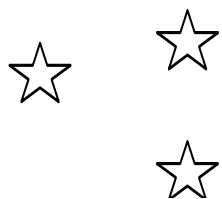




**Apr—May  
2009**



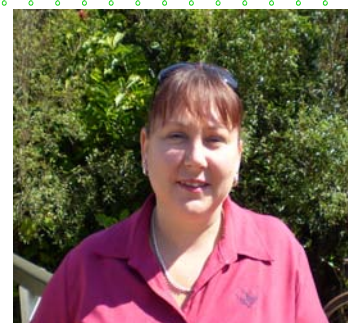
# Isis Family Natter



*Welcome to the Isis Family Natter. This Newsletter is an initiative of the Isis Child and Family Support Service.*



*I hope everyone had a great Easter; I know that I really enjoyed the 4 days with my family and the best part was watching Bethany get so excited when she saw the gifts that the Easter bunny brought. Inside you will find some interesting facts about housework and a new baby. Under 8's is nearly upon us so please come and join us on the 21st of May. Hope to see you there. Bye for now **Marnie**.*



## **Babies and Batteries**

There are so many of them around our homes now and it can be a real safety issue for the curious little one who is putting anything and everything into his mouth and elsewhere. Not only are batteries a choking hazard: a leaking one can cause poisoning. So store your batteries in a child safe place and make sure the battery insert of the remote controls, toys and other devices are secure.



## Do you know about



**LET'S READ**

Isis Child and Family Support Service is a non profit organisation sponsored by the Queensland Department of Communities and the Bundaberg Regional Council. The

Child and Family Support Service was specifically established to provide support for Families and Service Providers within the Childers Community. Services are provided for families with children 0-16 years. The Isis Child and Family Support

Service operates from the Childers Neighbourhood Centre at  
**69 Churchill Street, Childers.**

## SAFE SLEEPING POSITIONS

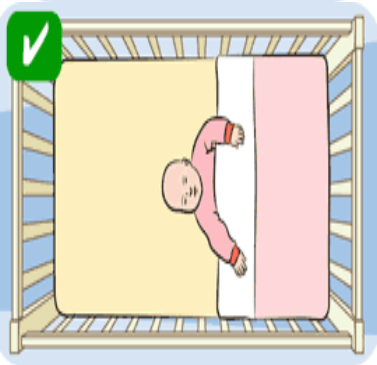


- Sleeping babies on their **back** can help prevent against **SIDS** (Sudden Infant Death Syndrome), also known as ‘cot death’.

- Babies who sleep on their **tummies** are at a greater risk of SIDS, so it’s best to avoid this position.



Sleeping on the **side** has also been associated with SIDS, so stick with the ‘**back to sleep**’ position



### SAFE CLOTHES AND BEDDING

- Use a firm, clean mattress that fits the cot well. Position baby’s feet at the bottom of the cot and tuck in the bed clothes securely.

- Quilts, doonas, lamb’s wool, pillows, soft toys, bumpers or anything that could cover baby’s head during sleep are not recommended.

*“Don’t feel pressured to clean for your visitors, leave out the vacuum cleaner or the unfolded washing to give the impression you were just about to do it and as an invitation for someone else to do it”*

Taken from Best ever baby tips by Karen Bijkersma

### **Biggest Bundle of Joy**

**The largest baby born in 2008 was a whopping 5.8 kilos, that is nearly 13 pounds in the old system. He was 60 cm in length and was almost double the weight of an average newborn.**

## Confident cuddling

Instead of **stressing** about what you should be doing with your baby, remind yourself that the cuddle police won’t come knocking on your door if you hold your baby in your arms and look deeply into those dark navy blue eyes.

As you spend time talking and listening to your little one you will become aware of his language and you will become skilled at communicating. As this happens you will naturally develop confidence.





