



Early Start Project Newsletter

Issue 11
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Getting Ready For School...

Well... what have we got to offer this time??? A new and exciting program especially for the over 3's. As we know one our major milestones is turning 5 and starting school. This is just as exciting for mum, dad and caregivers as it is for the child. So to help make this experience fun ,exciting and a positive, your child your FSW can work with you and your child to support "school readiness"

Well... what are we going to do that is so exciting you maybe wondering?

Really , it just an excuse for your FSW and yourself (your child too) to play.

Together we will work on fine motor skill development. Things like holding a pencil, cutting with scissors, and make some lovely creations for you to treasure. We will also look at ways to develop Gross Motor skills for school, which will include running, jumping, ball games etc, so you parents/ caregivers better get practicing .

When child starts school it is a new and exciting time for them so if they can do things such as get on their shoes and socks, open their lunch boxes and get those sometimes difficult buttons undone or done up it can make things just a little easier and making school all

the more enjoyable. Your FSW will give you some more ideas to support your child with those type of things. We will also use fun activities such as colouring in, number games, jigsaws and books to support your child to know even more about shapes, colours, letters and words.

If you want to know more as I'm sure you do talk with your FSW and she/ he will give you lots more info.....enjoy & remember learning is fun!!!!!!



New Competition!!!!!! Name Badge

Hi everyone, well since the last newsletter's competition was such a success—heaps of lovely pictures done by the kids and a few of the parents to maybe!!!! we are going to have another.

This time we thought that we would get you

and the kids to get creative.

For the over 3's we want them to decorate a name badge to hang on their bedroom door.

Remember to be creative.... and get your FSW to help or give you some ideas.

For the under 3's the idea is same but you might like to get your FSW to do the name on the computer before your start decorating.

Once again there's exciting prizes and maybe we could have a section for any really keen parents (and FSW) too.

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Super Strawberry Bars

Ingredients:

- 1 c. flour
- 1 c. rolled oats
- 1/2 c. butter or margarine, softened
- 1/3 c. light brown sugar
- 1/4 tsp. baking powder
- 1/8 tsp. salt
- 3/4 c. strawberry jam



Utensils:

- oven (You'll need help from your adult assistant.)
- large bowl
- square (8" X 8") pan coated with non-stick spray
- large spoon
- knife
- measuring cups and spoons

Directions:

Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius).
In a large bowl, mix everything together except the strawberry jam.
Measure out 2 cups of this mixture. Leave the rest in the bowl,

and set it aside.

Take the 2 cups of the mixture and press it into the bottom of the pan. You can use your hands or a spoon. Make sure you cover the entire bottom of the pan!

Using a large spoon, spread the strawberry jam on top of the mixture in the pan. Spread it evenly all over.

Take the mixture that was left in the bowl, and spread it over the strawberry jam. Press it down lightly.

Bake for 25 minutes. Remove the pan from the oven, and allow it to cool for at least 15 minutes.

Cut the bars into 12 squares to eat and share!

Serves: 12

Kids activities

The first week of the holiday is over, money getting short and the kids are getting bored.....

How about having a camping holiday in the lounge, use the couches and make a tent out of them use a blanket or sheet, the kids (the older ones) can "camp out" in the lounge for a night or two (or until you can't bear the mess anymore).

Have the kids been to the beach lately? Check out the bus

money getting short
and the kids are
getting bored.....

routes ...the bus takes longer and make a day of it (sun screen, sun-hats, and water are essential). It also makes for very tired children so hopefully you will also get a little sleep in the next day.

Have you thought about making a veggie garden???? Think about all the lovely tomatoes, lettuces, carrots, strawberries, etc etc, etc, you could have. Get the kids involved they are more likely to want to eat their veggies if they have help grow them. Try local markets or fairs for cheap veggie plants....remember to keep them well watered.

We would love to see / hear about your Christmas activities so take some photos or get your FSW to take some for you and we can put them in our next newsletter.

Christmas is getting closer.....

I know you have all heard it before but it true. Christmas is getting closer and closer and there's nothing you can do to stop it.

So maybe it time to stop ignoring it and do something. Remember you don't need to buy big presents and spend heaps of money but if you put a little away each week it will make it less stressful and hopefully more enjoyable for all. DON'T be tempted to take out a loan that you will be paying back until next Christmas or longer.

