

Don't let yesterday take up too much of today. —Will Rogers



'My Place' Family Day Care



OCTOBER
2025

ON *this* MONTH

My Place Family Day Care

Educator Of The Month!

Debbie Woods! Debbie is a passionate educator with over 12 years of experience running her family daycare. Debbie is a Mum and Grandmother, who prides herself on creating a warm, nurturing, home like environment where her daycare 'children' are treated like family.

Over the years Debbie has formed and maintained a bond with past and present families and children and still keeps up to date with all of their lives. Debbie loves to see children learn new things, build confidence and develop resilience, while engaging in fun, laughter and the simple joy of curiosity with the children.



AROUND THE COUNTRY

Date

- World Animal Day ----- 4th October
- National Nutrition Week -----13-19th October
- Loud Shirt Day ----- 17th October
- Children's Week -----18-26th October
- Aussie Bird Count -----20-26th October
- Grandparents Day-----26th October

Admin Corner

PARENTS: If you need to change or update your child's bookings: Please note that all requests must go through your Educator. Your Educator will prepare a Booking Change Request Form, which you'll need to review and sign before any changes can be made in the system.



AUSSIE BIRD COUNT – OCTOBER 20-26

Birds live alongside us in backyards, balconies, parks and schoolyards, and they tell important stories about the health of our environment. Today, one in six Australian birds is at risk of extinction, so paying attention matters.

Take part in this year's count. In just 20 minutes, you

record the birds you see from a single spot and submit your sightings using the free Aussie Bird Count app or website. Each count adds to a nationwide database that helps track bird populations, identify trends and guide conservation efforts. Download your app [here](#).

WORLD ANIMAL DAY – OCTOBER 4

Happy 100th World Animal Day! On this day people around the globe celebrate animals and commit to kinder choices that protect them and the places they live. This year's theme is "Save Animals, Save the Planet!" Find out more [here](#).



CREAMY CHIA PUDDING

TIME 10 MINS | MAKES 8

INGREDIENTS

Creamy Chia Pudding:

- 1/4 cup chia seeds
- 2 cups milk of your choice
- 1 cup frozen raspberries
- 1 cup frozen blueberries
- 1/2 cup pure maple syrup
- 2 heaped tbs almond butter

- 1 tbs vanilla bean paste
- good pinch of sea salt

To serve:

- 2 cups muesli or granola
- 1 cup Greek yoghurt
- 1 cup fresh berries
- edible flowers (optional)
- 2 tablespoons honey

METHOD

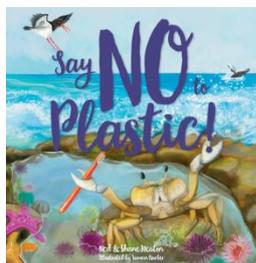
To make the creamy chia pudding:

1. Place the chia seeds into a blender and blitz until finely ground. Remove from the blender and measure 2 heaped tablespoons of ground chia. Set aside. *(Save remaining ground chia seeds for next time).*
2. Place the 2 tablespoons of ground chia seeds, milk, raspberries, blueberries, maple syrup, almond butter, vanilla and sea salt into the jug of a blender.
3. Blitz for 2-3 minutes or until thoroughly combined and smooth.
4. Pour the mixture into a bowl and pop into the fridge for an hour or two.

To serve:

1. Place a layer of muesli into a serving glass, layer with chia pudding and yoghurt, top with fresh berries, muesli, edible flower and honey. Enjoy x

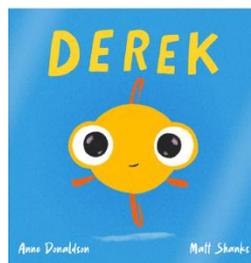
Source: Image & recipe [‘My lovely lunchbox’](#)



**SAY NO TO PLASTIC!
NED & SHANE HEATON**

An empowering tale of a wild bird and a caring boy who see a simple way to make the world a better place and set about to make it happen.

