



Isis Family Natter

Feb—Mar
2010

Welcome to the Isis Family Natter. This Newsletter is an initiative of the Isis Child and Family Support Service. The newsletter endeavours to share useful information to support Families and Services within the Childers Community.



HAPPY NEW YEAR

The New Year has always been a time for looking back at the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. Did your New Year resolutions make the top ten list?

1. Spend more time with your Family
2. Get fit
3. Tame the bulge
4. Quit smoking
5. Enjoy life more
6. Quit drinking
7. Get out of debt
8. Learn something new
9. Help others
10. Get organized

For me it is time of excitement and fear that Bethany my baby girl is off to Prep and I am just hoping that I can follow the teacher's instructions, All crying in the car park...

Marnie.

Youth is when you're allowed to stay up late on New Year's Eve.

Middle age is when you're forced to. ~Bill Vaughn

Encouraging good behaviour: 4 tips

Children do as you do. Your child watches you to get clues on how to behave in the world. You're her role model, so use your own behaviour to guide her. What you do is often much more important than what you say. If you want your child to say 'please', say it yourself. If you don't want your child to raise her voice, speak quietly and gently yourself.

Get down to your child's level. Kneeling or squatting down next to children is a very powerful tool for communicating positively with them. Getting close allows you to tune in to what they might be feeling or thinking. It also helps them focus on what you are saying or asking for. If you are close to your child and have his attention, there is no need to make him look at you.

'I hear you.' Active listening is another tool for helping young children cope with their emotions. They tend to get frustrated a lot, especially if they can't express themselves well enough verbally. When you **repeat back to them what you think they might be feeling**, it helps to relieve some of their tension. It also makes them feel respected and comforted. It can diffuse many potential temper tantrum.

Keep promises. Stick to agreements. When you follow through on your promises, good or bad, your child learns to trust and respect you. So when you promise to go for a walk after she picks up her toys, make sure you have your walking shoes handy. When you say you will leave the library if she doesn't stop running around, be prepared to leave straight away. No need to make a fuss about it – the more matter of fact, the better. This helps your child feel more secure, because it creates a consistent and predictable environment.

The best thing to spend on your children is your time. Louise Hart



Do you have children under 5?

Discover Playgroup - Fun and learning for babies and under-fives

What is Playgroup?

A Playgroup is a group of mums, dads, grandparents and caregivers who meet together each week with their babies, toddlers and preschoolers for interaction and fun.

Parent and caregivers work together to provide their babies and young children with opportunities to learn through play.

Why go to a Community Playgroup?

Children under five are going through a stage of rapid brain development and your young child needs a stimulating environment to play and learn. Playgroups offer babies, toddlers and young children a wide variety of early learning experiences. It's a great way for your child to learn about the world, make friends and develop social skills.

Playgroup also gives mums, dads, grandparents and caregivers a chance to meet to share ideas and experiences. Many long-term friendships begin at Playgroup.

At Playgroup your child will:

- Have fun
- Learn how to share through play
- Discover how to get along with other children
- Learn and develop new skills
- Listen to music and stories
- Improve their abilities to solve problems
- Explore by playing with water and sand, by painting and trying other kinds of art and craft

Have fun playing outdoors and going on outings and excursions

At Playgroup you will:

- Get out of the house
- Make new friends
- Share experiences
- Play and learn

Help run the Playgroup

Playgroups in Childers will commence in 2010



LITTLE VEGEMITES

29th January

2nd February



HONEY BEARS



Parent Discussion Group

Fortnightly Meetings Monday

14 Hinkler Street

9.30am-11.30am

For further information please contact Marnie on 4130 4690

Date	Topic
1st February 2010	Welcome Back
15th February 2010	Time for Mum
1st March 2010	Planning the topics



Australian Breastfeeding Association

**First meeting for 2010 will be the 8th February
For further information please contact 41261295**

What Colour Are Your Knickers

Review written by: Anne-Marie and her two year old

Our thoughts about this book:

This book is a wonderfully colourful and funny guessing game about knickers! With one animal per page the reader asks said animal "what colour are your knickers Mrs Moo?" then has a guess and peeks under the flap to see Mrs Moo's knickers are in fact blue.

The characters as well as the knickers are colourful. My personal favourite Spider Wink who, with so many legs, requires four pairs. Can you guess what colour they were?

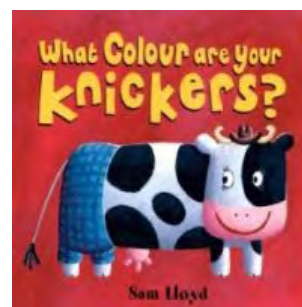
My two-year-old niece and I read this story 4 times in 20 minutes; there were plenty of giggles. We LOVED it! You will too but be warned about the twist at the end...

