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**If I had my child to raise over again**

I'd build self-esteem first and the house later

I'd finger paint more and point the finger less

I would do less correcting and more connecting

I'd take my eyes off my watch and watch with my eyes

I would care to know less and know to care more

I'd take more hikes and fly more kites

I'd stop playing serious and seriously play

I would run through more fields and gaze at more stars

I'd do more hugging and less tugging

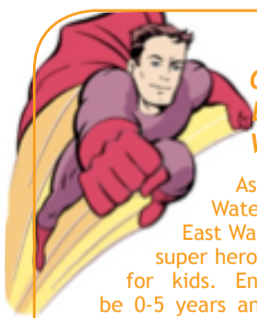
I'd see the oak tree in the acorn more often

I would be firm less often and affirm much more

I'd model less about the love of power

And more about the power of love.

Diane Loomans



**Competition: Dress as a Water Hero**

As part of National Water Week, North East Water are running a super hero fun competition for kids. Entrants need to be 0-5 years and not attending primary school. Details: Dress up as a water hero using commonly found household object to do with water. Send in a photo. Three winners will be chosen. Winners will receive a bag of water related goodies and a medallion. Competition closes 19 August 2011.

Contact Diane Doyle, Education Officer, North East Water -

(02) 6022 0580 or email: ddoyle@nerwa.vic.gov.au

## News from the Rooms at Mountain View

### 0-2 Bambini ROOM

In the last few weeks we have had one of our little ones beginning to crawl and two are taking a few tentative steps. It is a real privilege to be a part of this exciting time.

We have been very busy making Easter egg baskets and also Mothers day cards, with some of the children being very definite about which decorations they use.

With all the autumn leaves around, the children are enjoying the experience of tossing them into the air and being showered by them as staff try to rake them up.

Some of our children will be turning 2 soon and moving up to the 2-3 room which will be an exciting time for them.

### 2-3 Butterfly Room

We are moving along very fast into our year. The children in the 2-3 room have settled in well and have been busy with autumn activities and watching the leaves fall, of which you will notice plenty on the ground.

We hope you all had a lovely Easter break and enjoyed family time together. The children have also been busy with their Easter baskets and taking home yummy Easter eggs.

Many of our children are turning 3 and are eagerly anticipating their move into the 3-4 room. A lot of transition time has occurred to make this move a smooth and enjoyable experience and we wish them all the best with their new challenge and fun times ahead.

Also a reminder that parents/guardians are most welcome to take a look at your children's learning story and to also stop and look at our new communication board on what we did today.

### 3-5 Bogong & Buffalo Rooms

At least a quarter of the year over already and its well into autumn with winter fast approaching. The leaves have changed colour and have begun to fall, making it a haven for the children to play in and throw into the air.

The children have shown lots of expressions, language and interest from the leaves, bringing about many autumn activities, including pasting leaves onto paper, painting leaves with cotton buds and pasting coloured paper onto leaves.

In anticipation for winter we have planted our winter veggies which include broccoli, cabbage and cauliflower. All children are very keen asking if they can water them when we go outside to play.

Fishing with magnetic rods and hairdressing have been two areas where the children have been able to express themselves through role play. There has been many great hair styles and lots of fish caught with many tangled lines.

Lots of imagination and creativity has occurred using the big wooden blocks. We all wait with enthusiasm to see what will be the next thing built. Another activity we have been involved in is lots of floor games allowing the children to gain more confidence in social skills and to show respect for each other.

Many of the children from the 2-3 room will be moving up soon. So lots of transition has been occurring allowing for the children to become familiar with the room, outside area and routines.

There has also been many creative activities surrounding seasonal events such as Easter and mother's day. This has been a very exciting time for the children, especially with a very special visit from Easter bunny who left Easter eggs in the children's baskets whilst they were outside.



## Tips for dental care & hygiene

### DENTAL HEALTH TIPS FOR PRE-SCHOOLERS

You should brush your children's teeth and encourage them to learn how to brush correctly, using a small pea sized quantity of low strength fluoride toothpaste.

Most importantly, avoid sweet snacks and sweet drinks between meals.

The possibility of tooth decay is directly related to the number of times that sweet things are in contact with the teeth.

