**

**New Arrivals -  
Congratulations!!**

Welcome to beautiful Luca—a second son for Pascale and Mark and little mate for Elliot (Possums)

Well done to Georgie and Duane on the arrival of their little princess Maddison. At last Mitchell (Wallabies) is a big brother!!

Congratulations to Karen and Stuart of the arrival of another beautiful little girl Annika. Now Breanna (Joeys) is a big sister!



