

THERE WILL BE A TIME NOT TOO FAR FROM NOW, WHEN YOU WILL LOOK BACK AT THIS PHASE OF YOUR LIFE AND INSTEAD OF CONDEMNING IT, YOU WILL FEEL APPRECIATION FOR IT. - ABRAHAM HICKS

AUSSIE KIDS
FUN & FITNESS



APRIL
2020

ON *this* MONTH

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FREE CHILDCARE

About one million families are set to receive free childcare during the coronavirus pandemic. But who exactly is in that one million and how do you apply?

Under the new plan announced by Prime Minister Scott Morrison this week, the Government will pay half the reasonable fee cap to centres for the next six months as long as they remain open and don't charge parents any fees.

WHO IS ELIGIBLE FOR FREE CHILDCARE?

Parents who are currently sending their kids to childcare will be able to do so for free and don't have to lift a finger.

Those who will get first priority are [essential workers](#) and parents of vulnerable children.

Childcare centres that receive the payments from the Government must try to re-enrol children who have recently been taken out of childcare.

If our service has spaces open, parents who hadn't previously had their kids in childcare can enrol them for free.

The Government will waive the gap fee for returning parents, back backdated to March 23.



ANZAC DAY – APRIL 25

Anzac Day, 25 April, is one of Australia's most important national occasions. It marks the anniversary of the first major military action fought by Australian and New Zealand forces during the first world war. Although this year you cannot attend your usual ANZAC day

Commemoration you can still remember those who served and died in war on operational service past and present. You can do this by simply sitting quietly and watching the sun rise, talking with your children about ANZAC day and reading books about men and women who served. **Find out more at www.awm.gov.au**

WORLD AUTISM DAY – APRIL 02

This is the 13th annual World Autism Awareness Day. The 2020 United Nations observance of the Day draws attention to issues of concern related to the transition to adulthood.

Find out more at un.org/end/events/autismday/

ZUCCHINI SLICE



PREP 15 min | COOK 45 min | SERVES 8-10

INGREDIENTS

6 zucchini, *grated*
 200 grams prosciutto, *finely chopped*
 1 1/2 cups (185 grams) cheddar, tasty OR provolone cheese, *grated*
 100 grams feta cheese, *crumbled*
 1/3 cup (80 ml) basil pesto
 1 cup (125 grams) plain self-raising flour
 salt and pepper, *to season*
 8 eggs
 1/2 cup (125 ml) olive oil

To Serve: sliced tomatoes and fresh basil leaves.

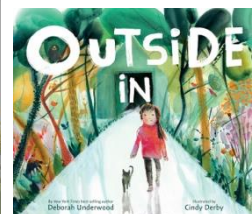
METHOD:

1. Preheat oven to 180 C and lightly grease an oven proof dish. Set aside.
2. Into a very large bowl place the zucchini, prosciutto, grated cheese, feta, basil pesto, flour, salt and pepper and stir thoroughly to combine.
3. Place the eggs and oil into a separate bowl and whisk to combine.
4. Add the eggs to the zucchini mixture and stir thoroughly to combine.
5. Pour the mixture into prepared dish.
6. Bake for 40-45 minutes or until gorgeously golden and 'set'.
7. Serve with a simple salad of sliced tomatoes and basil leaves.

Recipe and Image from 'mylovelylittlelunchbox.com'

Book reviews

Celebrate Children's Book Day with these beautiful recent release titles.



THE KEEPER OF WILD WORDS

BROOKE SMITH

A touching tale of a grandmother and her granddaughter exploring and cherishing the natural world.

When Mimi finds out her favourite words—simple words, like apricot, blackberry, buttercup—are disappearing from the English language, she elects her granddaughter Brook as their Keeper. And did you know? The only way to save words is to know them.

OUTSIDE IN

DEBORAH UNDERSTAND

Outside is waiting, the most patient playmate of all. The most generous friend. The most miraculous inventor.

This thought-provoking picture book poetically underscores our powerful and enduring connection with nature, not so easily obscured by lives spent indoors. Rhythmic, powerful language shows us how our world is made and the many ways Outside comes in to help and heal us, and reminds us that we are all part of a much greater universe.

