



# THE LINK COMMUNITY HUB

## AROUND THE COUNTRY

<b>INTERNATIONAL DAY OF OLDER PERSONS</b>	<b>1ST</b>
<b>WORLD ANIMAL DAY</b>	<b>4TH</b>
<b>WORLD SPACE WEEK</b>	<b>4TH-10TH</b>
<b>WORLD SMILE DAY</b>	<b>7TH</b>
<b>WORLD FOOD DAY</b>	<b>16TH</b>
<b>NATIONAL NUTRITION WEEK</b>	<b>16TH-23TH</b>
<b>AUSSIE BACKYARD BIRD COUNT</b>	<b>17TH-21ST</b>
<b>LOUD SHIRT DAY</b>	<b>21ST</b>
<b>CHILDREN'S WEEK</b>	<b>22ND-30TH</b>
<b>WORLD TEACHERS DAY</b>	<b>28TH</b>
<b>DAY FOR DANIEL</b>	<b>28TH</b>
<b>GRANDPARENTS DAY</b>	<b>30TH</b>





**INTERNATIONAL DAY OF OLDER PERSONS – OCTOBER 1ST**  
 International Day of Older Persons aims to help eliminate ageism and age discrimination. The 2022 theme is: The Resilience and Contributions of Older Women. This theme serves as a hallmark

and reminder of the significant role older women play in traversing global challenges and contributing to their solutions with resilience and fortitude. **Celebrate the matriarchs of your family**

**CHILDREN’S WEEK – OCTOBER 22nd – 30th**

Children's Week celebrates the right of children to enjoy childhood. It is also a time for children to demonstrate their talents, skills and abilities. The Children’s Week Council of Australia strongly advocates for and promotes the United Nations Convention on the Rights of a Child. All Children have the right to a standard of living that supports their wellbeing and healthy development. **Find out how you can get involved**

**GREEK INSPIRED LAMB MEATBALLS**



PREP 10 min | COOK 8-10 min | SERVES 4

**INGREDIENTS**

- 1 cup chicken stock
- 1/2 cup couscous
- 500 grams lamb mince
- 100 grams feta
- 1/2 cup fresh mint & basil, roughly chopped
- 1 egg
- zest of 1 lemon

*To serve, halved cherry tomatoes, fresh mint, zucchini ribbons and Greek yoghurt*

**METHOD:**

Place chicken stock in a small saucepan, place over high heat and bring to the boil. Place the couscous in a small bowl cover with hot chicken stock and allow to stand for five minutes or until the stock is absorbed.

In a large bowl place the couscous, lamb mince, feta, fresh herbs, egg and lemon zest and mix to combine. Take heaped tablespoon amounts of the mince and shape into patties. Heat a non-stick frypan to medium-high heat, add a little olive oil and fry the patties for 3-4 minutes each side or until golden and cooked through.

Remove and place onto a plate lined with kitchen paper to absorb any excess oil.

Serve alongside a big dollop of Greek yoghurt and a salad of halved cherry tomatoes, fresh mint and ribbons of zucchini. Enjoy X.

**Book reviews**

CBCA Book of the Year Winners



**JETTY JUMPING | Andrea Rowe**

*While Milla’s friends take big, brave jumps off the jetty, Milla stays on the blistering wood, scared of what lurks below. But when Milla accidentally falls off the edge, she discovers the beauty of the deep, dark sea – and her summer changes forever.*

This story is beautifully written, a highly relatable tale about overcoming fears. The illustrations capture the imagination, tenderness and playfulness that surround Milla and her friends.

**A GLASSHOUSE OF STARS | Shirley Marr**

*Meixing Lim and her family have arrived at the New House in the New Land, inherited from First Uncle who died tragically and unexpectedly while picking oranges in the backyard. Everything is vast and unknown to Meixing and not in a good way, including the house she has dubbed Big Scary. She is embarrassed by the second-hand shoes given to her by the kind neighbours, has trouble understanding the language at school, and with fitting in and making new friends. Her solace is a glasshouse in the garden that inexplicably holds the sun and the moon and all the secrets of her memory and imagination.*

**WALK OF THE WHALES | Nick Bland**

*When all of the whales in the ocean leave their home to walk around on land, people don’t quite know what to think. But soon shopkeepers go out of business, farms are flooded with water and salt, and people shout horrible, anti-whale words. That is, until, a smart little girl decides to ask the whales what everyone can do to help.* The magic and mystery of childhood imaginings are combined with the grand possibilities of illustrations, and a profound message about humanity’s interconnection with the planet.



