

CWAATSICH MUM'S and BUB'S

Happy New Year to all our Wonderful CWAATSICH Families

We trust that you had a wonderful Christmas and have been having a great time with your kids during the holidays.

News Flash News Flash

Mums & Bubs recommences TUESDAY 6th February 9.30 to 11.30

Is your child's Healthy Outback Kids check up to date? What about their Health Assessment? New Year, New Beginnings please ring to make an appointment on 46543277. It is so important to start the new school year knowing your child is receiving the correct interventions and support that is needed.

It is always important that our Mums and Dads look after themselves. Make sure you are taking time out for you. When was the last time you had a health check? Are there supports that you need that we can help with? Please feel free to come and have a yarn with me at any stage I am here to help support.

Are you ready for an exciting New Year of Learning?

Here are a few tips.

Early Learning Opportunities:

Engage your child in age-appropriate activities that promote early learning. This can include reading together, simple math games, and hands-on activities that stimulate curiosity and creativity.

Social Skills Development:

Help your child build essential social skills by encouraging playdates, group activities, and sharing experiences with other children. This will help them adapt to the social aspects of the school environment.

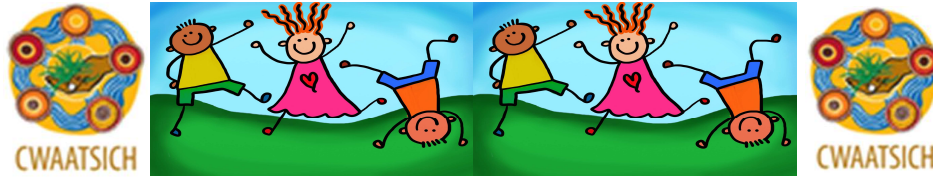
Establishing Routine:

Create a consistent daily routine that includes set bedtimes, mealtimes, and designated periods for learning and play. A structured routine provides a sense of security for your child and prepares them for the school schedule.

Independence and Self-Help Skills:

Foster independence by teaching basic self-help skills such as dressing, using the restroom, and tidying up after themselves. This helps children develop confidence and a sense of responsibility.





Communication Skills:

Encourage effective communication by engaging in conversations with your child. Practice active listening and provide opportunities for them to express their thoughts and feelings. This helps build language skills essential for school success.

Love for Learning:

Cultivate a love for learning by exposing your child to a variety of experiences. Trips to the library, museums, and nature outings can instill a sense of curiosity and enthusiasm for acquiring new knowledge.

Health and Well-being:

Ensure your child is in good health before the school year begins. **Schedule a health checkup and make sure they are up to date on vaccinations.** Adequate sleep, a balanced diet, and regular exercise contribute to overall well-being.

Positive Attitude Towards School:

Speak positively about school and emphasize the excitement of making new friends, learning new things, and discovering the world. Your positive attitude will help shape your child's perception of school.

Remember, every child is unique, and the key is to create an environment that supports their individual growth and development. By focusing on these aspects, you are laying a strong foundation for your child's educational journey.

Its Tucker Time, Lets make Mini Banana Muffins for the lunch box!

2 medium bananas

180gms (2/3cup) vanilla yoghurt

150gms(1cup) SR Flour

Combine all ingredients place in 24 mini muffin pans and bake at 180 degrees till cooked!

Looking forward to seeing you at Mums and Bub's or at your appointments for your 715 or Healthy Outback Kids Check. Until next time, Judi your friendly Maternal and Child health Aboriginal Health Practitioner