HELLO LIGHTHOUSE

SOPHIE BLACKALL

A beautiful picture book about hope, change and the passing of time. On the highest rock of a tiny island at the edge of the world stands a lighthouse. From dusk to dawn, the lighthouse beams, sending its light out to sea, guiding the ships on their way. As the seasons pass and the waves rise and fall, outside, the wind blows; inside, the lighthouse keeper writes, and the rhythms of his life unfold. But change is on the horizon...

FOCUS: Mental Health Practices to Maintain or begin during lockdowns and isolation

As many of us are being told to hunker down in our apartments and houses, and limit trips outside and social contact, things are feeling pretty “real” at this point. Aside from the general worry people may have about their physical health as they digest the news from around the world and here at home, there’s the larger toll this is taking on our collective mental health. Here are some of the mental health practices to make sure to keep doing—or begin doing, for some of us—during the lockdown period.

Have a routine as much as you can We know how important routine is, especially for kids, under normal conditions. And when schools are closed and many people are working from home or told to stay at home, it might feel like all bets are off. But it’s actually much better for everyone’s mental health to try to keep a routine going, as much as possible. “Studies in resiliency during traumatic events encourage keeping a routine to your day,” says Deborah Serani, PsyD, professor of psychology at Adelphi University and author of “Sometimes When I’m Sad.” “This means eating meals at regular times, sleeping, waking and exercising at set times, and maintaining social (socially distant) contact. Unstructured time can create boredom, spikes in anxiety or depression, which can lead to unhealthy patterns of coping.” Another reason is that keeping a routine reduces “decision fatigue,” the overwhelm and exhaustion that can come from too many options. So in the morning, rather than wondering whether to start work or help the kids with their online learning, it’s better to know what you’re going to do—make a schedule that everyone can get on board with, and try to stick with it (as much as is possible—don’t beat yourself up if it doesn’t always work, and it’s sure not to work some days). This will free up some mental bandwidth during this time of uncertainty, which is already straining everyone’s cognitive capacities.

Start an at-home exercise routine Working out at home in these times is obviously a good way to stay healthy and kill indoor time. There are lots of options, from the 21st century ones (youtube) to the old-fashioned ones (workout videos and the dusty hand weights in your closet). Many online workout sources are offering free access or longer free trial periods during this time, which might be worth looking into. But again, anything that gets your heart pumping or builds muscle is excellent for both physical and mental health. Chris Hemsworth’s **centr.com** is offering 6 weeks FREE and **Joe Wicks the Body Coach** has a YouTube channel with lots of FREE workout videos. He is also running a PE class online for kids Monday to Friday go to his YouTube channel **The Body Coach TV**.

Get outside in nature if you can Lots of recent research finds that spending time in nature is a boost to both mental and physical health. For instance, multiple studies have found that time in green and blue space is associated with reduced anxiety and depression, and the connection may well be a causal one. Just remember to follow current government advice regarding social distancing.



Declutter your home Working on your home if you have time can be a good way to feel productive and in control. “Studies say the predictability of cleaning not only offers a sense of control in the face of uncertainty, but also offers your mind body and soul a respite from traumatic stress,” says Serani, referencing the book *Trauma-Informed Care*. Just be careful that you don’t become obsessive about cleaning, since there’s only so much you can do.

Meditate, or just breathe. Meditation has lots of research behind it, as most people by now know—it’s been shown to reduce symptoms of depression and anxiety, and even increase the volume of certain areas of the brain. There are lots of FREE websites and apps available, try; **Smiling Mind, Headspace, mindful, the Kinderling app, Calm.com.**

Maintain community and social connection We’re fundamentally social creatures, and during crises it’s natural to want to gather. Unfortunately, it’s the opposite of what we can do right now, so we have to be creative, to maintain both psychological closeness and a sense of community. Texting and social media are ok, but picking up the phone and talking or video conferencing, or having a safe-distance conversation on the street, is probably much better. Using video chat for kids is a great way to keep them connected with friends in a safe manner.

Let yourself off the hook This might be the most important thing to keep in mind—don’t beat yourself up when things are not going perfectly in your household. On top of everything else, being upset with yourself is totally counterproductive. If the kids watch too much Netflix or play too many hours of video games, it’s not the end of the world. Things are going to be hairy for a while, and if you can’t stick to your schedule or can’t fit in your at-home workout every day, it’s really not such a big deal in the long run. It’s much more valuable to everyone to cut yourself some slack, use the time to reflect on the important things, and try to keep a sense of “we’re all in this together” at the forefront.

