



# Isis Child and Family Support Service

69 Churchill Street Childers 4660

Phone: **4192 1060** Fax: 07 4126 2897

Email: [childcareservices@bundaberg.qld.gov.au](mailto:childcareservices@bundaberg.qld.gov.au)

A service of the **Bundaberg Regional Council**



## Isis Family Natter



Nov- Dec  
2008

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



I would like to take this opportunity to thank those people who completed the survey, the feedback was very positive and supportive, and generally the community is very happy with the service and feel that it is meeting the needs of the families of Childers. I would also like to wish Rechelle the best of luck with her new venture as she has decided not to return to the Child and Family Support Service and thank her for the great job she did in this position over the 3 years that she was a part of the team. Well Christmas is just around the corner and the Parent Discussion group will be holding a Christmas Workshop on the 24th November, at Hinkler Street, all welcome.

Merry Christmas and Happy New Year.

*Marnie.*

### Christmas Closure

The Childers Neighbourhood Centre will be closed from 24th December, 2008 to the 5th January

Isis Child & Family Support are looking for donations for needy families this Christmas. Donations can be left at the Childers Neighbourhood Centre.

### Childers Neighbourhood Centre Christmas Party

12th December 2008

11am

\$14.00 at the Isis Club

Continuous Raffle

Music provided

**ALL WELCOME**

RSVP 5th December 4192 1060



## What is a Mothers Love?

- \* It is loving so much that it bruises you forever
- \* It is feeling sweet baby breath against your cheek
- \* It is crying with pride at a kinder contract
- \* It is drinking in wonder of them as they are unaware of your gaze
- \* It is lying awake at night, worrying about their worries
- \* It is the main reason you were put on the Earth.

From What is Mothers Love?

Compiled by  
Selwa Anthony  
and Selens  
Hanet-Hutchins



**Toy Library**  
will require **ALL**  
toys to be returned  
by the 5th  
December 2008

## 5 tips to encourage good sleep habits

1. **Learn to spot cues** from your baby that she is tired– look for yawning, eye rubbing and grizzling.
2. **Put your baby to sleep** while she is awake but starting to get sleepy.
3. **When babies are very small** they will often fall asleep while feeding or being held try to stop this habit when they are around 3 or 4 months.
4. **Get a regular routine** for bedtimes so she understands that sleep time is approaching.
5. **Keep lights low** and avoid too much
6. stimulation when you're looking after your little one in the middle of the night.

## TOP TEN NAMES BOYS and GIRLS

1. Aiden
2. Braden
3. Kaden
4. Ethan
5. Caleb
6. Noah
7. Jaden
8. Connor
9. Landon
10. Jacob

1. Ava
2. Abigail
3. Cailyn
4. Madeline
5. Isabella
6. Emma
7. Caitlyn
8. Olivia
9. Chloe
10. Brianna

If you're after a name for your baby that is meaningful in some way, rather than flipping through regular baby name books you can log onto [www.babynames.com](http://www.babynames.com)

# What physical things will my baby be able to do?

All babies are different and learn to do things at different times – some babies are fast with some things but slow with others.

Your personal health record tells you when your baby should be taken to a doctor or child health nurse for a check. This is important for the early detection of any problems.

Some things you might expect your baby to do are listed below. If your baby isn't doing some of these things, she may need just a little more time. But if you are worried, you should talk about it with your doctor or a child health nurse.

## 8 Months to 9 Months

- \* Opens fingers and hand to let go of an object
- \* Brings objects close to face and mouth
- \* Moves object from one hand to the other
- \* Will throw objects
- \* Picks up small objects with fingers and thumb
- \* Sits alone
- \* Moves around in own way e.g. squirms on tummy, crawls, bottom shuffles...

## 10 Months to 11 Months

- \* Sits Confidently
- \* May stand alone
- \* May walk holding on to furniture
- \* May turn pages of a book
- \* Likes doing things over and over

## 12 Months to 14 Months

- \* May start walking but first steps are shaky with falls and bumps likely
- \* Points with index finger
- \* Holds two or three objects in one hand
- \* Turns containers over to dump contents
- \* May crouch to pick up a toy and carry it across the room
- \* May climb onto furniture



# Babies need good food to grow and to be active



Apart from breastmilk or infant formula, the best drink for babies is WATER. Babies don't need juice - appropriately prepared fruit is recommended.



## WHAT TOYS ARE BEST

**SOME SUGGESTIONS CHECK LABELS FOR AGE SUITABILITY**

**PUSH AND PULL TOYS**

**RIDE ON CARS WITHOUT PEDALS**

**HAMMER TOYS**

**STACKING OR NESTING TOYS**

**SIMPLE INSET PUZZLES**

**POSTING BOXES**

**LOTS OF DIFFERENT BALLS**

**BEANBAGS**

**SLIDE SAND AND WATER**

**CLOTH AND BOARD**

**BOOKS**



# What is happening at Hinkler Street

## November

<b>3rd</b>	<b>Australian Breastfeeding Assoc</b>	<b>9.30am to 11.30am</b>
<b>4th</b>	<b>Honey Bears Playgroup</b>	<b>10am to 12pm</b>
<b>7th</b>	<b>Little Vegemites Playgroup</b>	<b>9.30am to 11.30am</b>
<b>10th</b>	<b>Parent Discussion Group</b>	<b>9.30am to 11.30am</b>
<b>11th</b>	<b>Honey Bears Playgroup</b>	<b>10am to 12pm</b>
<b>14th</b>	<b>Little Vegemites Playgroup</b>	<b>9.30am to 11.30am</b>
<b>17th</b>	<b>Australian Breastfeeding Assoc</b>	<b>9.30 to 11.30am</b>
<b>18th</b>	<b>Honey Bears Playgroup</b>	<b>10am to 12pm</b>
<b>21st</b>	<b>Little Vegemites Playgroup</b>	<b>9.30am to 11.30am</b>
<b>24th</b>	<b>Parent Discussion Group</b>	<b>9.30am to 11.30am</b>
<b>25th</b>	<b>Honey Bears Playgroup</b>	<b>10am to 12pm</b>
<b>26th</b>	<b>Little Vegemites Playgroup</b>	<b>9.30am to 11.30am</b>

