



Little Peanuts E.L.C

215 Haly street, Kingaroy

www.littlepeanutsearlylearningcentre.com.au

PH: 41636928

Welcome to another addition at Little Peanuts!

Hello and welcome to Spring! The weather is warmer, the days are longer and the sun is out and shining! This means sun safety is very important and needs to be followed. We ask that children come in sun safe clothing every day (sleeved shirts/ dresses), hat, sunscreen etc. We have sunscreen at the Centre to be applied in the morning when you drop off. We reapply sunscreen when necessary during the day. We also love to participate in water play so ensure that you pack extra clothes in your child's bag in case they participate in play and get wet.

Carpark Speed Limit

Please be aware that we have a 10km/ hour speed limit in our carpark. This is to ensure the safety of all parents and children when using the carpark. It is also important to ensure that you do not walk behind cars and use the foot paths on either side of the carpark to walk into the centre. Please see diagram underneath. Another note to be mindful of is of our non-smoking policy. As per government rules you are not permitted to smoke within 10 metres of a childcare centre and this includes vaping.

Thank you for your consideration in this matter.

Lost Property

Please check the lost property box at the front office for any missing items. These clothes will be here until end of September and then they will be donated.

Important Reminder:

Parents/ Caregivers please be aware that we have a Child and an Educator that is Anaphylactic to Peanuts/ Nuts. Please refrain from bringing any nut products into the Centre for the wellbeing of all involved.

Reminders:

- 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:

1 September 2024 - Heritage Nanango PLAYfest

8-9 September 2024 - Double Dingo Duathlon

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11-15 September 2024 - 2024 Heritage Nanango Country Muster

14 September 2024 - 2024 Blackbutt Avocado Festival

20-22 September 2024 - Maidenwell Music Mix

21-22 September 2024 – Kingaroy and District Vintage Machinery Rally

28-29 September 2024 - 2024 Wondai Garden Expo

7 October Kings Birthday Public Holiday

31 October Halloween



Public Events/ Services:

Taabinga Tots Playgroup – Every Monday 9am-1030am @ Taabinga state school hall

Mainly Music – Every Tuesday during school term 10am @ Church in the market place

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 Second Saturday

The South Burnett Pantry – Mon – Fri 830am-12pm

Nanango WMC Grace Community Food Hamper – Thursdays 830am-12pm

(Anyone can attend)



Toilet Training Fact Sheet

From <https://startingblocks.gov.au/resources/parenting-and-home/getting-into-a-routine/toilet-training-your-child>

It's a real milestone in your child's development when your child learns to use the toilet. When they are ready for this important step they begin to recognise the feeling that they need to use the toilet, and they can 'hold on' until they are in the appropriate place. Developing this skill in a supportive and positive environment promotes positive self-esteem and is an important aspect of the development of your child's self-help skills. Not only does it give them a sense of accomplishment and independence, you'll also feel a sense of relief – no more dirty nappies!

In this information sheet we aim to answer some of your basic questions about toilet training your child, as well as providing some tips on how the educators at your early childhood education and care service can support you and your child in this.

Tips for toilet training

Potty or the toilet?

When you're ready to toilet train your child, think of whether you want them to use a potty or the toilet.

Neither one is necessarily better; you should decide what works best for your family and child.

If your child is using the toilet, you may want to buy a toddler seat that can be fitted onto the toilet seat. You may also need a stool or steps so your child can reach the toilet. Some experts believe that people cannot properly empty their bladder or bowels until they have their feet pressing down on the floor. Bringing the 'floor' up to the child's level could help them.

Using a potty may be easier for your child to go and sit on when they want to wee or poo: Sometimes when they are in a hurry getting onto the toilet seat might take time. Also, some children can, at first, be scared of the height of the toilet seat.

That said, you may want to use both to begin with – potty and toilet – to see which your toddler is more comfortable with.

What is a good age to toilet train?

All children are different and develop at their own pace. Generally, children aren't ready to be toilet trained until they are between 18 months and 3 years old.

Even if your child is taking more time, don't push them too much. Wait for them to learn at their own pace.