Walton, Alice G. (2020, March 20). Forbes.
<https://www.forbes.com/sites/alicegwalton/2020/03/22/9-mental-health-practices-to-maintain-or-begin-during-coronavirus-lockdown/#11cc40a14264>

TALKING ABOUT COVID-19

Your children have most likely heard about coronavirus (COVID-19) they know their normal routine isn’t currently being followed. They may have only heard about it from their friends or snippets of the news. They may be feeling scared and vulnerable.

So how do you talk to your child about COVID-19?

- Firstly find out what they already know. Ask questions geared to your child’s age level.
- Offer comfort – and honesty. Focus on helping your child feel safe, but be truthful.
This is a great child focused explanation of Coronavirus.
- Help kids feel in control.
- Keep the conversation going.

For more information go to: <https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

HEALTHY
KIDS



HEALTH & SAFETY: Boost your child's immune system through food

Paediatrician Dr Alan Green says, "A fully functioning immune system is what keeps your children healthy." (Natural Health Magazine). The immune system is what your body uses as its defence mechanism against infectious organisms and other foreign invaders. Most of the time, the immune system does an excellent job of keeping you healthy. On occasion however, it can run into trouble which may lead to infections and illnesses. When you child's immune system seems to contract every bug that crosses their path resulting in recurrent runny noses, colds and repetitive gastro intestinal infections, it is time to take a closer look at their immune system. You don't have to accept your child's constant infections. There are many measures you can take in order to empower yourself with the right tools to boost your child's immune system. These measures can actually boost their defences as well as speed up the healing process.

It all starts with food - In order to maintain a healthy and strong immune system, fresh, real food is the key. It is important to keep packaged and processed food to a minimum. This includes crisps, chocolate, cakes and cookies. These foods should be given as an occasional treat food only. Focus on feeding your child foods such as fresh fruit and vegetables, poultry, meat, fish, whole grains, legumes, eggs and if there are no allergies, nuts and seeds can be included as well. It is also important to give your child water instead of fruit juices and cordials. Both of these are high in sugar which can be suppressive to the immune system, it can also cause inflammation and dysbiosis, amongst other things.

Maintain a healthy gut - Gut microbiota or gut flora are the complex community of microorganisms that live within your gut. These protect your digestive tract and play a role in supporting your immune system. In children as well as in adults, when the gut bacteria become imbalanced, your ability to fight off infections is altered and you may experience an increase in colds and flu.

Probiotics are a supplement containing live bacteria. When taken they can boost your friendly gut bacteria. A supplement containing lactobacillus, Bifidobacterium and acidophilus is a good place to start. Yoghurt contains live bacteria such as these. However, the supermarket is saturated with different types of yoghurt – most of which contain mammoth amounts of sugar. Opt for plain or Greek yoghurt rather than the fruit flavoured ones which contain very concentrated sugar levels. To add some sweetness to your plain yoghurt, try a dash of maple syrup, rice syrup or fruit!

Keep calm, support your immune system - In order for your child's immune system to thrive, they need time to rest. It is important for children to have lots of down time to relax as well as opportunities for creative and imaginative play.

Sleep - Sleep plays a very important role in the healthy development of your child. It is also very important in building a strong immune system. According to the National Sleep Foundation, toddlers between the ages of 1-2 years need 11-14 hours of sleep per night, pre-schoolers between the ages of 3-5 need 11-13 hours of sleep per night and school children between the ages of 6-13 need

9-11 hours of sleep per night. In order to increase your child's quality of sleep, it is important that your child sleeps in a room that is dark. This is because the sleep hormone, melatonin, is secreted in the dark. Make sure all electronic devices are off before your put your child to bed.

Supplement to boost immune function - When your child's immune system is a bit run down and colds and flu seem never ending, there are a variety of supplements that are very supportive to the immune system. Namely, these are zinc, vitamin D, fish oils, and probiotics. For individualised advice on the dose and brand of supplement you should be giving your child, please check with your health care professional.

