

# NEWSLETTER

JUL - SEP 2020 EDITION

## Important Dates

### **NAIDOC Week Postponed Until November 2020**

The National NAIDOC Committee has announced NAIDOC Week celebrations will be held from 8-15 November 2020, instead of being held in July.

#### **AUGUST**

- 3rd Monday: NSW Bank Holiday

#### **SEPTEMBER**

- 6th Sunday: Father's Day

Dear Educators and Families,

COVID-19 disrupted all of our usual work, life and child care routines, and as the pandemic took hold around the world, the government had to act quickly to prevent a health – and financial – crisis here in Australia. Now the government is rolling back the Relief Package, and from 13 July 2020, the CCS and ACCS are back in force, along with normal child care fees.

CCS automatically resumes for parents who have a current enrolment and who previously received CCS before 6 April, as long as they are still eligible. To confirm eligibility and ensure parents are receiving the correct amount of CCS parents must:

- Give Centrelink their 2020-21 family income estimate to receive the correct CCS percentage and avoid an overpayment.
- Check activity hours to receive the correct amount of hours of CCS per fortnight\*.
- Make sure their child meets immunisation requirements.
- Check their child's enrolment details are current with your child care service and re-enrol if necessary.
- Confirm their income for 2018-19 if they haven't already by today 30 June 2020.

\*Note that from 13 July 2020, the Australian Government is easing the activity test for CCS. This means parents may be able to apply for extra activity hours if they have been affected by COVID-19.

# Developing Fine Motor Skills In Children

**Fine Motor** refers to the development of small muscles of the body (particularly the small muscles in hands) which will enable actions like grasping small objects, clicking, correct writing grasp etc.

**The most important fine motor skills children need to develop include the following:**



- The palmar arches allow the palms to curl inward. Strengthening these helps coordinate the movement of fingers, which is needed for writing, unbuttoning clothes, and gripping.
- Wrist stability develops by early school years. It allows children to move their fingers with strength and control.
- Skilled side of the hand is the use of the thumb, index finger, and other fingers together for precision grasping.
- Intrinsic hand muscle development is the ability to perform small movements with the hand, where the tip of the thumb, index finger, and middle finger touch.
- Bilateral hand skills permit the coordination of both hands at the same time.
- Scissor skills develop by age 4 and teach hand strength and hand-eye coordination.



## Fine Motor Skills Activities

A variety of experiences can be incorporated into the daily routine which will enable them to practice their fine motor development.

- Assisting with meal preparation, like stirring, mixing, or pouring ingredients.
- Pouring their own drinks.
- Roll and flatten the clay and then use a cookie cutter to make cutouts.
- Using tweezers or tongs to sort cotton balls, blocks, playdough or balls
- Pop the plastic 'bubbles' on packing sheets.
- Open and close zip-locked bags.
- Use an eye-dropper to make pictures.
- Practise unscrewing and screwing the lids of different types of jars and containers.
- Paper Tearing – different textures and thickness can be used for variety, and to increase hand strength.
- Threading beads – use beads of different colours, shapes and sizes to create patterns for a child to copy.
- Cutting pieces of straws, grass, strips of paper or rolls of play dough.
- Clothes Pegs – clipping pegs onto and removing from an empty shoebox or a piece of cardboard.

By developing a child's fine motor skills, it will enable their finger and muscles to become stronger to complete everyday tasks.

# REDUCING YOUNG CHILDREN'S SCREEN TIME

The Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years) recommend that:

- Children younger than 2 years of age are not provided with any screen time.
- Children aged 2-5 years spend no more than 1 hour on screen time (less is better).

Research shows that Australian children spend too much time being sedentary and not enough time being active. This can lead to short and long term health problems such as poorer social skills and concentration, slower development of language and memory, reduced muscle and bone growth, and a higher risk of being above a healthy weight.

## TIPS TO REDUCE CHILDREN'S SCREEN TIME

- **Set limits on your child's screen time**

monitor how much screen time your child engages in. Decide on a time limit, let your child know and stick to it.

- **Make certain days of the week 'screen free'**

it's good for your children to have at least one day of the week where no TV or computer games are allowed. Offer active indoor and outdoor activities instead.

- **Leave the TV off**

only have the TV on when it's being watched, otherwise turn it off and use music for 'background noise'.

- **Eat at the table and leave the TV off**

try to eat at the table as a family, not in front of the TV.

- **Be selective about what your child watches**

use your child's allocated screen time to watch quality programs they enjoy. These could include educational programs or programs that encourage movement.