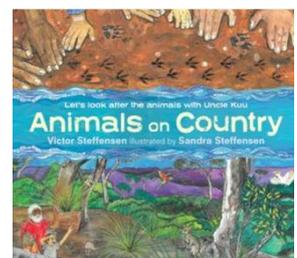
Join Heidi the Piedy, Roy the Boy and Fran his Nan as they travel from their favourite beach to New York City, to talk to the world's nations about plastic pollution. Sometimes the smallest voice can have the strongest message. Seashepherd.org.au



**DEREK
ANNE DONALDSON**

Derek is a curious story about a curious fish who is determined to find answers to his questions.

Derek is a fish with many questions. Why is the universe round? Where do bubbles come from? Why does food rain down from above? Enjoy this adorable adventure about curiosity, courage and connection.



**ANIMALS ON COUNTRY
VICTOR STEDDENSEN**

Join Uncle Kuu as he takes children out on Country to learn about the First Peoples' traditions of caring for animals, and in turn, caring for Country.

This engaging picture book from award-winning brother-and-sister team Victor and Sandra Steffensen inspires children and adults alike to look after animals through Indigenous cultural practices

HEALTH & SAFETY: Eat a rainbow

Spring is the perfect time to brighten up lunchboxes and family meals. “Eating a rainbow” simply means offering fruit and vegetables in many colours across the week. Each colour generally delivers different vitamins, minerals and plant nutrients that help growing bodies and brains.

Reds often bring antioxidants, oranges and yellows are rich in carotenoids, greens offer folate and fibre, and blues/purples can be packed with polyphenols. You don’t have to serve every colour every day; think variety over the week and keep it relaxed and fun.

Winning strategies for fussy eaters

- **Small, pressure-free tastes:** Offer coin-sized bites alongside familiar foods. Repeated, calm exposure works better than bargaining. (Ensure size and texture is appropriate for age)
- **Make it dipable:** Hummus, yoghurt, or tzatziki with veg sticks (capsicum, cucumber, carrot) adds flavour and fun.
- **Blend and sprinkle:** Grated carrot or zucchini in sandwiches and bolognese; finely chopped spinach in omelettes; corn in mini fritters.
- **Skewer colour combos:** Cherry tomato (red), cheese cube (yellow), cucumber (green). For little ones, use blunt-ended food picks.
- **Smoothie ice blocks:** Banana + spinach + pineapple blitzed and frozen make a cool after-play snack.
- **Keep it predictable:** Serve new foods with safe favourites. A simple “you don’t have to eat it” can reduce mealtime battles.

Smart lunchbox swaps

- **Swap crisps** → wholegrain crackers + cheese + capsicum sticks for crunch, protein and colour.
- **Swap fruit straps** → fresh fruit or no-added-sugar freeze-dried fruit as an occasional treat.
- **Swap biscuits** → 2-ingredient oat-banana bites (ripe banana mashed with oats; bake until set).
- **Add a rainbow roll-up:** wholemeal wrap with cream cheese, spinach, grated carrot and beetroot.

Make colour visible

Children love to count and sort. Use **bento sections** or silicone cups to group colours. Name the colours out loud “I can see red



strawberries and green cucumbers” to build language and curiosity without pressure.

Try this at home: Count the Colours

Create a simple weekly chart (Mon–Sun) with columns for **red, orange, yellow, green, blue/purple, white/brown**. Each time a child tastes a colour, they place a sticker or make a tick. Celebrate effort, not perfection, every taste counts. At the end of the week, ask: “Which colours did we try most? Which colour should we hunt for next?”

Time-saving tips for busy families

Wash and chop veg once, **store in clear containers** at eye-level. Keep **frozen veg and berries** on hand—they’re nutritious and quick. Build a **rainbow platter** once or twice a week and let everyone choose two colours to try. Involve children in shopping: give them a “**colour mission**” (e.g., “Find something purple!”).

Safety notes

Slice foods to an age-appropriate size (e.g., halve or quarter grapes, soften very crunchy items). Always supervise eating, especially for younger children. If your child has allergies or medical needs, follow your health professional’s advice.

