



Little Peanuts E.L.C

215 Haly street, Kingaroy

www.littlepeanutsearlylearningcentre.com.au

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Welcome to another addition at Little Peanuts!

What an exciting start to the year it has been. A recap of January. All the children have successfully transitioned into their new rooms. We welcomed Sam from School Performance Tours to do a puppet show about being Environmentally Responsible. Pink Periwinkle, Green Tree Frogs and Purple Possums all participated in the performance. It was exciting to learn about what we can do to help the environment as well learning all about the world.

Reminders:

- It is important to label all your children's belongings including their socks. This is to ensure their items do not get lost and are able to be returned at the end of the day.
- Our No Smoking Policy: Please ensure you do not smoke within 10 meters of the Centre or Carpark. If you do wish to smoke we kindly ask you to head out onto the footpath, Thank you.
- Your fees must be kept one week in advance ie (in credit). Please chat to Amber or Louise if you are struggling to do this. Your child's enrolment may be suspended for non-compliance of our Fee policy.

Upcoming Dates to Remember:

Valentines Day – 14th Feb

Aussie Medium Simon Hay – 17th Feb

South Burnett Wheelchair Basketball – 18th Feb

Ready, Steady, Recycle (council info session) – 24th Feb 430pm

Proston Show – 10th March

Public Events:

Nanango Markets – 1st Saturday of Every month

Kingaroy Friendship markets – 3rd Saturday of Every month

Wondai Markets – 4th Saturday of Every month

Yarraman Markets – Every Saturday

Nutrition Guide for Toddlers

Nutrition Through Variety

Growth slows somewhat during the toddler years, but nutrition is still a top priority.

It's also a time for parents to shift gears, leaving bottles behind and moving into a new era where kids will eat and drink more independently.

The toddler years are a time of transition, especially between 12–24 months, when they're learning to eat table food and accepting new tastes and textures.

Breast milk and formula were perfect for your child as an infant, but now it's time for toddlers to start getting what they need through a variety of foods.

How Much Food Do They Need?

Depending on their age, size, and activity level, toddlers need about 1,000–1,400 calories a day. Refer to the chart below to get an idea of how much your child should be eating and what kinds of foods would satisfy the requirements.

Use the chart as a guide, but trust your own judgment and a toddler's cues to tell if he or she is satisfied and getting adequate nutrition. Nutrition is all about averages so don't panic if you don't hit every mark every day — just try to provide a wide variety of nutrients in your child's diet.

The amounts provided are based on the [MyPlate food guide](#) for the average 2- and 3-year-old. For kids between 12 and 24 months, the recommendations for 2-year-olds can serve as a guide. But during this year, toddler diets are still in transition. Younger toddlers may not be eating this much — at least at first. Talk with your doctor about specifics for your child.

When a range of amounts is given, the higher amount applies to kids who are older, bigger, or more active and need more calories:

Milk Matters

Milk is an important part of a toddler's diet. It provides [calcium](#) and [vitamin D](#) to help build strong bones. Toddlers should have 700 milligrams of calcium and 600 IU (International Units) of vitamin D (which aids in calcium absorption) a day. This calcium need is met if kids get the recommended two servings of dairy foods every day. But those servings provide less than half of the necessary vitamin D, so doctors often recommend vitamin D supplements. Your doctor will let you know if your toddler needs a supplement.

In general, kids ages 12 to 24 months old should drink whole milk to help provide the dietary fats they need for normal growth and brain development. If overweight or obesity is a concern — or if there is a family history of [obesity](#), high cholesterol, or heart disease — talk to your doctor to see if reduced-fat (2%) milk may be given. After age 2, most kids can switch to [low-fat \(1%\) or nonfat milk](#). Your doctor can help you decide which kind of milk to serve your toddler.

Some kids may reject cow's milk at first because it doesn't taste like the familiar breast milk or formula. If your child is at least 12 months old and having this difficulty, mix whole milk with some formula or breast milk. Slowly adjust the mixture over time so it becomes 100% cow's milk.

Some kids don't like milk or cannot drink or eat dairy products. Explore other calcium sources, such as calcium-fortified soy beverages, calcium-fortified juices, fortified breads and cereals, cooked dried beans, and dark green vegetables like broccoli, bok choy, and kale.



Meeting Iron Requirements

Toddlers should have 7 milligrams of iron each day. After 12 months of age, they're at risk for iron deficiency because they no longer drink iron-fortified formula and may not be eating iron-fortified infant cereal or enough other iron-containing foods to make up the difference.

Cow's milk is low in iron. Drinking a lot of cow's milk also can put a toddler at risk for iron deficiency. Toddlers who drink a lot of cow's milk may be less hungry and less likely to eat iron-rich foods. Milk decreases the absorption of iron and also can irritate the lining of the intestine, causing small amounts of bleeding and the gradual loss of iron in the stool (poop).

Iron deficiency can affect growth and may lead to learning and behavioral problems. And it can lead to iron-deficiency anemia (too few red blood cells in the body). Iron is needed to make red blood cells, which carry oxygen throughout the body. Without enough iron and red blood cells, the body's tissues and organs get less oxygen and don't work as well as they should.

