



FEBRUARY
2024

THE LINK COMMUNITY HUB

AROUND THE COUNTRY

WORLD WETLANDS DAY	02 FEB
SAFER INTERNET DAY	06 FEB
WORLD READ ALOUD DAY	07 FEB
CHINESE NEW YEAR	10 FEB
SUMMER DAY	28 FEB





SAFER INTERNET DAY – TUESDAY 6 FEBRUARY

Celebrated in 170 countries, Safer Internet Day is designed to bring the world together to make the internet a safer, more positive place. The eSafety Commissioner (eSafety) is

the official coordinator of the global Safer Internet Day effort in Australia. eSafety's campaign theme for 2024 is *connect, reflect, protect*. [Learn more here](#)

WORLD READ ALOUD DAY – WEDNESDAY 7 FEBRUARY

Join millions around the globe as we celebrate the power of reading aloud with **World Read Aloud Day**, held annually on the **first Wednesday of February!** World Read Aloud Day has evolved into a global movement of millions of readers, writers, and listeners from communities all across the world coming together to honour **the joy and power of reading and sharing stories**, and continue expanding the definition and scope of global literacy. [Find out more here.](#)

PROTEIN PANCAKES



PREP 10 min | COOK & SERVE as needed

INGREDIENTS

- 2 cups milk (I use coconut or almond milk)
- 2 cups flour (I either do 2 cups spelt or 1 cup tapioca and 1 cup oat flour, but you could play around with different options)
- 4 tsp baking powder
- 4 eggs
- 6 tbsp protein powder*
- 2 tbsp hemp or chia seeds
- *Optional nutra organics makes a great family protein powder try vanilla in this recipe.*

METHOD:

Simply blend all of the ingredients together and store in a jar! I cook ours in butter in a cast iron pan and they never stick. Serve with berries, banana, Greek or coconut yoghurt, pure maple syrup or raw honey, cinnamon etc! Or as one of my kids loves - peanut butter!

SO WHAT ARE THEY GETTING? Good fats, fibre, protein, omega 3's, calcium, iron and fresh fruit, all before they leave the house for the day!

Recipe by Jo Kate Nutrition

BEST BLOGS



THE OT TOOLBOX | theotttoolbox.com

Easy, actionable, and functional Occupational Therapy activities and interventions. OT resources and information to help kids thrive.

On The OT Toolbox, you will find resources, tools, ideas, and activities designed to support the healthy development of children (throughout the lifespan). Based on function and occupation-centered activities, the tools shared on this site promote the underlying skills needed for action and performance of meaningful tasks in kids. The OT toolbox promotes the healthy development of kids through play and movement in order to make a positive impact on kids today. You can also follow along on Instagram at [theotttoolbox/](https://www.instagram.com/theotttoolbox/)

KIDDIPEDIA | kiddipedia.com.au

Kiddipedia is Australia's leading parenting resource website, providing useful parenting tips and all sorts of parenting information such as parenting helpline numbers, parent directory and kids events.

There are so many tools available on kiddipedia to help you be the best possible parent you can be. You can also follow along on Instagram at [/kiddipedia](https://www.instagram.com/kiddipedia).



FOCUS: The ART of creating

The process of creating and making art is natural to children, as they engage all their senses to explore the world around them. The arts enable children to use their whole bodies for learning and create endless opportunities for imagining and creating.

Encouraging and engaging with children in art is essential in early development, with process art the preferred method for children to explore imaginative creation without direction, no right or wrong, and fun, pure, play.

Allowing time as well is really important and the benefits are huge with creative exploration having many positive impacts on the development of your child.

Some benefits of art for children include:

- Relaxation: kids learn to focus and can explore feelings at their own pace, without interference
- Communication: art encourages language, as they discuss what they are seeing, feeling, wondering, evaluating
- Imagination: as they imagine and explore ideas, they will focus and concentrate, question and empathise
- Skill: children learn to predict, plan, problem solve as well as all the fine motor skills such as cutting, drawing, painting, printing.
- Children feel a sense of emotional satisfaction when they are involved in making art, whether they are modelling with clay, drawing with crayons, or making a collage from recycled scraps. This satisfaction comes from the control children have over the materials they use and the autonomy they have in the decisions they make.

When creating an artwork, children make decisions and continue to self-evaluate as they go. They decide what they will create, how they will create, mood, colour, form, who or what. As children grow and develop, their art-making activities move beyond exploring with their senses and begin to involve the use of symbols. Drawings move from scribbles to symbols, and all have meaning.

Children begin to represent real objects, events, and feelings in their artwork. Drawing, in particular, becomes an activity that allows them to symbolise what they know and feel. It also helps children to make sense of the world, and visually step out what they are experiencing or feeling.



