DENTAL HEALTH WEEK (3-9 August 2020)

Dental week is to educate about the importance of maintaining good oral health. Encouraging children’s independence with brushing helps build a child’s sense of self as they begin to take responsibility in basic health routines.

Dental Tips:

1. Make it a game
   Play games, tell stories and sing songs. There are lots of apps, videos, books and songs that help make brushing fun.

2. Let kids play with a toothbrush
   Help them develop this new skill by letting them have a go at brushing first. Letting them hold the toothbrush with you will help them feel they’re part of the action.

3. Teach them using ‘Tell-Show-Do’
   First, TELL. Explain the steps to brushing and how brushing keeps teeth clean and healthy. Second, SHOW them what you do. Have your child watch you when you brush. Third, DO. Help your child brush their teeth alongside you in front of a mirror.

4. Be a role model
   Lead by example. Let your child see you and other family members brushing their teeth.

5. Reward your child for good teeth brushing
   One way to reward your child and make brushing fun is a reward chart and stickers. Try a Tooth Brushing Chart.

6. Let kids pick out their own toothbrush
   The best way to find a toothbrush that your child will be happy to use is to let them choose it for themselves. (Manual and electric toothbrushes are both effective.)
Let’s Brush with Tash and Chomper’ (video)

Tash and Chomper (the smiley crocodile!) shows us how to have some fun when we brush our teeth. Both parents and children can do this together.

https://www.youtube.com/playlist?list=PLcAjB30TLQlEYCk_wPiHgUqvyOVa0Rnf

Reading & Singing with your Child

BOOK OF THE WEEK

Welcome to Country? - is a beautiful illustrated book that invites us to recognise the traditional lands that lie beneath our feet and to celebrate local indigenous culture.

https://www.youtube.com/watch?v=zNYjXliUW7o

SONG OF THE WEEK

Ngaya Naba - “Ngaya Naba” means ‘my family’ or ‘our family’ and togetherness makes us strong.

https://www.youtube.com/watch?v=nYW2MHmmp_0
https://www.youtube.com/watch?v=RQy37vCEZQs
Letters and Numbers in August

Children begin to learn numeracy skills from birth. The learning occurs from watching and experiencing numbers in action, especially in everyday play and activities. Babies love hearing your voice and enjoy stories and songs with repetition. You can also slowly introduce singing number songs and rhymes. The alphabet is the foundation of learning any language, as letters and sounds form words and sentences. Words are everywhere around us, and provide many learning opportunities within our everyday environments. Below are activity ideas that involve numbers and letters.

Gel Bags and Alphabet Roads

To make a gel bag, all you need is a zip-lock sandwich bag, clear hair gel, food colouring, glitter (optional) and tape.

Place the gel, food colouring and glitter into the bag, zip lock and tape the bag. Children can then form different letters by pressing on to the gel bag.

It is a great idea when learning letters to include your child’s interests, for example; if your child loves cars, you can made letters to form short words such as car, truck, road.

When children can touch, or form, a letter or number they can feel the shape it forms. This helps a child to recognize letters and numbers faster.

Numbers and Letters

Culture can be incorporated into children’s learning experiences with letters and numbers.

Displaying posters or making flash cards is a great way to introduce cultures to children.
Number Games and Activities

**Placing numbers** on blocks to encourage children to count while building.

**Making a number weave** is great fun! On a large piece of cardboard, place round paper circles with numbers in a zigzag pattern. At the bottom of the cardboard, staple a piece of string, or a shoelace, and start weaving.

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**Darebin Libraries Online Learning Resources**

Darebin Libraries Online Digital learning is an available resource that caters for the whole family. The libraries for ‘Click and Collect’ services at Northcote and Reservoir has ceased during this second COVID-19 lockdown, further communications will be provided in the future in accordance with easing of restrictions.

NATIONAL BORIGINAL AND TORRES STRAIGHT ISLANDER CHILDREN’S DAY
(4 August 2020)

National Aboriginal and Torres Strait Islander Children’s Day (Children’s Day) is the largest
cultural day to celebrate children. It is an opportunity for all Australians to show support for
Aboriginal and Torres Strait Islander children, as well as to learn about the crucial impact that
culture, family and community play in the life of every Aboriginal and Torres Strait Islander
child. The theme for this year’s Children’s Day is;

‘We are the Elders of tomorrow, hear our voice’. Celebrating the knowledge and wisdom
of Aboriginal and Torres Strait Islander peoples, starting in childhood. Hearing children’s
voices, plays a crucial role in their development towards being influential Elders and leaders
of the future.

Video link with Nanna from Little J and Big Cuz explaining Aboriginal and Torres Strait
Islander Children’s Day
https://www.deadlystory.com/page/culture/articles/National_Aboriginal_and_Torres_Strait_Islander_Children_s_Day_2019

Activities
https://www.deadlystory.com/icms_docs/308281_Little_J_Big_Cuz_activity_sheet.pdf

What does culture mean to me? drawing resource

Playschool Acknowledgment of Country
https://www.abc.net.au/abckids/shows/play-school/play-school-acknowledgement-of-
country/11382434

COVID 19 Resources and Information

Due to the growing cases of coronavirus in Victoria, Stage 4 Restrictions are currently in
place. Restriction directions are subject to change, please regularly check the latest updates

Just like adults, children experience a broad range of emotions. In the current environment,
many children may feel overwhelmed, scared, anxious or sad, as they are trying to under-
stand the changes occurring in the world around them. It is important to give children the op-
portunity and space to share their feelings, and to understand these feelings are valid. It is
helpful for parents and carers to provide empathy, comfort and reassurance to children them
to both help them to navigate their emotions and to make sense of their world.

“Breathe with me” is a book by Mariam Gates providing children (and adults)
with tools to help self-regulate with easy calming exercises and breathing tech-
niques. Watch it in video below:

https://www.youtube.com/watch?v=2PYHmihv3wY
Subscription to What’s on for Families eNewsletter
You and your families can also subscribe to our monthly What’s on for Families eNewsletter at http://www.darebin.vic.gov.au/en/Your-Say/Newsletters/Subscribe

CONTACT US
All enquiries and feedback regarding Community Playgroups in Darebin should be directed to:
Early Years Leader: 0413 807 858 Email: early.years@darebin.vic.gov.au