## December

<b>1st</b>	<b>Australian Breastfeeding Assoc</b>	<b>9.30am to 11.30am</b>
<b>2nd</b>	<b>Honey Bears Playgroup</b>	<b>10am to 12pm</b>
<b>5th</b>	<b>Little Vegemites Playgroup</b>	<b>9.30am to 11.30am</b>
<b>8th</b>	<b>Parent Discussion Group</b>	<b>9.30am to 11.30am</b>

## Honeybears Playgroup

Christmas Party

**9th December 2008**

Hinkler Street 10am to 12pm

**Secret Santa**

For more information phone  
Alexis 4126 3138



## Australian Breastfeeding Association

Christmas Party

**17th November 2008**

Childers Pool

9.30 am to 11.30am

Bring a Plate to share

## Parent Discussion Group

Christmas Party

**8th December 2008**

Hinkler Street 9.30am to 11.30am

**Bring a plate to share**

A small gift will be given to each child

## Little Vegemites Playgroup

Christmas Party

**5th December 2008**

Hinkler Street 9.30am to 11.30am

**Special Guest**

For more information phone  
Jan 4126 1183



# Parent Discussion Group

*Dates and Topics of Fortnightly Meetings*

14 Hinkler Street

9.30am-11.30am

**ALL WELCOME**

27th October	<b>Budgeting For Families: How to cut cost.</b>
10th November	General Chat
24th November	Christmas Gifts and Home Made Tags
8th December	<b>Christmas Break Up Party Time</b>

## 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**

***Senior High School Annex Access via Hinkler St***

**ALL WELCOME**

For further information on the Toy Library please contact Marnie on 4192 1060

## Community Grant



One of the comments from the survey, that gave me some concerns was about the Toy Library and the lack of new toys that are available. The Child and Family Support Service was asked to take on the Toy library to ensure that the efforts of previous members didn't leave the community. New toys are only generated by the membership levy. I will endeavor to look for any community grant that we can apply for so that the toy library can be upgraded and restored to its former glory. If any member of the community would like to assist in this process please come and see me at the Childers Neighbourhood Centre.



# Notice Board



## Up and Coming Workshops for 2009

All workshops are held at  
"Children's Services Building" at 14 Hinkler street  
Child Friendly Environment  
Tea ,Coffee and Morning Tea available

From the family surveys these are some of the workshop that have been suggested for 2009.



Colour workshop  
Laughter Workshops  
Dealing with Stress  
Behaviour management  
1-2-3 Magic Parenting Program  
Anger Management  
Cooking Solo  
Craft mornings  
Support children with ASD and ADD  
Family Nutrition  
Baby massage  
Toilet training



If you are interested in attending any of these workshops please  
contact Marnie on 4192 1060

# Handprints Christmas Tree Craft

This Christmas tree is made entirely of handprints.

You will need

- \* Paper
- \*Paint
- \*Crayons
- \*Scissors
- \* String
- \*Glue



1. Trace the child's hand on green craft paper or alternatively you can make green handprints on craft paper.
2. Cut out the hand prints and glue them together with fingertips facing down to form a tree shape.
3. Create a brown trunk with either brown craft paper or paint.
4. Decorate with stickers or ornaments painted with sparkly glitter glue, it is lovely to personalize the tree with photos of your family.
5. Add a great big gold star on top

This tree can be large enough to cover a wall or small enough to put on the front of a home made Christmas card.



## Ice Cream Cone Christmas Trees Recipe

SERVES 6

### INGREDIENTS

- 6 small pointed sugar ice cream cones (not waffle cones)
- 1 small decorative candies, for tree decorations
- 2 cups [powdered sugar](#)
- 3 tablespoons [margarine](#)
- 1 tablespoon [milk](#)
- green food coloring
- 1 teaspoon [vanilla extract](#)

1. To create frosting, combine all ingredients except for sugar cones and candy decorations.
2. Modify the shade of green to your taste.
3. Place cones top side down (standing up) on a plate or other flat surface.
4. Cover cones with frosting.
5. Use a spatula, butter knife or maybe a decorator tip on a piping bag.
6. Decorate trees with candies before frosting dries.

# Child Care and Family Services within the Childers Community

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

69 Churchill Street, Childers 4660

Contact: Marnie Pearson

Phone: 4192 1060

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: 4126 2972

## **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 Tuesdays 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: 4192 1060

### **Toy Library**

**Tuesday 10am to 11am**

**Fridays 11am to 12am**

Isis District State High School Annexe

Contact: Marnie Pearson

Phone: 4192 1060

### **Childers Neighbourhood Centre**

69 Churchill Street Childers 4660

Contact: Kirstin Harrison

Phone: 4192 1060

### **Centacare Family Support Worker**

Tuesday and Thursday - Neighbourhood Centre

(Free, confidential service)

Dot De la Rue - 4153 2532