Encouragement is key

- Have a genuine interest in what they are doing, and listen to their meanings.
- Provide quality materials that spark joy (rather than cheaper paint colours that always end up icky brown)
- Give them plenty of time, and let them return to works in process, let them decide when an artwork is complete
- Having a permanent space for children to create is also important and can also keep the creative projects in one designated area
- Most importantly, share their delight in discovery, what they have created. This encourages feelings of self-worth and opens up communication channels. Art can be the place where you are able to chat openly together, and as they grow, continue to develop that link together

Allowing art making at home is the first step to developing the whole child through art experiences. Child friendly materials are easily accessible these days, and there are so many how-to inspirations for adults on the internet. Approach with open ended play, provide materials and invitations to play, as well as parental involvement without interference. Let it be a joyful experience!



Read the article via the QR code.

Source: Boyd, Janine. (2022, July 04). **The ART of creating**. Retrieved from kiddomag.com.au

HEALTHY
KIDS

TIME MANAGEMENT FOR KIDS

Many kids are overwhelmed by the prospect of fitting everything they have and want to do into the few short hours after school. Between homework, activities, and just time to play, there's a lot to do. But even though most kids don't have the cognitive skills to organize their schedules independently until middle school, you can start teaching them how to plan and prioritise their time now.

For age by age guides jump over to [scholastic](http://scholastic.com) and start the year right!



HEALTH & SAFETY: Button batteries

Button batteries are powerful, coin-sized batteries that are used in many toys and household products (e.g., keys, remote controls, calculators, musical greeting cards, watches and kitchen scales). Button batteries are especially hazardous if swallowed, and can cause lasting damage to the oesophagus and airway. Serious injury or death can result from ingesting a button battery.

If you think a child has swallowed a button battery, call an ambulance (000 in Australia) or go to your nearest hospital emergency department immediately.

Main cause of button battery injuries

Babies and toddlers tend to put things in their mouths, and button batteries are appealing to young children as they are small and reflective. Often, parents don't realise an item contains a button battery as the batteries are usually already installed. Children tend to have easy access to items that use button batteries (toys, pens*, calculators, musical greeting cards). The covers on these items can sometimes be easily removed, making them a potentially deadly hazard for young children. If a button battery is swallowed, it can burn through the oesophagus (swallowing tube) in just two hours, causing internal burns, severe bleeding or death.

Educating older children on the risks of button battery injuries is very important. Older siblings can be extra eyes and also inform you if they suspect a toy may have a compartment loose.

What to do if you suspect a battery has been swallowed

If you suspect a child has swallowed a button battery, call an ambulance (000 in Australia) or go to your nearest hospital emergency department immediately. Button battery injuries can be catastrophic if not treated immediately. If you think a button battery has been swallowed, do not wait for symptoms to appear before calling an ambulance.

A child who has swallowed a button battery without anyone being aware may develop the following signs and symptoms:

1. noisy breathing or chest pain
2. problems swallowing or drooling
3. vomiting blood or passing dark and yucky poo

If your child has any of the above, go to your nearest hospital emergency department immediately.

Ways to prevent button battery injuries

Children should never be allowed to play with button batteries. To prevent button batteries from being swallowed:

- keep household items you suspect may contain button batteries out of reach
- don't allow children to play with car keys, remote controls or other household products containing button batteries
- check toys in your home that contain button batteries and ensure they either have screw-on battery covers so that batteries can't fall out or be easily removed or discard them if they don't have this safety feature
- avoid buying toys that require button batteries as a power source
- keep spare batteries locked away and out of reach.

Disposing of batteries

Rather than throwing batteries into the rubbish bin, take used batteries to your local recycling collection point – this will prevent children having access to batteries and accidentally finding them once they have been discarded. You can recycle batteries at the following places:

- Your local council (council websites often list additional disposal points)
- Planet Ark
- Aldi supermarkets
- Battery World

Key points to remember

- Button batteries are found in many different household items and toys.
- Button batteries can cause serious injuries or death if swallowed.
- Any child who is thought to have swallowed a button battery should be immediately taken to the nearest emergency department.



Read the article via the QR code.

Source: The Royal Children's Hospital. (2023)
Safety: Button batteries Retrieved from
https://www.rch.org.au/kidsinfo/fact_sheets/Safety_Button_batteries/



**GET READY TO JOIN THE PARTY
THESE AUTUMN HOLIDAYS!**

BOOKINGS LAUNCH THURSDAY 15 FEBRUARY!

DISCOVER. LEARN. PLAY.
EXTEND SQUAD
AUTUMN
FANTABULOUS school holiday experiences