

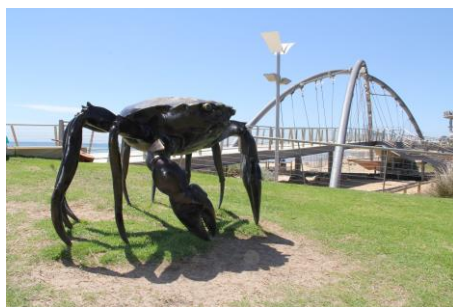
Playgroup Newsletter

September 2021



Lifestyle Capital of Victoria

Welcome to the monthly Playgroup Newsletter. Keep up to date with playgroup news and information about what is happening locally as well as play ideas and recipes.



This month we have articles on:

- Stay at home activities
- Playgroup Victoria free online playgroup sessions
- Children's daily dental care & tooth development
- Healthy children's snacks
- Benefits of cooking with kids
- Saturday night family meals



**Frankston
City Libraries**

Look out for the Frankston
Library School Holiday Program.

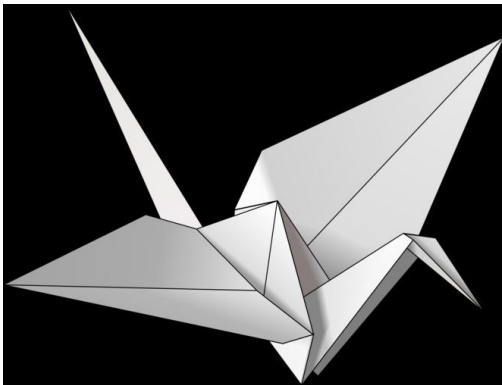
<https://library.frankston.vic.gov.au/FrankstonLibraries/Home>

For all playgroup inquiries you can
contact the Playgroup Development
Officer on
9293 7156 or email
playgroups@frankston.vic.gov.au

Stay at home activities

Origami

An ancient Japanese legend promises that anyone who folds a thousand origami cranes will be granted a wish by the Gods. This quiet, no-mess, and stress-reducing activity can keep young and old kids entertained for hours. Check out this website for other fun [animal designs](https://www.origamiway.com/origami-animals.shtml) to make.



<https://www.origamiway.com/origami-animals.shtml>

Create Your Own Recipe Book

Buy a hardcover book with blank pages. On one side of each opened page, handwrite your favourite snack, meal and dessert recipes. On the adjacent page, paste in a photo of the meal after cooking it.



Make a scrapbook

Gather old tickets from fun days out, postcards from holidays, photographs from your child's earliest years, and whatever else you wish. Together, paste them into a memory book, and add poems or stories next to some of them.



Build a cubby house

Don't let the weather or limited space stop you. Whether it's a fortress made from blankets and sheets hanging from chairs or bunk beds, or a compact castle from large cardboard boxes joined together, a hideout is the perfect for play and for kids to later retreat and read or create stories.

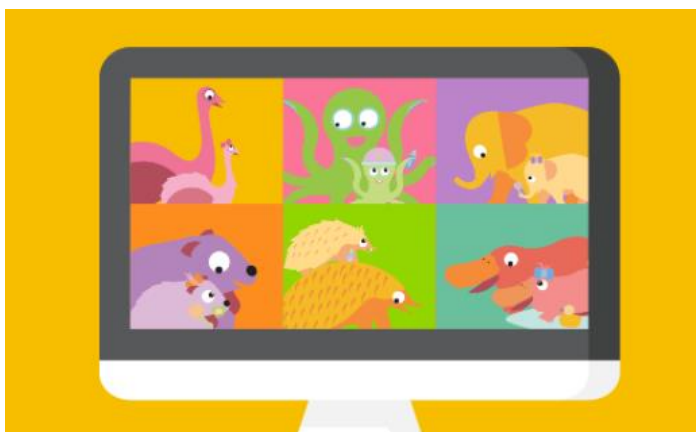


Playgroup Victoria

Playgroup Victoria offer free online playgroup sessions with different themes every week.



Join Amanda Testro from Hullabaloo Music for humour, dancing and fun! All Come Out to Play is a session that helps children learn about respectful relationships and equality.