# Parent Discussion Group

## Fortnightly Meetings Monday

**14 Hinkler Street 9.30am-11.30am**

It is about Parents and Carers coming together to learn and share different developmental stages of children. It is an opportunity to share experiences, concerns... what has worked for you, what's not working for you and so on. It is a great sharing opportunity for all involved, informal and relaxing, a chance to share information and meet new people.

For further information please contact Marnie on 4130 4690

Date	Topic
27-Apr-09	Praise, what is the right amount?
11-May-09	Learn how to Crochet a GRANNY SQUARE Knee Rug
25-May-09	How well do you know your Body?

## What is happening at Hinkler Street

### April

6th	Australian Breastfeeding Assoc	9.30am to 11.30am
7th	Honey Bears Playgroup	10am to 12pm
10-19th	School Holidays	
20th	Australian Breastfeeding Assoc	9.30am to 11.30am
21st	Honey Bears Playgroup	10am to 12pm
23rd	Panic and Anxiety Workshop	10am to 12pm
24th	Little Vegemites Playgroup	9.30am to 11.30am
27th	Parent Discussion Group	9.30am to 11.30am
28th	Honey Bears Playgroup	10am to 12pm

### May

1st	Little Vegemites Playgroup	9.30am to 11.30am
4th	Public Holiday	
5th	Honey Bears Playgroup	10am to 12pm
8th	Little Vegemites Playgroup	9.30am to 11.30am
11th	Parent Discussion Group	9.30am to 11.30am
12th	Honey Bears Playgroup	10am to 12pm
15th	Little Vegemites Playgroup	9.30am to 11.30am
18th	Australian Breastfeeding Assoc	9.30am to 11.30am
19th	Honey Bears Playgroup	10am to 12pm
22nd	Little Vegemites Playgroup	9.30am to 11.30am
25th	Parent Discussion Group	9.30am to 11.30am
26th	Honey Bears Playgroup	10am to 12pm



## TOY LIBRARY

### Tuesday

**10am to 11am  
and**

### Friday

**11am to 12pm**

(except school holidays)

**Wide Variety of  
Toys for Loan**

**Can borrow up to  
4 toys per  
fortnight**

**ALL WELCOME**

For further information on the Toy Library please contact Marnie on 4130 4690

Have you had a look at this website

Raising Children's Network:

The Australian parenting website: comprehensive, practical expert child health and parenting information and activities covering children aged 0-8 years.

<http://raisingchildren.net.au/>



# Notice Board



“Creativity let it happen”

Thursday 21st May 2009

9.30am to 11.30am Hinkler Street, Childers

*Come Join us for this great community day*  
**ALL WELCOME**

Have you received your Healthy Happy kids pack? If not please come and ask me for one. It is a part of the Early Years Health and Wellbeing Program — supporting families and giving children the best start. Proudly supported by the Queensland Government.



It's good for kids to have at least two hours of moderate to vigorous physical activity every day.



# Easy Fried Rice

Serves 4

Preparation: 10 mins      Cooking time: 10 mins

2 tbsp oil  
2 eggs, lightly whisked  
100 gm green prawns, peeled, de-veined and chopped (optional)  
1 carrot, grated  
1 stick celery, finely chopped  
¼ Chinese cabbage, shredded  
2 cups cooked long grain rice  
½ cup frozen peas  
2 tbsp light soy sauce  
2 tbsp tomato sauce



Heat a wok or large frying pan over medium high heat, add half the oil and pour in whisked eggs. Turning the wok in a swirling motion, run egg around the sides of the pan to make a thin omelette. When cooked, turn out onto a board, roll up and cut into thin slices.

Reheat wok, add remaining oil and cook prawns in batches until cooked through and prawns change colour. Remove from wok and set aside.

Reheat wok, add carrot and celery, and stir-fry for 3-4 minutes. Add cabbage, stirring for a further 2 minutes.

Add rice, prawns, peas, soy sauce and tomato sauce to the wok. Toss until combined and heated through.