- **Remove TVs, tablets and computers from your child's bedroom**

keep these in a common area so you can monitor.

- **Be an active role model**

monitor your own screen time and lead by example. Allow time to be active with your child.

- **Encourage productive sedentary activities**

when your child is sedentary, encourage reading, singing, puzzles and storytelling with a caregiver instead of screen time.

## Some ideas to get children away from the screen.

- Play with different sized balls i.e. tennis ball, soccer ball, netball/basketball, football.
- Play with balloons i.e. punch, kick or throw them to keep them off the ground.
- Play games i.e. hide-and-seek, obstacle courses, follow the leader, stuck in the mud, or tip/tag games.
- Fly a kite, in the backyard or at the park.
- Play with puzzles, read books, do art and craft.
- Let your child help you cook i.e. measuring ingredients.





# What's on

## Local Community Events

### Parramatta Council

#### JULY - SEPTEMBER

In response to the current circumstances presented by COVID-19, many events have been cancelled or postponed. City of Parramatta puts the safety of residents and visitors first. This decision has been made in the interest of public safety and in line with the advice provided by State and Federal authorities.

### Cumberland Council

#### JULY - SEPTEMBER

Cumberland City Council considers the health and wellbeing of the community a priority. Due to the ongoing Coronavirus (COVID-19) pandemic Council has made changes to a range of events and services to keep you safe.

Most events are replaced online:  
Check the link below  
[www.cumberland.nsw.gov.au/kids](http://www.cumberland.nsw.gov.au/kids)

### The Hills Council

#### AUGUST

- 19th Wednesday  
**Child Restraint Fitting Days**  
Free child restraint fitting days are held each year to assist families with the correct use and fitting of child restraints in their cars to ensure the safety of young children. **Bookings are essential. 02 9843 0145**

### Ryde Council

#### JULY - SEPTEMBER

Due to advice by the Australian Government to limit the spread of COVID-19, City of Ryde has cancelled or postponed several upcoming events as a precautionary measure for community safety.

### Strathfield Council

#### SEPTEMBER

- 19th Saturday - 20th Sunday  
**Strathfield Symphony presents Carmina Burana** For more information, please visit <https://strathfieldsymphony.org.au/>



# Happy Father's Day!

## WISHING ALL DADS A GREAT DAY!

If you are looking for a special project for dad that the children can make, look no more. This Father's Day bobble head is both cute and silly and is sure to create some smiles and maybe bring out a few giggles too.

### Father's Day Bobble Head



#### What you will need:

Disposable paper cup  
Construction paper  
Acrylic paint  
Markers  
Picture of dad  
Pipe cleaner  
Low Temp glue gun  
White glue  
Tape  
Toothpick or wooden skewer

- 1** Paint a cup in the color of your choice. The cup will be dad's pants.



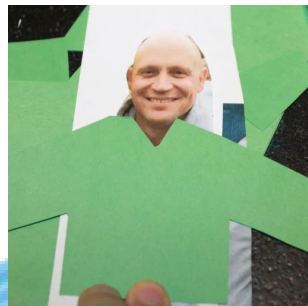
- 2** Let the paint dry and then use a skewer or toothpick to poke a hole in the center of the cup. Adults may have to do this step to avoid injury.



- 3** Curl a pipe cleaner around your finger. Keep each end of the pipe cleaner straight. Stick one end of the pipe cleaner into the hole in the cup. Curl the pipe cleaner end into a ball on the inside of the cup. Squeeze a generous amount of hot glue into the bottom of the cup around the balled up pipe cleaner. Set the cup aside to dry.



- 4** Find a photo or print out a photo of dad. Cut around the head and neck and leave a little of the body so that you have a little extra surface to glue to. Put a piece of construction paper under the head and draw out a shirt around the head and then cut it out.



- 5** use markers or paint to decorate your shirt. Glue the shirt under his head. Cut two hands out of a flesh toned piece of construction paper.



- 7** Cut an upside down "V"-shape out of the bottom of the cup.



- 8** Cut two long oval shapes out of the construction paper color of your choice. These will be for the shoes. Fold one end on both of the shoes and put a dab of glue on the folded end. Press each shoe into the cup on the edge of the "V" and then fold the shoe so that it is flat with the cup when it is set down.



Once the shoes are on, dad is ready to go. Give him a gentle shake and watch him go. Bobble, bobble, bobble!

We hope you get a kick out of this craft.