Playgroup at Home

Bringing playgroup to life, wherever you are. Jump online and join us for songs, stories and interactive play activities. Each week we will send you an activity sheet so that we can create and play together. Run by playgroup facilitators, these sessions are lots of fun and provide plenty of opportunities to connect, learn, share and play! Tuesdays and Fridays at 10.00am. These sessions are suitable for ages 0-5, accompanied by a parent/carer.



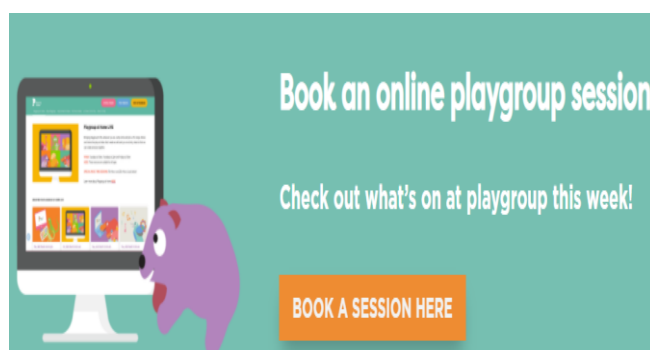
Baby Playgroup at Home LIVE

This is time for you and your baby to bond and connect with other families going through similar ages and stages. Playgroup staff will be there to guide you, share ideas, resources and play activities.

WHEN: Mondays and Thursday at 10am

AGES: Babies 0-12 months, accompanied by a parent/carer

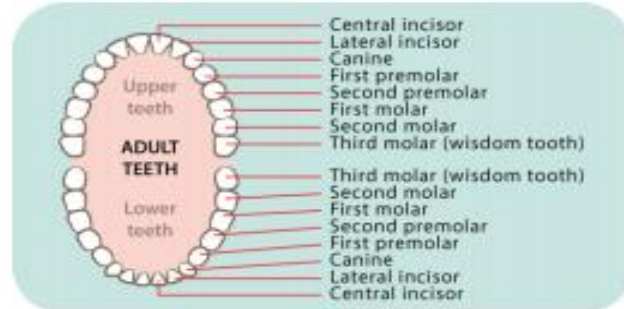
BOOKINGS



The playgroups are all offered through zoom and you can enrol for any of the sessions here:

<https://bookings.playgroup.org.au/>

About children's teeth



Baby teeth can arrive in any order. All 20 baby teeth usually arrive by three years. **Start cleaning teeth as soon as they come through.** Use a small, soft toothbrush or a clean, damp face washer to clean baby gums and all sides of each tooth.

The 32 adult teeth replace baby teeth between the ages of 6 and 20 years. **Supervise and help clean children's teeth until 8 years.** Brush teeth and gums twice a day, once in the morning and once at night before bed.

Brushing teeth: getting started



Under 18 months, use only water for cleaning teeth. From 18 months to 6 years, use a pea-sized amount of low-fluoride toothpaste. From 6 years, use a pea-sized amount of adult fluoride toothpaste. Use a soft, small child's toothbrush.



Sit or stand behind your child in a brightly lit place, ideally in front of a mirror. This lets your child see what you're doing. It's easier to sit or even lie babies and toddlers on your lap.



Use your free hand to support your child's chin. Ask her to open up and say 'ah'. **Check for any signs of decay**, like a white line or brown spots on the teeth close to the gums. Check for plaque build-up on teeth around the gum line.

Brushing teeth: steps



Using small circular motions, **brush all sides of each tooth** and the gums. Brush backwards and forwards on all chewing surfaces.



When brushing is finished, your child should spit out any leftover toothpaste, but don't rinse out the mouth. Rinse the brush, and put it somewhere clean to dry.



Avoid giving your child sugary foods or drinks. Avoid giving your child a bottle of breastmilk or formula in bed. Always take away bottles after feeding.

HEALTHY lunchbox snacks



Swap snacks that are high in fat, sugar, salt and low in fibre for quick and easy healthy snacks!

HEALTHY SNACK IDEAS: ✓

- ✓ Pikelets
- ✓ Fruit bread
- ✓ Plain rice cakes
- ✓ Air-popped popcorn
- ✓ Wholegrain crackers
- ✓ Reduced fat yoghurt
- ✓ Reduced fat cheese
- ✓ Vegetable sticks eg celery, carrot, capsicum
- ✓ Cherry tomatoes
- ✓ Corn cob
- ✓ Cucumber
- ✓ Fruit (whole or sliced) eg grapes, orange segments, kiwi fruit, mango slices, pear, apple, banana



X SNACKS BEST LEFT OUT OF THE LUNCHBOX:

- X Muffins and cakes
- X Sweet biscuits
- X Savoury biscuits
- X Muesli bars
- X Sweet rice bars
- X Fruit straps
- X Chocolate
- X Lollies
- X Potato chips
- X Corn chips
- X Processed cheese & biscuits
- X Soft drink
- X Flavoured milk
- X Fruit drinks



swap!