# FOCUS: How to Raise a Generation of Body Confident Kids

**Start With Healing Your Body Image:** As parents, we can only take our children as far as we have come ourselves. If you feel insecure in your own body or struggle with poor body image, it's important that you take the time you need to heal. When you can live in your own body confidence and positivity, that will naturally exude to your own children.

Yes, this can seem like an overwhelming task - but you don't have to do it alone. If you are struggling with poor body, connect with professional help. A mother's (parents) negative body image creates a ripple effect for her own children. Heal your own body image, and you are creating an unstoppable tsunami that brings down generational walls. You can turn the tide for your children by healing your own relationship with your body. It's not enough to tell our children that they are beautiful no matter what.

Although they need to hear these messages too, what is impacting them the most is **the relationship they see us have with our own bodies**. If that is a toxic relationship, this is what our children are going to be more likely to model.

## **Recognise Your Children As More Than Their Appearances:**

As a society, we've become conditioned to praise people for their appearance, looks, and bodies. "Wow, you look great! Did you lose weight?", or some version of this. In this environment, our children are learning that positive reinforcement or anything worthy of achievement stems from the way our bodies look.

Help your children learn that they are more than the way they look. Teach them how amazing their bodies are, regardless of how it looks. What personality qualities or character strengths do you admire? To help our children become body confident, we must help them recognise that their worthiness is not attached to their appearance or looks whatsoever. That they deserve affection and love no matter their body size or shape. When kids can understand that their appearance is the least important thing about them, **they are empowered to be who they were meant to be (not what anyone else thinks they should be)**.

**Celebrate Body Diversity:** Our society and dieting culture at large celebrates a beauty ideal that is far from attainable and realistic. Yet when these images that are curated to feed this ideal, our perception of what is normal suffers. The idea that thinner is better continues to be reinforced when all we see are images of thin people who are both glamorised and objectified. If we want our children to break free from this tunnel vision view, we have to teach them that there is no bad way to have a body. We have to help them understand body diversity and to smash the stigmas associated with bigger body types.

**Celebrate the body diversity around you by elevating all body types, not just the one that our society says is acceptable.**

**Keep Your Language Neutral:** The way we talk about ourselves and others matter. If we are degrading our own body or other people's bodies, our children will internalise these messages and learn to scrutinize their own body in the same voice. If you're not at a place where you can speak positively about your own body, make it a goal to move the needle toward a neutral place. Excessive talk about weight or body image can bring these topics to the forefront of a child's mind or make them hyper aware of their own body.

**Practice Intuitive Eating to Honour Your Body:** A mother who models intuitive eating teaches her children the importance of trusting, honouring, and listening to their bodies. A mother who is not at war with food is demonstrating body kindness, to herself and to her children. A mother who can view food through a neutral lens and respond appropriately to her hunger and fullness cues and teach her children to do the same shows body respect. The intuitive eating principles are in essence, a framework for honouring your body on a deeper level that goes beyond appearance. Intuitive eating is a groundwork for body respect, no matter what your size or shape. Being grounded in these principles and being able to teach your children to do the same gives them permission to be at home in their one and only body, to be respectful to it, and to cherish it with a lifelong commitment.

**Most importantly, it starts with us:** We need to be the change we want to see for our children. May we never forget that the boys and girls watching us today will be the men and women of tomorrow. May we inspire them to be brave, bold, and courageous in their one and only, beautiful bodies and lives. May we empower them to use their bodies as powerful instruments for change and not be limited by their appearances and body sizes. May we advocate for them to embrace diversity as something that makes us wholly ourselves rather than differences that divide us. It all starts here and now, with us.

Source: Karges, Crystal. (2019, January 15). 5 Powerful Ways to Raise a Generation of Body Confident Kids. Retrieved from [crystalkarges.com/blog/5-powerful-ways-to-raise-a-generation-of-body-confident-kids](https://crystalkarges.com/blog/5-powerful-ways-to-raise-a-generation-of-body-confident-kids)

## THE SNACK ATTACK

Whether you are still home schooling, or it is simply the weekend kids go through stages where snacking becomes a full time activity. What can you do to help curb this habit?

