

Griffith Connections



2008 in review

COMING UP

WAKE UP SLEEPING BEAUTY

Dannielle Miller talks about teenage Girls and how we can get them on the right path. This is an evening for every parent.

Thursday March 26th. Griffith ExServicemen's Club. Tickets \$15

TALKING ABOUT BOYS

Celia Lashlie returns to talk about teenage boys. In 2008 Celia was the talk of the town, if you missed it then now is the time to book.

Leeton Soldiers Club. April 28th - \$15 per person

Griffith Exservicemen's Club, April 30th \$15 per person

Tickets through the Clubs, Griffith Child Care Centre, Bookcity or Leeton Booklink

DAD'S AND LADS BREAKFAST

Celia talks just with Dad's and their boys at a special breakfast. Griffith Gemini Centre, Friday May 1st, Tickets only through Griffith Child Care Centre.

for more details visit www.dotwaidecentre.org.au

Well it's January again and the start of another year! We would just like to reflect on 2008.

In July we welcomed Celia Lashlie to Griffith. This sparked a huge response from the schools that hosted her and throughout the wider community following her evening parent presentation.

We are pleased to announce that Celia will be returning in April 2009. Our plan is to run a similar timetable to this year but also focus on a strategic plan for Griffith and include a Dad's and Lad's breakfast morning.

We have conducted a variety of workshops covering Resilience, 123 Magic, Brain Gym and more. Our aim over the coming months is to continue with similar topics. If there are any particular areas of interest that you would like to see developed please ring or email and let us know.

On Saturday 25th of October 2008 along with Combined Children's Services Interagency we conducted the "Festival of Children" in the Memorial Park Gardens, Griffith. We were joined by children's services and other like minded agencies and community members, and provided a fun, free day of activities and information and entertainment. The day was well received and enjoyed by all who attended.

Our starting school packs, which unfortunately were not ready on the day, have since been allocated to services and agencies throughout town. The library bags, which were inclusive of a water bottle, a "Learning Through Play" resource book and other

information relating to starting school, were well received. The bags and bottles are being used and by many of the new kindergarten pupils starting school this year which is wonderful to see!

Program for 2009

Feedback from the Celia visit highlighted a need to provide similar programs for girls, and so we are pleased to appoint Dannielle Miller from Enlighten Education to be involved in providing a Professional Development Workshop and a presentation to Parents and the community.

Dannielle is a respected and experienced educator who is committed to empowering young people, and her presentations relate to helping girls reach their full potential in a society that makes them question their identity.

Celia is also returning and we are extending on her message by inviting some of the smaller schools to be involved in our sessions in Leeton and Griffith. Also we are offering a Strategic Planning Workshop for schools and other agencies to be involved in (limit of 2 persons per service) in helping to develop an education management strategy for boys across the Griffith region. This will take place on Friday 1st May.



TEN WAYS TO TELL YOUR CHILDREN "I LOVE YOU"

- Make your home a place of safety, acceptance and love.
- Build feelings of self-worth by showing your children how they are special.
- Offer your children opportunities to learn and succeed.
- Make sure your children eat healthy foods, exercise regularly and get enough sleep.
- Spend time with your children. Talk, laugh, play and enjoy each other.
- Protect your children. Make their safety your top priority.
- Acknowledge, praise and reward your children's successes. Don't criticize when they try but fail.
- Set limits to make children feel secure and to teach them responsibility.
- Make a hug, a squeeze, a loving smile an everyday occurrence.
- Say the words, "I love you," at least once a day.

Free Activities and places of interest:

Baby Bounce and Rhyme Time

The Griffith City Library presents Baby Bounce & Rhyme Time. A fun & free 30 minute program aimed at babies 0-2yrs includes rhymes, action songs, finger play and stories.

Baby Bounce and Rhyme Time is an interactive way for parents and carers to introduce babies to the fun and enjoyment of sharing nursery rhymes, action songs and stories. Sessions are lively, interactive and stimulating for both babies and parents.

Venue: Griffith City Library
Day: Tuesday, Time: 10 - 10.30am

Kid's Storytime

The Library holds Storytime sessions for toddlers every Friday morning at 11am. Along with story reading the sessions include craft activities and are very popular with our young families. Everyone is welcome to drop in and join in the fun!

LAKE WYANGAN PICNIC AREA

Situated just 12 kms from the main post office, the picnic area is a great spot for family gatherings, photos, and swimming, fishing or relaxing. There is a playground area, and an animal enclosure which houses deer, goats, sheep, emus and an assortment of poultry. A camping area is provided free of charge for a stay of 2 days. This area has barbeque facilities, shelters, boat ramp and an amenities block with toilets and showers (cold water only).

Cocopara National Park

Just 30km out of town is the natural woodlands of Cocopara National Park. A range of Gas BBQ and Campsites are available.

After rain water cascades off wonderful waterfalls. Check out the details at the National Parks Office in Yambil St.

