



# Family Day Care News

Northern Rivers Family Day Care: August 2021

Dear families,

On 20th August, the NSW Government issued advice for families, the community and the ECEC sector as follows:

**There have been a significant number of Covid-19 cases in Early Childhood Education and Care Services, so parents and carers across the state are strongly encouraged to keep their children at home, unless they need to be at those services.**

Please refer to the health advice at: <https://www.health.nsw.gov.au/Infectious/covid-19/Pages/ECEC-advice.aspx>.

Please contact us to discuss your needs for care so that we can staff our services appropriately.

If you cannot care for your child at home, we also remind you not to bring them if they have any symptom of being unwell. We also ask that you do not bring your child if you or anyone else in your household has any symptoms of being unwell.

The health, safety and wellbeing of children, families, staff and community is most important at this time. We will continue to provide updated information as we receive it from NSW Health.

The Department has prepared a range of helpful resources for families to support continued [learning from home](#).

Thank you for your ongoing support. Please stay safe and well.

 **Early Childhood Educators' Day**  
— Wed 1st Sept 2021 —



**Early Childhood Educators' Day** recognises and celebrates the work of Australia's educators in early learning services for their wonderful contribution to the wellbeing and healthy development of the young children in their care.

It's a chance to say thank you to Australia's early childhood educators on a very **personal** level by service operators, families and their children, as well as collectively at the **state** and **national** levels.

This year Early Childhood Educators' Day will take place on **Wednesday 1st September**.

More information including resources for families and Educators can be found here: <https://www.earlychildhoodeducatorsday.org.au/>

## \$100 NSW Creative Kids Vouchers

Every child enrolled in school is entitled to a \$100 Creative Kids Voucher, but did you know these can be used to purchase things like ART PACKS. There are many online suppliers selling pre-assembled art packs that are accepting the vouchers.



1. Apply for NSW Creative Kids voucher: <https://www.service.nsw.gov.au/transaction/apply-creative-kids-voucher>
2. Search [Creative Kids Providers](#) OR Search the web for CREATIVE ART PACKS
3. Choose a supplier that accepts the vouchers and packs that best suit your child's individual interests.

For more information go to: <https://www.service.nsw.gov.au/campaign/creative-kids>

## Indigenous Literacy Day

Save the date! Indigenous Literacy Day is on the **1st of September**.



The ILD Main Event is a 40-minute visual story, sharing insights from Indigenous Literacy Foundation ambassadors and supporters such as Anita Heiss, Andy Griffiths and Archie Roach and a stunning performance of My Island Home by Jessica Mauboy. Viewers can access the full video or short segments of the video on our YouTube Channel.

The Education Event for primary and early learners (3 -11 years of age) is a 25-minute event, featuring Jessica Mauboy, Justine Clarke, Cheryl Lardy and Andy Griffiths, with a book reading in Kriol and English, a melody in Tiwi, Mangarrayi and English and songs and activities with author, performer and musician Gregg Dreise.

Learn more here:

**Indigenous Literacy Day 2021**





# Family Day Care News

## Positive Mealtimes for the Whole Family

Learning to eat new foods, and exploring new textures and tastes are a natural part of child growth. Just like learning to walk and talk, learning to enjoy both familiar and unfamiliar foods takes time and practise. Each child is unique and their eating journeys are different. Adults need to be patient with children and help them to learn.



Often the exploration of new foods can look like food rejection. For example, a child may explore food in their mouth by moving it around without swallowing. This can be part of the process of learning to like a new food. Making mealtime settings positive and supporting children to build healthy relationships with

food helps them to develop lifelong healthy eating habits.



Some top tips for creating fuss free mealtimes include:

- Stick to your mealtime roles: a parent's job is to provide the food and choose when and where a child will eat; a child's job is to decide if they will eat and how much to eat.
- Make mealtimes enjoyable: eat meals as a family, be a positive role model and avoid distractions such as toys, phones, iPads or the TV at mealtimes.
- Create simple mealtime routines: children thrive on routine. Offer food every 2-3 hours, limit grazing on snacks and give children time to pack up and get ready before mealtimes.
- When it comes to introducing new foods... Repeat, repeat, repeat! It can take over 10 times for a child to accept a new food. You may try offering a new food with a food your child already likes, separating foods so they don't touch, or cooking or presenting foods differently.
- Involve children in vegetable gardening, meal planning, shopping, cooking, setting the table and food play.

### Recipe of the Week

#### Hulk Fritters

##### Ingredients

500g frozen peas (thawed)  
2 tablespoons parsley  
3 eggs  
250g ricotta cheese  
2/3 cup self raising flour  
1 large zucchini  
Salt & pepper to taste



##### Method

Smash peas & grate zucchini, combine in bowl with parsley, egg & flour.  
Mix through salt, pepper, & ricotta.  
Spoon small fritters into frypan & cook on medium high for ~2 mins a side, or until golden brown.



HEALTHYEATING  
ACTIVE LIVING



### Screen Free Games

What are your favourite family card games?

Card games are a great way to spend time with your children. They also help with social, brain and motor development. Try some of these games with your family!



Snap, Go Fish, Memory, Old Maid, Charades

You can also use cards for matching activities, stacking and shuffling.



HEALTHYEATING  
ACTIVE LIVING



Remember, don't pressure your child to eat a new food! As a parent, you provide the food options and choose when and where a child will eat, but it's up to your child to decide whether they will try it.