Immune boosting foods for kids

Garlic - One of the best ways to boost and strengthen your child's immune system is to give them garlic. This amazing food contains anti-viral and anti-bacterial properties. Garlic stimulates the immune cells and increases antibody production. It also contains the compound sulphur which has potent antioxidant properties. **TIP:** You can add garlic into your child's favourite meals such as the sauces of pasta dishes, spaghetti Bolognese. You can also add it to hummus to be used as a dip for those carrot fingers. *When adding garlic into your cooked meals, always add it at the very end. This way you don't destroy too much of the immune enhancing properties.*

Berries - Berries are one of the best sources of antioxidants and immune boosting nutrients. The beautiful and bright red, blue and purple colours get their pigment from the potent antioxidant called anthocyanin. They also contain vast amounts of vitamin A, as well as vitamin C, both of which bolster your child's immune system. **TIP:** Add a handful of mixed berries to your child's breakfast oats or morning cereal. A delicious snack idea could be a handful of mixed berries stirred through a bowl of plain yoghurt topped with a dash of maple syrup. You can even try and mix in some flaxseed meal for added nutrition.

Green leafy vegetables - Although incredibly healthy, kids just don't want to eat green leafy vegetables. Green leafy vegetables are exceptionally rich in immune boosting nutrients. One of these is iron which is important for the production of white blood cells and antibodies. Unfortunately, green leafy vegetables are not always the favourite option on your child's menu. Getting them to eat a handful of greens is often quite laughable. **TIP:** Try making a green 'Smurfie' smoothie. Throw some kale or baby spinach, frozen banana or frozen mango with your choice of milk into a blender and blend until smooth. You can add a tablespoon or two of maple syrup or rice syrup depending on the desired sweetness.

Source: <https://www.kidspot.com.au/health/early-life-nutrition/food-for-toddlers/how-to-boost-your-childs-immune-system-throuPpPppgh-food/news-story/9d982ef8a6ba0ed7754288c0bea70610>



RECYCLED CRAFT: Collect, milk bottles, cardboard rolls, bottle caps, egg cartons etc.

Having a box filled with recycled items provides an open-ended engaging activity for children. Add some masking tape and markers watch your children's imagination take over.

If you wish to create a more guided activity simply search google for 'recycled craft for kids'. There are endless ideas of what you can create with a few simple household items.



BOREDOM BUSTERS



Checkout the website for Some Great Kids Ideas:

<https://www.inspirationmadesimple.com/2016/06/kids-boredom-buster-kit/>

<https://www.healthykids.nsw.gov.au/kids-teens/get-active-each-day>

<https://www.northshoremums.com.au/fun-home-activities-with-kids>

<https://www.123homeschool4me.com/101-fun-things-to-do-in-covid-19-isolation/>

<https://www.theblondenomads.com.au/21-fun-activities-for-self-isolation-with-kids/>

<http://www.sciencefun.org/kidszone/experiments/>

<https://www.huffingtonpost.com.au/entry/kids-activities-home-coronavirus->

Feature Article

How to help Kids be more Active

Be a good role model and have a positive attitude to being active. If your children see you enjoying physical activity and having fun, it can motivate them to participate.

Encourage them to play in the backyard, dance to music, ride a bike or get involved in vigorous activities like running, playing games.

Make time to be active as a family – walk in the park, go bike riding or take the dog for a stroll.

Encourage 'active play' by buying gifts that get kids up and moving, such as balls, bats, skipping ropes and other equipment. It also helps them develop and practice new skills.

Start slowly and build up the amount of physical activity that your children do, particularly if they haven't previously been very active.

Limit the amount of time that kids spend on 'small screen' entertainment – such as watching TV, going online or playing computer games – to no more than 2 hours a day.

Make sure they drink plenty of water when they are physically active.

An active lifestyle is fuelled by healthy foods – make sure your children make healthy food and drink choices and limit foods that are high in added sugar, salt and saturated fat.



Fun activities to do at home with kids

Art & Craft Activities

1. Tint shaving cream with food colouring, paint the windows or glass doors (or the inside of the shower glass) then rinse it off
2. Using butchers' paper, trace a partner's whole body. Now try to include as many body parts and organs as you can
3. Graffiti the garden fence with chalk
4. Make a small bowl, plate, egg cup or statue from air dry clay
5. Make Origami animals or paper ninja stars
6. Make a mud kitchen in the garden, make different coloured rock paint
7. [Practice hammering nails into a plank of wood](#)
8. Create a "God's eye" [weaving using sticks and wool](#)
9. Try shadow drawing, leaf rubbings, painting bark or stones
10. Thread pasta into jewellery
11. With some old clothes, cut and create clothes for your toys
12. Make [3D paper rainbows](#)
13. Make your own [bubble blower](#)
14. Try [leaf threading](#) and [make a nature chandelier](#)
15. Use a mirror to draw a self portrait
16. Create an [Alfoil river](#) in the garden and float things down it



VACATION CARE PROGRAM

Due to the Corina Virus Aussie Kids Fun & Fitness Vacation Care Program has changed to suit children's health and safely while still engaging in fun & stimulating activities.