This resource was developed and designed by the Health Promotion Services, Western Sydney Local Health District, with contribution by South Eastern Sydney Local Health District and Bawers Shoshkavian Local Health District.

Benefits of cooking with kids

Cooking with kids – from toddlers to teenagers – has a lot of benefits.

As well as being fun, cooking with your child:

- gives you the chance to introduce him to fresh, healthy food
- helps him learn about how different foods look and where they come from
- helps him develop healthy eating habits because he's more likely to try healthy food that he has helped to cook
- helps him learn about family traditions, recipes and foods
- prepares him for cooking for himself or the family in later years
- helps build his maths skills – for example, when he measures liquid in a jug
- helps build his vocabulary – for example, when you read a recipe together.

It's also a great way to spend more time with your child and share the responsibility of cooking for your family.



<https://raisingchildren.net.au/school-age/family-life/family-meals-cooking/cooking-with-kids-teens#benefits-of-cooking-with-kids-nav-title>

Cooking with Jamie

Here is some inspiration for what to cook with your children. Below is a link to cooking with Jamie Oliver. Jamie's son Buddy features in some of the videos and he will show you some simple and yummy recipes that you can teach your child.

Remember cooking always needs supervision. You can teach your child small steps like mixing, pouring, measuring, then move onto bigger tasks like how to crack an egg.



View videos here:

<https://www.jamieoliver.com/videos/how-to-make-scrambled-eggs/#play>

Saturday night family meals

Chicken nuggets

- 500 g chicken tenderloins
 - 1 cup plain flour
 - salt and pepper
 - 1 egg
 - 1/2 cup light milk
 - 3 cups cornflakes (crushed)
- Method:
- Cut chicken into bite sized pieces
 - Preheat oven to 180c
 - Set out one bowl with flour, salt & pepper
 - Beat an egg and milk in another bowl
 - Crushed cornflakes in another bowl
 - Coat chicken in flour, dip into egg/milk then roll into crushed cornflakes.
 - Place on baking tray and bake for 25 minutes.



Crispy chicken dippers

- 1 chicken breast fillet, approx 300g
 - 1/3 cup (50g) plain flour
 - 1 egg, beaten
 - 1 cup panko breadcrumbs
 - 1 tbsp parmesan, grated
 - 2 tbsp olive oil
 - 1/3 cup mayonnaise
 - 2 tsp sweet chilli sauce
 - 1/2 lemon, juiced
- Cut chicken into 1cm strips. Dust with flour then dip into egg. Combine breadcrumbs and parmesan and season well. Coat chicken liberally in breadcrumb mixture.
 - Heat oil over medium heat in a large frypan. Cook crumbed chicken strips for 4-5 minutes or until cooked, turning often so they brown on all sides. Remove to a plate lined with absorbent paper.
 - Combine mayonnaise, sweet chilli sauce and a squeeze of lemon. Serve chicken with dipping sauce on the side.



Taco fish bites

- 2 tomato
- 1 baby red capsicum
- 1 avocado (chopped)
- 3 spring onion (chopped)
- 1/2 clove garlic (minced)
- 1 tbs coriander (finely chopped)
- 1/2 lemon (juiced)

FISH BITES

1. 1 cup breadcrumbs
 2. 2 tbs Mexican seasoning
 3. 600 g white fish fillet
 4. 3 tbs wholemeal flour
 5. 2 eggs (lightly beaten)
 6. oil spray
 7. 4 tbs sour cream (*optional)
- Mix salsa ingredients together in a bowl and set aside.
 - Combine breadcrumbs and taco seasoning and place on a plate
 - Slice fish into pieces, pat dry with paper towel. Coat fish with flour.
 - Place fish in eggs and toss through taco breadcrumbs. Place on a plate, cover and pop into the fridge for 30 minutes.
 - Heat a non-stick frying pan to medium-high, spray with oil and add fish. Cook 7-8 minutes