Spoon into serving bowls and top with sliced egg.

Tip: If your children don't eat prawns, try it with chicken strips or tofu instead.

Older children may want to try using chopsticks to eat their fried rice. Keep a fork handy

## Strawberry and pineapple ice blocks

1 punnet strawberries, washed with stems removed  
1 cup (250 ml) apple juice  
250 gm fresh pineapple, chopped  
1 cup (250 ml) strawberry yoghurt  
1 cup multicoloured mini marshmallows

Using a blender or food processor, blend the strawberries with half the apple juice. Strain into a bowl and throw away the seeds. Rinse the blender and repeat with the pineapple and remaining apple juice. In a separate bowl, mix together the yoghurt and marshmallows. Refrigerate until needed.

Pour the strawberry puree into the base of 6-8 ice block moulds and freeze for 1 hour. Add the pineapple puree and freeze for 1 hour. Gently push ice block sticks into the pineapple layer and fill with remaining yoghurt layer. Freeze for 2 hours before eating.

Tip: To remove ice blocks from moulds, quickly run the mould under warm water and ice blocks will slide out.

Young kids can wash the strawberries and older kids can help you remove the stems.



Makes 6-8 ice blocks

# Child Care and Family Services within the Childers Community

## **Isis Child and Family Support Service**

69 Churchill Street, Childers 4660

Contact: Marnie Pearson

Phone: 4130 4690

Mobile: 0428 261 778

## **Isis Family Day Care**

Contact: Leanne Fuller

Phone: 4126 2856

Mobile: 0439 717 139

## **Isis Community Preschool and Kindergarten**

14 Pizzey Street Childers 4660

Contact: Rhonda Blair

Phone: 4126 1241

## **Childers Early Learning Centre ~**

### **Neighbourhood Early Learning Group**

23-27 Taylor Street Childers 4660

Contact: Eileen Hayes

Phone: 4126 2433

## **Isis Outside School Hours Care**

Mungomery Street Childers 4660

Contact: Maggie Neumann

Phone: 4130 4669

## **Preschools**

**(Phone)**

Childers State Preschool - 4192 1333

St Josephs Preschool - 4126 1866

Cordalba State Preschool - 4126 6184

## **Schools**

Booyal Central Primary - 4126 0177

Childers State School - 4192 1333

Cordalba Primary School - 4126 6184

Goodwood Primary - 4126 8146

St Josephs School - 4126 1866

## **Playgroups**

### **Little Vegemites Playgroup**

14 Hinkler Street Childers

Child and Family Services Building

Meets Friday 9.30am to 11.30am

Contact: Jan Kime

Phone: 4126 1183

## **Playgroups Continued**

### **Buxton River Kids Playgroup**

Buxton Community Hall

Meets Thursdays 9.30am- 11.30am

Contact: April Peddell

Phone: 4126 7179

### **Honey Bears Playgroup**

14 Hinkler Street Childers

Child Care and Family Services Building

Meets Tuesdays 10.00—12.00

Contact: Alexis Inns

Phone: 4126 3138

## **Other Services**

### **Australian Breastfeeding Association**

14 Hinkler Street Childers

Child Care and Family Services Building

Meets Fortnightly (Mondays)

Contact Monique: 4126 1295

### **Parenting Resource Library**

14 Hinkler Street Childers

Child and Family Services Building

Contact Marnie Pearson

Phone: 4130 4690

### **Toy Library**

**Tuesday 10am to 11am**

**Fridays 11am to 12am**

Isis District State High School Annexe

Contact: Marnie Pearson

Phone: 4130 4690

### **Childers Neighbourhood Centre**

69 Churchill Street Childers 4660

Contact: Kirstin Harrison

Phone: 4130 4690

### **Centacare Family Support Worker**

Tuesday and Thursday - Neighbourhood Centre

(Free, confidential service)

Dot De la Rue - 4153 2532