To help prevent iron deficiency:

- Limit your child's milk intake to about 16–24 ounces a day (2 to 3 cups).
- Serve more iron-rich foods (meat, poultry, fish, enriched grains, beans, tofu).
- When serving iron-rich meals, include foods that contain vitamin C (like tomatoes, broccoli, oranges, and strawberries), which improve the body's iron absorption.
- Continue serving iron-fortified cereal until your child is 18–24 months old.

Talk to your doctor if you're concerned that your child isn't eating a balanced diet. Many toddlers are checked for iron-deficiency anemia, but never give your child a vitamin or mineral supplement without first discussing it with your doctor.

Food group	2 year olds	3 year olds	4 and 5 year olds	What counts as:
Fruits 	1 cup	1 - 1½ cups	1 - 1½ cups	½ cup of fruit? ½ cup mashed, sliced, or chopped fruit ½ cup 100% fruit juice ½ medium banana 4-5 large strawberries
Vegetables 	1 cup	1½ cups	1½ - 2 cups	½ cup of veggies? ½ cup mashed, sliced, or chopped vegetables 1 cup raw leafy greens ½ cup vegetable juice 1 small ear of corn
Grains Make half your grains whole 	3 ounces	4 - 5 ounces	4 - 5 ounces	1 ounce of grains? 1 slice bread 1 cup ready-to-eat cereal flakes ½ cup cooked rice or pasta 1 tortilla (6" across)
Protein Foods 	2 ounces	3 - 4 ounces	3 - 5 ounces	1 ounce of protein foods? 1 ounce cooked meat, poultry, or seafood 1 egg 1 Tablespoon peanut butter ¼ cup cooked beans or peas (kidney, pinto, lentils)
Dairy Choose low-fat or fat-free 	2 cups	2 cups	2½ cups	½ cup of dairy? ½ cup milk 4 ounces yogurt ¾ ounce cheese 1 string cheese

Apple & Celery “Snails”

Fresh Ideas



Prep
20m

Serves
2

Difficulty
● ○ ○ ○

Ingredients

2 celery stalks, leaves discarded

1/4 cup smooth ricotta

8 raspberries

1 Granny Smith apple, thinly sliced into rounds

1 tsp currants

Description

Little ones will enjoy making this fun and easy apple and celery snack themselves. A perfect treat for their lunch box too!

Method

Step 1

Cut celery into 8x10cm lengths. Spread a little ricotta into 1 piece of celery.

Step 2

Arrange 1 raspberry at one short end of the celery. Gently press to secure to form the head. Behind raspberry, press 1 apple slice into ricotta to form the body.

Step 3

Using a little ricotta, attach currants to the front of the raspberry to form eyes. Repeat with remaining celery, ricotta, raspberries, apple and currants. Serve.

ACCOUNTS - Important information!!

It is important to make sure your childcare fees are paid up to date. This means that your account is to be paid IN FULL by the end of the week that we are currently in and is to be 1 week in advance.

If your account is in arrears please make payment immediately or contact Louise or Amber to discuss options.

As we have very limited vacancies, could you please call at the earliest time to advise of changes to bookings

*Ezi-Debit, Centrepay and Direct deposit are the preferred payment methods.

ARE YOUR CHILDREN SIGNED IN AND OUT CORRECTLY?

Safety of the children is paramount here at Little Peanuts. We take great care in ensuring that the environment is safe for you child. We need your help to ensure this by making sure that you shut all doors and as you arrive and pick up your child/ren.

** Please advise an Educator or Louise/Amber that your child is arriving/leaving and you require them to be signed in or out for you **

It is absolutely vital that ALL CHILDREN are signed in and out of the Centre and sighted by an Educator. Also please note... children can only be signed out as you are leaving the Centre for safety reasons.

Quality Improvement Plan

A Quality Improvement plan is a document that supports the Centre in delivering quality education and care and to plan future improvements.

Continuous improvement is very important to us here at Little Peanuts and we would really love for families to become involved in this process.

The Centre's QIP is located in parent's corner. The QIP has 7 quality areas. Please see our feedback forms to add your own input.

- QA1: Educational Program and Practice
- QA2: Children's Health and Safety
- QA3: Physical Environment
- QA4: Staff arrangements
- QA5: Relationships with children
- QA6: Collaborative partnerships with families and communities
- QA7: Governance and Leadership



OUR PHONE DIRECTORY

Bush Kids – Kingaroy Service Centre – 0459863800

DV Connect – Women line – 1800811811

DV Connect – Men line – 1800600636

Kids Help Line – 1800551800

Life Line Australia – 131114

Beyond Blue – 1300224636

Kingaroy Community Health Centre – 1800177577

Child Health Drop In and Rhyme and Time – Kingaroy Library - 41899256

South Burnett CTC – 41629000

Centre Care Family & Relationship Service – 41625439

The South Burnett Pantry – 0438071658

Kingaroy Hospital – 41620200

Counselling – Christene Nissen & Associates – 1300012384

Centrelink

Disability, Sickness & Carers – 132717

Employment Services – 132850

Multilingual – 131202

Families Line – 136150

Medicare – 132011

Schulte's Plumbing – 41632707

Amy Zing Hair – 0435817012

Rachel Stone Podiatry – 41627045

Astills Electrical Services – 41627970

Nikki's Shop - Hairdressing & Barbering - 0412868478