If you have access to the internet check out "Trademe" you might find some bargains and then they get delivered - you don't even have to leave the house. For those who are slightly more energetic how about checking out the \$2.00 shop colouring books and crayons are always a good time waster. Remember to check out the junk mail and get the specials. Op shops are another options for low costs items.

Have you thought about making

presents? Grandparents love pictures done by their grandchildren, or go to the library and get some craft books out. Don't forget that pre-schools, schools and Kindy's will be closing for at least a few weeks so make the most of the beaches, rivers and parks and remember about water and sun safety. Have a safe - merry Christmas.



Caitlin's Diary



Last time I was deciding whether to attempted to make up with Nate.....

We have been to one counselling session at the Family Court. Unfortunately the outcome wasn't crash hot, Nate threw a tanty like a two year old, stormed out and left me at 7.30pm alone with baby Joey, no money, in the rain to walk home. NOT FUN! He did come back for me, but then I got angry and heaved my shoe at him when he got out. So he drove off (with my shoe!!), and we took a few days to cool down.

I called the counsellor in tears the next day. We are going to have some sessions apart,

and then try another session together later. Nate did give me back my shoe....

Joey is lovely though. He is sleeping and eating well now thanks to the helpful advice of Auntie Jan! He is crawling now much to Buffy's delight! She treats him like a puppy-I did catch her trying to put a ribbon round his neck, but stopped when he bit her!

Buffy loves school so much that she is up before me in the morning. Sadly Brittany isn't so easy to get out of bed in the morning. She has been bunking heaps with her new boyfriend. I've just found out he is 23, and hasn't got a job. Nate hates him which makes

home difficult. I don't like him either, he's a bit creepy. When it comes to the kids me and Nate tend to agree.

I've been a bit worried about Brittany's Health. She seems to have a bit of a bug. I will see if she will go to the doctor next week with me when I get Joey's well child check done.



How doth the little crocodile... a poem by Lewis Carroll

How doth the little crocodile...

How doth the little crocodile
Improve his shining tail,
And pour the waters of the Nile
On every golden scale!

How cheerfully he seems to
grin
How neatly spreads his claws,
And welcomes little fishes in,
With gently smiling jaws!



Fluids for Children...

As the weather gets warmer, we are all making sure the children are drinking plenty... however what are they drinking? If children are drinking a lot of juice it can cause some negative things like children not wanting to eat so much food, tummy upsets,

and even a failure to gain weight! Older children will often drink less and eat more if they are offered a drink from a cup rather than a bottle. Juice in bottles also causes tooth decay, especially if the baby or child is put to bed with a bottle. This is



because the sugar from the juice (or milk) will sit in the mouth and cause decay of the teeth. So keep giving drinks but opt for water or milk first, and try to clean a child's teeth before bed

Early Start Project

Level 1
134 Manchester St
P.O. Box 22146
Christchurch 8142

Phone: (03) 365 9087

Fax: (03) 365 9237

E-mail:

reception@earlystart.co.nz



Nurture the Baby Early
Atawhaitia nga Pepe

The World's Best Excuse For Not Doing Housework!

Any Baby feeding from a bottle should never be left when feeding– this is because of several main reasons:

- *Baby's could choke*
- *Fluid can cause ear infections in children lying propped up to feed.*
- *Tooth decay can happen if babies are left to fall asleep with a bottle*
- *You miss out on a few minutes to sit quietly with baby– after all why would you choose to do the vacuuming, dishes, etc rather than sit down with your baby??*

Dear Aunt Sally

Dear Aunt Sally,

I know we have really strong sunshine here in NZ, and I am constantly trying to get my 3 year old to wear her sunhat, but she takes it off the second I put it on...what am I to do? I can't seem to make her!

From a Frustrated Mum.

Dear a Frustrated Mum,

Yes I can understand why you are so frustrated... ex-

plaining to a 3 year old that the sun can burn you



badly is a very hard task!!
However remember slip

slop slap... so remember sunscreen, plenty of water to drink, sunnies, hat, protective clothing, playing in the shade is all important. And keep trying with the hat. Children who go to pre-school are often not allowed outside without a hat, so maybe you could adopt this rule in your house as well?

What about setting a good example and wearing a hat yourself?

Keep persevering and enjoy your summer!

Love Aunt Sally.