Small steps add up: one extra colour this week is a win. The goal is a cheerful, low-pressure path to more variety, more often.



Find a huge range of healthy recipes and more information via the QR code.

Source: Nutrition Australia. (2025)
Retrieved nutritionaustralia.org/recipes/

LEARNING THEIR NAME

Name recognition fosters a sense of self and belonging for children. It serves as a gateway to understanding letters and forms the foundation for reading skills. Here are some fun activities you can try at home:

Name Puzzle: Print or write out your child’s name in a large legible font. Cut the page into individual puzzle pieces and have your child reassemble it.

Magnetic letters: Keep magnetic letters on the fridge for your children to frequently practise spelling their name.

Finger tracing: Write your child’s name on a piece of paper using PVC glue. Once that dries, your child can trace their name along the glue.

Letter hunt: Hide Post-it notes with the letters of their name around the room for your child to find and put in order.

Rice writing: Por dry rice into a baking tray. Write your child’s name on a piece of paper and have them use that to practise writing their name in the rice. A quick jiggle and it’s ready to go again.



FOCUS: Risky Play at the Park

Some children hang back not because they don't want to try, but because they don't yet have a *plan*. Your words can lend them that plan. Think of yourself as a climbing coach: you don't remove the wall—you translate it into doable steps and narrate smart moves as they happen.

Coach skills, not fear (upgrade the script)

Swap vague warnings for clear, body-based cues that tell the brain exactly what to do.

- “Hands wide on the rail... big feet, slow steps.”
- “Test the next branch with your foot before you put weight on it.”
- “Bend your knees for a soft landing.”
- “Look for the next safe place for your hand—then move one thing at a time.”
- “Pause and breathe—count 1...2...then choose your next step.”

Use descriptive praise to wire confidence to strategy, not luck:

- “You kept three points of contact.”
- “You checked the rung before you climbed.”
- “You noticed it was busy and waited—smart judgment.”

Build challenge gradually (“challenge ladder”)

Keep the structure you like but add *micro-steps* so anxious brains can say “yes” sooner.

Balance: Try starting with a line on the ground then a low beam. **Take micro-steps:** “toe taps only” → “one slow step” → “three steps” → “cross with one hand held” → “cross solo.”

Climbing: Try Stairs → low ladder → small rock wall → higher net with a spotter. **Take micro-steps:** “hands only on first two rungs” → “add one foot” → “touch the third rung and come down” → “climb to where your tummy feels calm, then exit.”

Speed: Slow slide → moderate slide → faster slide with spacing rules.

Take micro-steps: “sit-and-wait count to 3” → “short slide from halfway” → “full slide” → “full slide + control stop at the bottom.”

Challenge by choice is key. Offer an **exit plan** before you start: “You get to stop anywhere and come back later. Your smart job is to notice when your body says, “enough for today.”

When to step in (crisp boundaries build trust)

You're not rescuing from challenge, you're removing hazards and crowd risk so the challenge stays clean.

Step in if you see:

- Hidden or structural hazards (broken bolts, sharp edges, entrapment spaces).
- Unsafe density (pushing, children standing at slide exits, ladder pileups).
- Repeated panic signals (frozen on a high point, rapid breathing that isn't settling with coaching).

Do a reset instead of a shutdown: change the queue, switch equipment, take a sip-and-breath break, or move to a quieter area then return to a lower rung on the challenge ladder.

Co-regulation tools for anxious moments

- **Body reset:** “Hands on belly, slow breath in, long breath out. Now choose one small step.”
- **Countdown to try:** “Two finger taps on the rung, then decide.”
- **Shared first pass:** “I'll mirror you from the ground call your moves like a coach.”

A simple confidence routine

- **Pick one challenge** (ladder, beam, slide).
- **Name the micro-step** you'll attempt.
- **Do it once**, then stop, even if it felt easy.
- **Review and record** a “win word” (e.g., “steady feet”).
- **Repeat next visit** with the next micro-step.

With precise cues, micro-steps, and a predictable Plan-Do-Review loop, hesitant children learn that nerves are data, not danger and that confidence is built the same way we climb: one smart hold at a time.