Seek your dentist's advice without delay if your children's teeth become damaged - whether loosened or just chipped.

If a baby tooth is dislodged do not attempt to straighten or replace it. Take the child to your dentist straight away.

Nowadays, dentists concentrate on preventing dental disease. Ask your dentist how frequently your children need a check up so that problems can be detected early enough to allow the dentist to prevent them without the need for fillings

Australian Dental Association

## LANGUAGE LEARNING - What parents can do

(from www.parentlink.act.gov.au)

- Talk to your baby right from birth and imitate her sounds.
- Name things and talk about what you are doing. Use simple words and sentences at first.
- Have conversations with your child at some stage every day.
- Listen with interest when your child is talking to you. Don't interfere or correct your child's speech.
- Answer questions simply and clearly.
- Allow your child time to get out what she wants to say.
- Talk about pictures in books, and name things in the pictures.

- Sing songs and read rhymes.
- Take your children to the local library and read some stories to them. Then you can borrow or buy the ones that they particularly enjoy.
- Give a younger child a chance to talk without being interrupted by older brothers and sisters.
- If your child is stumbling over words because he is excited suggest that he tell you slowly. Then listen to him carefully.
- Get down to eye level with your child when teaching a new word so he can see your lips and hear the word clearly.
- For children with a severe hearing loss, it is most important that their hearing loss is recognised before six months of age.

## Don't miss it! Shopping Extravaganza

Massive pre-loved clothing and accessories sale for adults, children and babies

Sat 11 June 9am-1pm  
Bright Community Hall

Fundraiser for Lyndhurst Children's Centre,  
Bright & District Kindergarten,  
Bright Playgroup and Bright Toy Library

BE SUPER SAVVY - DON'T MISS THIS EVENT  
Visit [www.alpinechildrensservices.asn.au](http://www.alpinechildrensservices.asn.au)

## IN AUSTRALIA A CHILD IS ABUSED EVERY 13 MINUTES

### WHAT CAN YOU DO??? TIPS FOR PARENTS

(Taken from [www.napcan.org.au](http://www.napcan.org.au))

- Try to understand the seriousness and consequences of child abuse
- Learn about healthy child development and how to build strong families
- Listen to children, try to understand what they're saying and doing - and why
- Encourage children to talk about any problems they may be having and be available to share their joys as well
- Allow children to experiment and make mistakes in a safe and supportive environment
- Find someone to turn to if you're under stress. All parents become stressed from time to time talk to someone you trust
- Don't cross the line and hurt your children. Take alternative actions, for example count to ten and think again.
- Check out your child's sporting club and other activities for their child protection policy and guidelines about keeping children safe.
- Help your children learn ways to keep themselves safe, including emergency numbers
- Learn about internet safety and teach children how to keep themselves safe online
- Understand that only a small minority of cases of child abuse involves a total stranger. It is far more likely to be carried out by someone known to the child or family even someone close who you'd expect to trust - such as a parent, another relative or a family friend
- Believe children, they may have a valid reason why they do not want to spend time with another family member, a relative or other adult.

### PARENTAL INVOLVEMENT WELCOME

Just a reminder that ACS encourages and welcomes involvement from parents and guardians. Families can be involved in the carer by sharing information about their weekends, holidays or special events. Families can also be involved with their carer by special visits over lunch time, special play visits, show and tell of photos, other family members or pets.



### POLICY REVIEW/NEW POLICIES

Thank you to the families that have contributed to the policy review process - it is much appreciated. Please speak to a staff member if you have any questions about any policies and a reminder that a copy of all policies are kept in a folder in the foyer. The ACS Grievance policy was updated in April 2011 and is on view in the foyer if you wish to view changes.

## New procedures for the bushfire season

The way kindergartens, child care centres and family day care schemes in Victoria respond to bushfires has been revised.

New fire danger ratings and warnings have been introduced in Victoria to provide clear direction on the safest options for preserving life.

Children's services - and schools - identified as being at highest fire risk will be closed on days declared by fire authorities to be Code Red. Our facility has been identified as being one of those at highest bushfire risk.

Where possible, we will provide parents with up to three days notice of a planned closure. We will contact you directly by letter and phone with advice on planned closures and will confirm the decision to close by 12 noon the day before the planned closure.

