



grenfell preschool & long day care centre

newsletter
16th January 2012
Issue 1

Welcome back

Welcome back everyone. I hope that you all had a wonderful break and a great start to the New Year. We welcome the new families and hope that whilst they are at our centre they enjoy their stay. If you have any concerns please call and see the Director as she will be only too pleased to help you.



Engagement Congratulations

On behalf of the centre I would like to congratulate Rochelle and Dean on their Engagement. I wish them a lifetime of happiness together.



Head Lice

Head lice are about so please check your children's hair. Even if you shampoo your child's hair with a head lice shampoo you will still need to check the hair for eggs and comb the hair with a fine tooth comb to get rid of them.

Email Story of the Day to You.

Every day the staff write up The Story of the Day which is extracts about what happens during the day. If you would like to have them emailed to you please see the staff and you will be placed on the email list.

Before and after school Care

Our centre offers before and after school care. There are buses running to and from both schools during the school term. Please do not hesitate to find out more by asking at the office

Triple P Parenting Program

In 2012 the Centre ran a Triple P Parenting Program and for those that went each found that there were significant positive outcomes for both parents and children. Parents that did the course reported that they are more confident as parents and it was helpful to their families.

The Triple P program, which has been offered free of charge to NSW families since 2008, has been overwhelmingly successful and a study found that children's behaviour and emotional difficulties improved significantly after parents attended Triple P.

This year, if we have the numbers, we will run the program again. We have been offered a day course and a night one. If you are interested please put your name on our list as to which course you would like. I am hoping to have it up and running by March or April. Triple P is hoping to offer free childcare so both parents can attend. It will have to be first in to take up that offer.

Library

What better gift can we give our children than a love of reading? Teaching children to read is one thing; encouraging them to want to read is another. Obviously very young children can't read themselves, so reading to them each day is such an important first step.

Why?

It gets them thinking creatively, sets reading up as an enjoyable activity, gives children an appreciation and respect for books, promotes language and vocabulary development, and allows for lots of great family time. Nothing beats a cuddle on the lounge or on a huge bean bag with your child while you read a book together.

When we read to children we:

- Answer children's questions.
- Promote language skills
- Promote reading skills
- Develop longer attention spans
- Strengthen family relationships

Even if you don't have a lot of time, and let's be honest a lot of us don't, you can still encourage your child to read by making up stories to go with picture books with no words

Remember to encourage your child to borrow a book from the centre and read to them. Send your child with a library bag or a pillow slip to help us encourage the children to care for the books. 2012 is the Year of Reading so let's all work together to encourage children to read

Australia Day Ceremony

There will be a BBQ breakfast from 8am at Taylor Park for Australia day Thursday 26th January. The Ceremony starts at 9am and this year there is a costume competition for children who dress as their favourite book character as well as a drawing competition, so come along and enjoy Australia Day.

Sleep, glorious sleep.

This is an article from an email received from Maggie Dent and it may help parents that have children that are not sleeping

Increasingly, scientists are linking stress in infancy and childhood to the soaring numbers of people suffering from anxiety and depressive disorders from adolescence onward.

Margot Sunderland, The Science of Parenting

When we are sleep deprived we struggle even if we think we don't. For babies, toddlers and children (and teens) their ability to manage their world is seriously compromised and often they display inappropriate behaviour in an attempt to cope. Sleep reduces stress both during the sleeping and the waking hours.

Every living creature needs to sleep. It is the primary activity of the brain during early development. Circadian rhythms, or the sleep-wake cycle, are regulated by light and dark and these rhythms take time to develop, resulting in the irregular sleep schedules of newborns. The rhythms begin to develop at about six weeks, and by three to six months most infants have a regular sleep-wake cycle.

By the age of two, most children have spent more time asleep than awake and, overall, a child will spend 40 percent of their childhood asleep. Sleep is especially important for children as it directly impacts mental and physical development.

There are two alternating types or states of sleep:

- Non-Rapid Eye Movement (NREM) or "quiet" sleep. During the deep states of NREM sleep, blood supply to the muscles is increased, energy is restored, tissue growth and repair occur, and important hormones are released for growth and development.
- Rapid Eye Movement (REM) or "active" sleep. During REM sleep, our brains are active and dreaming occurs. Our bodies

become immobile, breathing and heart rates are irregular.

When anyone does not get both stages of sleep they will struggle with an increased chance of getting sick as the immune system needs NREM to renew cells and restore energy. Without REM we struggle with processing the day's experiences, moving new learning to long-term memory and the creation of new spaces for learning the following day.

Secure infants who are attached to their caregiver may have fewer sleep problems, but some may also be reluctant to give up this engagement for sleep. During the second half of their first year of life, infants may also experience separation anxiety. Illness and increased motor development may also disrupt sleep.

Sleep tips for babies, infants and toddlers

- Develop regular daytime and bedtime schedules.
- Create a consistent and enjoyable bedtime routine.
- Establish a regular "sleep friendly" environment.
- Encourage baby to fall asleep independently and to become a "self-soother."
- Encourage use of a security object such as a blanket or stuffed animal.
- Avoid TV or screens in their bedroom.
- Avoid too much stimulation from noise, loud voices, very large screens and chaos.
- Children should sleep in the same sleeping environment every night.
- Use familiar calming music.
- Use familiar night lights that build a sense of safety.
- Use soothing techniques to soothe their nervous system.
- For toddlers over 2 maybe try the Sleepy time audio track — available on my website homepage for free!