Signs your child is ready to be toilet trained

Here are some of the signs that may indicate that your child could be ready to be toilet trained:

- Your toddler can stay dry for two or more hours. This shows that their bladder muscles are getting stronger.
- They can tell you using signs or verbally that they need to wee or poo.
- They can sit comfortably in one position for a long time.

- They know how to pull their pants up or down.
- They dislike wearing a wet or soiled nappy.
- They can follow simple instructions.
- They are showing an interest in adults (or their siblings) going to the toilet. They may even try to imitate others' bathroom habits.
- They poo at fairly regular and predictable intervals.
- They don't wake up in the night to poo or wee and they wake up dry from a nap.

Note that the above are only indications that your child might be ready to be toilet trained. You will need to decide for yourself when the time is right to begin toilet training.

Tips for toilet training

Here are some tips to help get your child familiar with using the potty or toilet. Feel free to pick and choose – what suits one parent and child may not suit another.

- Watch out for signs that help you understand if they are ready to be toilet trained (see above section).
- Introduce them to a potty or toilet – let them sit on it with their clothes on so they become familiar with it.
- Let them watch you in the bathroom to understand the process.
- Observe any patterns, noting the times at which your child usually wees or poos. When you know that your child is expected to wee or poo, sit them on the potty or toilet. They might not do anything initially, but eventually they'll realise what they are expected to do. (Don't make them sit on it for too long a time if they are not doing anything – it shouldn't look like they're being punished.)
- Praise them when they're successful in weeing or pooing in the potty/toilet as a way of encouraging them.
- Also praise them when they have had a really good go, even if they are not successful.
- Have them drink a lot of water before they are expected to poo – it softens the poo so it's easy to pass.
- At regular intervals, ask your child if they need to wee or poo. They might be busy playing so that by the time they realise, it's too late.
- Dress them in clothes that can easily be removed if they want to use the toilet themselves.
- Ask them if they need to wee just before going to bed.
- If necessary, wake up your little one once or twice at night for them to wee so they don't wet their bed.

Also, remember that accidents happen. Don't tell your child off after an accident – it may discourage them from trying again.

Teaching them hygiene

In addition to assisting them with using the toilet or potty, you can teach them how to wipe themselves and clean and wash their hands afterwards.

- Teach your child to wipe their bottoms thoroughly. You can use pre-moistened wipes for your little one to wipe their bottom effectively (remember not to flush unless they are flushable).
- Teach them to flush the toilet and wipe the toilet seat or their potty.
- Demonstrate to them how to wash their hands – first wet them, then apply soap, then scrub for at least 25 seconds to cover their whole hands, then rinse and dry.
- Teach your child to clean themselves properly even after weeing.

Maintaining consistency between home and early childhood education and care

It is important for your child to have similar experiences and routines at home and at their early childhood education and care service. Share your toilet training strategies with the educators at the service your child attends. Inform them about any signs that your child uses at home to tell you that they need to use the toilet.

It may also be useful to find out from educators about your child's toileting experiences at the end of each day. Many services have a chart or whiteboard which you can look at to see how your child did that day.

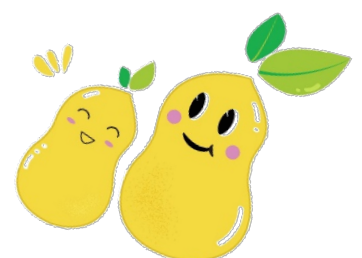
You can also share your hygiene routines with the educators because you don't want your child to be confused with different experiences at home and at your service.

Strategies educators should use to help your child

Patience is the most important tool for adults to remember while children are learning to use the toilet. Educators at your early childhood education and care should encourage your child in all their efforts, even if they have a setback or are not entirely successful. For example, a child who has not quite made it in time to use the toilet may be reassured by a comment such as "It's great that you knew you needed to use the toilet. Maybe next time you can let me know straight away so that I can help you get to the toilet a bit more quickly."

Conclusion

Learning to use the toilet is like learning any new skill – it takes time. Each child learns at their own pace and while some children will learn to use the toilet within a week, for many others the process will be a much longer one. Your child will eventually learn to use the toilet in their own time. By working in partnership with the educators at your early childhood education and care service, the process of learning to use the toilet can be a positive and gratifying experience for all concerned.



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.**

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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

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