Once confirmed, the decision to close will not change, regardless of improvements in the weather forecast. This is to avoid confusion and help your family plan alternative care arrangements for your child.

No staff will remain on site when the facility is closed by the threat of fire. On days such as these, families are encouraged to enact their Bushfire Survival Plan.

For those of us living in a bushfire prone area, when Code Red days are forecast, the safest option is to leave the night before, or early in the morning of the Code Red day. On all days of high fire risk, children should never be left at home in the care of older children.

As part of preparing our facility for the threat of fire, we have completed the Department of Education and Early Childhood Development's self-assessment of our emergency preparedness. We have also updated our emergency management plan; reprioritised any maintenance works that may assist in preparing for the threat of fire and cleared our facility's grounds and gutters.



### What can parents do?

Make sure your family's bushfire survival plan is up-to-date and includes alternative care arrangements in the event that our facility is closed. Make sure we have your current contact details, including your mobile phone numbers. Keep in touch with us by reading our newsletters and by talking to your child's teacher or any other member of our staff.

Most importantly at this time of year, if you're planning a holiday or short stay in the bush or in a coastal area, you should check warnings in advance of travel and remain vigilant during your stay. If your child is old enough, talk to them about bushfires and your family's bushfire survival plan.

You can access more information about children's services closures on the Department of Education and Early Childhood Development website - see [www.education.vic.gov.au/bushfires](http://www.education.vic.gov.au/bushfires).

For up-to-date information on this year's fire season, visit the CFA website at [www.cfa.vic.gov.au](http://www.cfa.vic.gov.au) or call the 24-hour Victorian Bushfires Information Line on 1800 240 667.

## TIPS FOR SAFE STORAGE OF POTENTIALLY DANGEROUS PRODUCTS IN THE HOME

Some drugs and chemicals commonly found around the home can cause serious illness, or even death for a child. Most accidental child poisonings are of kids under five; 3,500 are admitted to hospital every year. While most don't suffer long term, they can be seriously injured and 5 to 10 will die. Yet child poisoning can be easily prevented in just a few minutes, and for almost no cost.

Child poisonings are most commonly caused by medicines (71%) and household chemicals (28%); especially those stored unsafely or those in use and 'left out' in easy reach. Poisonings can happen quickly if adults aren't watching or are out of the room for just a few minutes. Toddlers aged 1 to 2 are most at risk, as they tend to put everything they find in their mouths. Accidents are even more likely if there's a lot of activity around the house. You may be moving or have visitors.

When you take medicine, don't leave the packet or bottle out on the table - child-resistant packaging isn't totally childproof. Don't leave tablets in your handbag either, and remember visitors may be carrying medicine, so keep their bags out of reach.

If you're using a household cleaner, keep the bottle out of reach with the lid on, and don't leave children alone with the product. Be aware of what's toxic - even tiny batteries are poisonous.

Don't rely on child-resistant catches on cupboards, it's safest to remove potential poisons all together and store them out of sight and out of reach. Even if a child has never shown any interest in the detergents under the sink or the medication on the bedside table, there is a first time for everything

### 6 SIMPLE STEPS TO KEEP KIDS SAFE FROM POISONS:

1. Store medicines in a lockable cabinet. Ideally the cabinet should be wall-mounted and out of reach. Once you've taken the medication, lock it back in the cabinet.
2. Make a safe storage place for chemicals. Keep chemicals out of sight and out of reach in the garage or shed. Never underestimate the capabilities of young children to reach things you've put 'out of bounds'.
3. Don't take medicine in front of kids. They may copy you. Never call tablets 'lollies' and teach kids that only adults can give them medicine. Don't put toxic products into other containers like drink bottles.
4. Read the label. Make sure you know what's poisonous. A lot of household chemicals, like dishwasher powder and toilet cleaners, are very toxic. Even vitamin tablets and eco-friendly 'green' products can be dangerous.
5. Check your garden for poisonous plants. Some are dangerous if eaten. Get rid of oleander, deadly nightshade, foxgloves and daphne.
6. Keep the Poisons hotline number 13 11 26 by your phone.

If you think your child has been accidentally poisoned, call the 24-hour Poisons Information Centre straight away.