For more helpful language to support risky play follow the QR code or this link raisingchildren.net.au



WATER WARRIORS

Water is the most common substance found on earth and less than 1% is available as fresh water. Yet all plants and animals need water to survive. So let's not waste a drop. Try these activities at home to make sure you're doing everything you can at home to be water wise.

Do a fun home “splash check”: with a grown-up, add one drop of food colouring to the toilet tank, if the bowl changes colour without flushing, a sneaky leak is hiding.

Count the drips: Do you have a dripping tap? Count

how many drips there are in a minute. Leave a measuring jug under the tap for the day and see how full it is at bedtime. Don't forget to get this fixed! Imagine what a week's worth of drips looks like.

Other savvy water tricks: Save water with a 4-minute Shower Song, turn the tap off while brushing teeth, catch the cold “waiting water” in a jug for plants or pets, tip leftover drink water into a plant, run only full loads in the washer/dishwasher, grow tough native plants with cosy mulch, and sweep paths instead of hosing.

Tiny actions = big splash-saving!

CONTACT CREATIONS

Clear book contact is a fabulous art making resource, it is also a great base for some 'almost' mess free creations. This activity is wonderful for children of all ages.

You will need:

Clear book contact

Scrap paper, tissue paper, feathers, patty pans, pom poms (beware of choking hazard), straws, wool...

Optional guide: Use a permanent marker to draw a simple outline on the *non-sticky* side of the contact as a shape for children to fill—or leave it blank for free play.

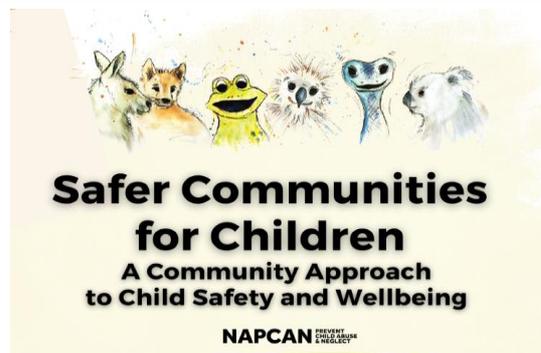
Set-up: Use masking tape to secure the contact to a wall or window with the sticky side facing out.

Materials: Offer light items you have on hand e.g., tissue or coloured paper, feathers, wool, leaves, pom-poms—anything light will stick.

How to create: Place the materials in a bowl or tray and invite children to stick, layer, and arrange their design.

Tip: Many pieces can be peeled off and reused day after day. The sheet will stay tacky for several days; extend its life by pressing the backing paper back onto it when not in use.

Have fun!



This Month we will be sending out the Storybooks and activities that support our focus on child safety.

The Safer Communities for Children program is all about sharing stories that can be used to start important conversations with children about safety.

Each of the six story books have important messages for our children about how they can think and talk about safety with trusted grown-ups.

The stories also help adults to understand what makes children feel safe and unsafe. Within the stories you will find questions that may help children share their feelings with you.

There are also links to activities you can use to continue these important conversations. We hope this book provides you with another special opportunity to connect with the children you care for and that in that connection, you recognise how important you are in their lives and the positive impact you can have in keeping them safe.

Please check your emails for more information and a link to an interactive story book to read with the children in your care.

We will send out a new storybook each week.

We will also provide a virtual storytime you can watch with the children.

We can't wait to see what activities you do with your children from these resources.

5 Minute MOVES

Race you

Short simple activities to get some active minutes in the day.

Whether you're at the park, in the backyard, or in the lounge room, a race can happen anywhere and it's a fun way to get hearts pumping!

At the park, set up a simple obstacle path and race each other around it; if space is tight, take turns and time one another. In **the backyard**, try a straight running race, lap the perimeter, or play "catch up" by fast-walking behind your child. **Inside**, switch to crawling or crab-walk races for a safe, silly challenge.

There are so many options, and a quick "Race you!" is often all it takes to get your child moving.