The Program will be emailed out to all families.

COVID – 19 POLICY

The Service has implemented a new draft policy - CORONAVIRUS (COVID-19) MANAGEMENT POLICY to ensure the best practice and reinforce our hygiene protocols. The Policy is available now only via email, only. If you would like to view the draft and provide feedback, please contact the service.

Other Policies Reviewed and updated for the Month of March/April:

- Supervision Policy
- Administration of Medication
- Control of infectious Disease
- Sick Children Policy
- Supervision Policy
- Cyber Safe Policy
- Children's Health and Safety Policy
- Medical Conditions Policy
- Children's Belongings Policy
- Privacy and Confidentiality Policy
- Record Keeping and Retention Policy

Our Monthly Question to families has been postponed until a later date.

Feedback 
is always welcome



- 1 Camp out overnight in your own backyard! Pitch a tent or sleep under the stars.
- 2 Start a nature journal - sketch or paint leaves, fungi, flowers or other nature finds.
- 3 Collect leaves and make a nature crown or necklace. Pointy leaves are perfect!
- 4 Try star gazing - what's the first star you see in the night sky? How many can you count?
- 5 Make a "campsite" in your backyard with a cubby (try and make it waterproof) and pretend campfire.
- 6 Get on your bikes or scooters and head out for a family ride, around your neighbourhood.
- 7 Plant out the veggie patch with seasonal vegetables.
- 8 Go on a photo safari. Choose a subject (or colour scheme) and see what you can "capture".
- 9 Go geocaching around your neighbourhood! If you've never tried a digital treasure hunt before, visit the [Things To Do - Geocaching](#) section of our website.
- 10 We're going on a bear hunt! Place a teddy in your front window so passersby can see them. How many can you see in your neighbourhood?
- 11 Get artistic with sidewalk chalk. Draw a hopscotch or rainbow on the footpath outside your house!
- 12 Use a notebook to press nature treasures. Collect leaves or flowers, and write notes to remind you of when and where you found them.
- 13 Discover more fun ways to play outdoors. Download the [Nature Play WA app](#) to get started.
- 14 Break out the card & board games. Snakes & Ladders, Monopoly, UNO and Pictionary: let's play!
- 15 Learn a new skill. Who in your family can teach you how to knit, sew, bake, garden or build?
- 16 Go on a bug hunt! What creepy crawlies can you find in your very own backyard?
- 17 Create a "boho" picnic experience in your backyard - use couch cushions and floor rugs, with bedsheets hung off your swing set as a canopy.
- 18 Learn how to service your scooter or bike. Check for damage, punctures & give it a good clean.
- 19 Create a living tepee. Fasten together sticks or bamboo & plant a climber (peas or beans).
- 20 Cook on backyard fire pit. Snags in a frypan or toast on a toasting fork. And who can forget the toasted marshmallows? (Check for fire bans first!)
- 21 Go on a family bushwalk. Check the [Things To Do - Hiking](#) section on our website for trails. Be sure to check for any park closures before you go.
- 22 Write a letter. Find out your friends' addresses, write to them, or send a picture you've drawn.
- 23 Try cloud watching. Can you see animals or shapes? Tell a story about them as they float across the sky.
- 24 Cook together. Make jam or preserves using seasonal fruit. Design your own label for your jam.
- 25 Try mindfulness. Choose a spot outside to spend 5-10 minutes each day. What sights & sounds do you experience? Do the change from day to day?

NATUREPLAYWA.ORG.AU

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Tissue Dance

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

This is a fun game that works on posture, body control, balance and concentration. Have everyone start by placing a tissue on their heads. When the music starts playing, everyone starts dancing. But be careful; don't let the tissue fall off your head! If the tissue hits the ground, you're out.

So simple yet so much fun! Who pulls out the craziest moves to keep that tissue on their head?

Aussie Kids Fun & Fitness

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