- 1) **Stick to a (flexible) meal/snack routine.** Talk to your kids about it so they know that after breakfast we won't be eating again until 9.30 snack.
- 2) **Keep busy.** If you're just sitting around the house, you get bored and head to the kitchen, right? It's understandable that your kids will do the same.
- 3) **Limit the number of packages snacks in your cupboard.** When the options abound, your kids will want to try all of them.
- 4) **Plan & prep ahead.** Besides meal planning your dinners for the week, make a list of healthy snack options for the kids (and yourself!). A few ideas written on a post-it on your refrigerator and a few pre prepped snacks will help you to offer a nutritious snack at snack time.
- 5) **Don't allow snacking close to mealtimes.** Kids always seem to ask for snacks right before dinner! Distract instead, suggest an activity they can do. Take out the Legos, play dough, colouring books, or matchbox cars. Keep a few toys and activities put away and only take them out during dinner prep time.





# HEALTH & SAFETY: Anxiety and how to deal with it: tips for parents

## Dealing with anxiety: why it's important

Raising children is a big and important job. It's natural to feel anxiety and worry about it sometimes. But worry or anxiety can be a problem if it gets in the way of your health, your daily life, or your relationships with your partner or children. So keeping on top of anxiety is good for you, good for your children, and good for your family.

## Symptoms of anxiety:

Some common symptoms of anxiety are:

- finding it hard not to worry
- feeling restless
- having trouble relaxing or sleeping
- having trouble concentrating
- getting frustrated
- feeling your heart racing.

It's common to have some of these symptoms from time to time. But if you're feeling a lot of these symptoms and it's making it hard for you to get on with your daily life, it might be time to find ways to deal with anxiety.

## Dealing with anxiety: everyday tips

There are a few things you can do **if you have a situation or problem that's causing you anxiety:**

- Break things into small tasks or steps. For example, 'It's the doctor's job to check on my child's health. Right now I just need to focus on getting a doctor's appointment.'
- Give yourself time to calm down before responding to a situation. For example, if your child comes out of school and tells you someone is being mean to her, talk with your child when you get home. If you're still worried the next day, make an appointment to see the teacher.
- Use positive self-talk. For example, 'I can handle this. I've been in situations like this before', or 'It's OK if I do this differently from the way other parents do it. This way works for me'.

You can also take some **simple steps to cope with anxiety more generally:**

- Talk to someone about how you're feeling – your partner, a family member or trusted friend.



- Join a local parents group or playgroup to connect with other parents who might be in a similar situation and can share advice from their own experiences.

- Keep a diary or journal to record your feelings. You might be able to see a pattern in the things that upset you.

- Try breathing exercises, muscle relaxation or mindfulness.

- Do some regular physical activity and eat healthy food. Being fit and well is good for your overall wellbeing.

If these everyday tips for dealing with anxiety don't help, **seeking professional help** is important. Making an appointment with your GP or a local counsellor to talk about things is a great first step.

*You might sometimes compare yourself with other parents and worry that you're not doing a good job. It might help to know that if you're raising your children in nurturing, warm, sensitive, responsive and flexible ways, you're giving your children what they need to grow and thrive.*

raisingchildren.net.au. (2022). Anxiety and how to deal with it: tips for parents Retrieved from <https://raisingchildren.net.au/for-professionals/mental-health-resources/parent-mental-health-and-wellbeing/parent-mental-health-problems/anxiety-tips-for-parents>

## Sustainability CORNER

### AUSSIE BACKYARD BIRD COUNT

Most children have a fascination with the environment and the things they find living in it. Giving children opportunities to explore and interact with their local environment develops respect and appreciation for the natural spaces and animals.

**This October take part in the Aussie Backyard Bird count, discover the huge range of birds living right above you. Last year Australia counted 4.6 million birds in 7 days!**

To complete the Aussie Backyard Bird Count, spend 20 minutes standing or sitting in one spot and noting down the birds that you see.



You will need to count the number of each species you spot within the 20-minute period. For example, you might see 4 Australian Magpies, 2 Rainbow Lorikeets and a Sulphur-Crested Cockatoo. You can record your results online or simply download the app. The app can also be used as a field guide/ bird finder. [aussiebirdcount.org.au](http://aussiebirdcount.org.au)