Bacon tomato and basil frittata

Serving Size: 4-6
Special Info: Gluten free, Nut free
Ingredients:

- 1 teaspoon olive oil
- 1 cup diced bacon
- 1 small onion, finely chopped
- 6 eggs, lightly whisked
- ½ cup semi-dried tomatoes
- ½ cup basil leaves
- ½ cup freshly grated parmesan

Method:

Heat an oven-proof, non-stick frypan to medium-high heat. Add oil, cook bacon and onion until onion is soft. Pour whisked eggs into frypan; they should frill up at the edges. Reduce heat to low and cook for about 10 minutes until the eggs are starting to set. Scatter tomatoes, basil and parmesan over the top of the eggs. Use a spatula to loosen the edges of the frittata from the side of the frypan. Heat the grill to high heat; place the pan under the grill to brown the top of the frittata. To serve, place a plate over the frypan and invert frittata onto plate. Cut into wedges and serve with salad.

Fire Safety

With the devastation of the fires in Victoria we thought it only fitting to discuss fire safety, and what to talk about with your children.

We need to teach them that fires are hot, loud and scary, and that the smoke can make it very dark and hard to see.

We need to make them aware of hazards like putting clothes over lamps or heaters and the dangers of standing too close to fires or heating appliances.

Be sure to place matches, lighters, candles and flammables out of reach of children and tell children that if they do start a fire to tell an adult straight away.

Be aware of other safety issues like overloading power cords, burning candles, hot irons and leaving hazards such as newspapers/magazines near heaters or fires.

Throughout the house be mindful of your own practice. Have plug protectors in power points, turn off power points before pulling out appliances and advise children when you are cooking on the stovetop or in the oven and turn saucepan handles to the centre of the stove.

Smoke Alarms

Make sure your home is fitted with smoke alarms and check them monthly, being sure to replace batteries at least once a year.

Let your children become familiar with the sound of a smoke alarm so that they know what it is and devise a plan for your family to put in place if it ever does happen.

Teach and practice with your children these simple and easy to remember chants and practices.

GO DOWN LOW AND GO, GO, GO to get out of a fire, and

STOP, DROP AND ROLL if you do catch fire.

Family Evacuation Plan

Good escape plans help you to get out quickly.

The best plans have 2 ways to get out of each room, so if one is blocked by fire, you can get out another way. Devise the plan together so all family members are aware of what to do.

1. Try to find 2 ways out of every room. The first way out should be a door. This needs to be planned and practiced as a family.
2. ***Before opening any door in a fire, feel the door first at the bottom and then work your hand up the door to see if it is hot. A hot door could mean there is a fire on the other side, and you will have to try and get out another way.***
3. Stay low to the floor when escaping a fire.
4. ***Pick a safe and easy to remember place outside the home to meet when you get out.***
5. If you haven't already done so call **000** and ask for the Fire Brigade, indicating your address
6. ***Once you are safe do not re-enter the house.***

Practice fire evacuation procedures so they becomes familiar practice, and hopefully less daunting.

Teach Your Children To Dial 000 in Case of an Emergency

It is important to teach your child how to use the phone and to call emergency services if there is a threatening situation.

It is also important that your child is able to identify their name, their address and what service they need in order for the call to be responded to as quickly as possible.

This can be taught through role play or a game so that it is less threatening to children.



Lets get reading

Key Ingredients For Reading:

- Find something interesting to read.
- Change your tone of voice, use low and high pitch, use squeaking sounds, whistles and other mouth noises.
- Involve your child in the reading.
- Discuss with your child the people in the story and what happened.
- Play with the ending, e.g. What happened to ...? What if...?
- Most important -- laugh and have fun with your child.

"Read to your child" is a phrase often told to parents, but many of us don't have as much time as we'd like to do it.

Parents often ask many questions about reading to their children, such as: How beneficial can reading to my child be? Can I develop my child's reading skills if I'm not a frequent reader? I'm the one reading the words, what does my child get out of reading? What books are appropriate for young children? How do I go about setting up a reading session? Here are some answers to these very important questions.

Reading to your child can be beneficial in more ways than one. Perhaps the most important benefit is the time you will spend together. You'll share a special moment by taking part in an activity that can be done almost any time and any place. Sitting on your lap, your child will have a sense of security. You'll get to know each other and deepen your relationship.

What to Read

Books, picture books and even homemade picture stories are inexpensive and are available from the supermarket, Charity shops and even the \$ 2 dollar shop. Borrowing books from the local library is a economical way to read to your child and their supply is always renewing. Grandparents, aunts and other family members are often at a loss when it comes to birthdays and other gift-giving holidays. Suggest an age-appropriate book club or magazine subscription. There are many sites on the Internet available with children's stories.

If you can't find a book to read, try your newspaper. You could read the comics together, the sports or lifestyle section. Don't be surprised when a child gets attached to one particular book. Be prepared to read that book over and over again.

The Atmosphere

When setting up a reading session, you'll need a cozy corner with good lighting and a comfortable chair or couch for both of you. Use a blanket to cuddle under and don't forget your book.

Set aside a special time to read to your child. Young children younger than 6 probably will be content with a 10- to 15-minute reading session. Give it a try! You may find it's as much fun for you as it is for your child.

Author Marie Helen Goyetche, at parenting.com

GRIFFITH CONNECTIONS

is a family support project of Griffith Child Care Centre Inc. Its aim is to provide parenting support and information to families in the griffith community.

The project is funded through Local Answers, a Stronger Families and Communities Strategy.

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A range of downloadable support materials are available on our website

www.dotwaidecentre.org.au