Margot Sunderland's Top Tips for Soothing

1. Take the distress seriously.
2. Meet the child's feelings with the right voice and energy.
3. Be calm and clear with boundaries.
4. Use physical soothing — if you can't, because you are angry find someone else!
5. Key ways of triggering oxytocins and serotonin (calm brain chemical)
 - i. Touch and massage – especially tickle point
 - ii. Sucking

- iii. Warmth (approx 21 Degrees C) — includes water bottles, wheat packs
- iv. Low soothing sounds, familiar songs
- v. Novelty — laughter
- vi. Avoid overstimulation
- vii. If co-sleeping with toddlers and children is what gets everyone asleep – just do it!

A child's need to feel safe is a primary need that builds deep human connectedness so please do what you can to meet this need. Eventually, they will be able to sleep alone without your help!

Many factors can lead to sleep problems. Toddlers' drive for independence and an increase in their motor, cognitive and social abilities can interfere with sleep. In addition, their ability to get out of bed, separation anxiety, the need for autonomy and the development of a child's imagination can lead to sleep problems. Daytime sleepiness and behaviour problems may signal poor sleep or a sleep problem. Hurried children are often stressed children as are children whose lives are over scheduled.

Preschoolers typically sleep 11 to 13 hours each night and most do not nap after five years of age. As with toddlers, difficulty falling asleep and waking up during the night are common. With further development of imagination, preschoolers commonly experience night-time fears and nightmares. In addition, sleepwalking and sleep terrors peak during preschool years.

Sleep and School-aged Children (5-12 years)

Children aged five to 12 need 10 to 11 hours of sleep. At the same time, there is an increasing demand on their time from school (e.g., homework), sports and other extracurricular and social activities. In addition, school-aged children become more interested in TV, computers, the media and Internet as well as caffeine products – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep. In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

Sleep problems and disorders are prevalent at this age. Poor or inadequate sleep can lead to mood swings, behavioural problems such as hyperactivity and cognitive problems that impact on their ability to learn in school.

Sleep and the adolescent aged child (12-25)

Issues of poor sleep in adolescence can have serious consequences. They need around 9.2 hours per night and many adolescents run significant levels of "sleep debt." For many their circadian rhythms change and they are unable to get to sleep until around an hour and a half later than before they became adolescents! This sleep clock has also

moved in the morning – hence they find it terribly hard to wake up!

POOR SLEEP:

- Impacts memory solidification
- Increases irrational moods and especially irritability and "meltdowns!"
- Impedes learning capacity for next day
- Increases negative thinking and negative self-talk
- Increases chances of depression significantly
- Can increase obesity
- Reduces capacity to resist distractions like Face book
- Can depress immune system
- Increases sense of vulnerability

Sleep needs to be a high priority in all homes. Calming home environments after dinner also need to be a priority to ensure that sleep is achievable and this may mean a reduction in activities that stimulate. For those who have "roosters" — our high-energy darlings — preparing for good sleep starts when they wake up in the morning! How can you keep their energy even? Watch sugars, increase protein, ensure complex carbs, and also ensure vigorous physical activity preferably in the afternoon to reduce the energy reserves.

If you get desperate:

1. Make a banana smoothie with honey.
2. Try a warm milk drink — not loaded with sugar, e.g. Milo.
3. Massage feet or head.
4. Get some Australian Bush Flower essences that promote sleep.
5. Use calming sandalwood, lavender or a combination aromatherapy and infuse the house.
6. Have everyone do either *Beach Bliss* or *Moonlight Magic* — tracks from my Just a Little Time Out cd — two to three times a week for three weeks and build new calming pathways in their brains ... habits become the norm!
7. One last message: if you have a child who makes a lot of nasal noises, seems to toss and turn restlessly most nights, get him or her checked out by your GP. My youngest was like this and would fall asleep on the floor sometimes — on closer inspection he was found to have massive adenoids and tonsils and when tested in the sleep clinic, he was only sleeping 27 percent of the night! No wonder he was small. Once they were

removed, he took off physically and energetically!

Just a reminder

If your child has changed rooms the Family information pockets will also changed.

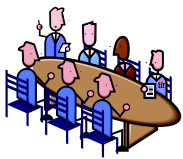
The Star Room family pockets are located to the left as you walk in the front door.

The Garden room family pockets are near the steps leading to the Rainbow room.

The Rainbow Room Family pockets are up the stairs to the Rainbow Room on the left hand wall.

If you have trouble finding the pockets please just ask at the office and we will help you.

Please help us and see that all children's belongings are labelled with their names. There are lots of lunch boxes and drink bottles the same and children take off their jumpers and shoes all the time and they all look the same.



Committee Corner

The committee is pleased to announce that they have a new committee member. Nichola Baker has taken on the position as Ordinary member.

Policies under review

Administration of medication
Philosophy
Excursions
Emergency procedures



Dates to Remember

Weddin Mobile Preschool Service

Quandialla will commence on the 30th January 2012
Caragabal on the 31st January 2012

Grenfell Preschool commences 30th January

Australia Day in the Park
26th January 2012-01-18

Public Holiday
The centre will be closed 26th January 2012

Contact us

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