We think 2 to 4 year olds, and their reading partners, will find this sharing this book a very pleasurable experience.

What Colour Are Your Knickers? Book details:

Author: Sam Lloyd

Publisher: Gullane Children's Books



TOY LIBRARY

Will commence on the 2nd February 2010

Wide Variety of Toys for Loan

Can borrow up to 4 toys per fortnight

\$20 a year

ALL WELCOME

For further information on the Toy Library please contact Marnie

on 4130 4690



Indian Potato, Paneer and Pea Curry

Ingredients

1 tbsp vegetable oil
1 onion, finely chopped
540g jar Balti Simmer Sauce*
1 cup vegetable stock
700g scrubbed potatoes, diced
1 cup frozen peas, thawed
200g Paneer cheese*, cut into 1.5cm cubes
2 tbsp slivered almonds, toasted, to serve

* Can be frozen at curried potato stage. Thaw, add peas and Paneer and reheat.

METHOD

Serves: 6 Preparation: 20 mins Cooking: 35 mins

1. Heat oil in a large saucepan, add onion. Cook over medium heat for 10 mins, until dark golden brown. Add simmer sauce to the pan and cook, stirring, for 30 secs.
2. Pour the stock into the empty simmer sauce jar, put the lid on tightly and shake. Add to the pan along with the potatoes. Cover and bring to the boil, then reduce the heat to medium low. Simmer for about 20 mins, stirring occasionally, until potatoes are tender. Add the peas and paneer to the pan and cook for about 5 mins, until heated through.
3. Preheat the oven to 180°C or 160°C. While the curry is cooking, spread almonds onto an oven tray and cook for 4-5 mins, until golden and fragrant. Serve almonds on the side for guests to sprinkle over their curry, if desired.

Teriyaki Chicken with Crunchy Noodle Salad

Ingredients

6 chicken thigh fillets (about 750g)
½ cup thick-style teriyaki marinade
3 cups finely shredded red cabbage
1 carrot, coarsely grated
½ cup sliced shallots
1 green capsicum, thinly sliced
½ cup roasted, unsalted peanuts
½ cup coriander leaves
½ cup French dressing
2 teaspoons grated ginger
100g packet fried noodles

METHOD

Preparation time: 15 minutes Cooking time: 30 minutes

1. Place chicken in a large shallow ceramic bowl. Pour half the marinade over chicken; turn to coat. Cover and refrigerate 1-2 hours.
2. Preheat oven to 180°C. Line a large baking dish with baking paper. Place chicken in prepared dish. Bake about 30 minutes or until cooked through, basting occasionally with the reserved marinade.
3. Meanwhile, combine cabbage, carrot, shallots, capsicum, peanuts and coriander in a large bowl.
4. Pour dressing over salad and toss to combine. Just before serving, toss noodles through salad. Serve with sliced teriyaki chicken.

Serves 6





WBWHC
For Women By Women

Isis Child and Family Support in conjunction with
Wide Bay Women's Health Centre
presents



Personal Empowerment 2010

Thursdays 28th January 2010 to 1st April 2010



9.30am - 12.30pm

For those seeking an effective and enjoyable way to learn proven communication skills, problem solving and conflict resolution skills, *'Be your Best'* provides an easy solution

This course is a 3-hour sessions offered over a ten week period.



Class size 15-20

Structured for maximum learning, participants experience a carefully designed combination of:

Instructor Presentation:

The facilitator is skilled at sharing information in a way that's interesting & engaging.

Specially designed exercises:

Individual and small group exercises designed for self-discovery and developing new skills. (Exercises are completely supportive. No one is singled out or embarrassed).

Group Discussion:

Questions are answered, views shared. These are some of the most stimulating segments of the program.

Scenarios:

Relevant life experiences can be useful learning tools in providing a better understanding of situations.

As a skills-based program, participants practice in class to gain confidence in applying these skills in everyday life.



Presented by **Averil**, Trained Facilitator
Effectiveness Training Institute of Australia Limited

Would you like to be able to?

- ◆ Share your ideas and express what you want with others, confidently?
- ◆ Say "No" without feeling guilty or becoming aggressive?
- ◆ Resolve a difficulty with another so you have a win-win outcome?
- ◆ Reduce 'unwanted or negative emotions'?
- ◆ Manage differences concerning values?
- ◆ Listen when others are feeling 'down' without having to 'fix it' for them?
- ◆ Set achievable goals to reach your full potential?



If you answered "YES" to any of these questions, you could benefit greatly from "Personal Empowerment".



Bookings Essential for further information
phone Marnie on 41304690

Cost: \$28 Workbook

Programs that Support families in 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

Montgomery Street Childers 4660

Contact: Maggie Neumann Phone: 4130 4669 Mobile: 0427590213

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.

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

Childers

Neighbourhood Centre

69 Churchill Street Childers 4660

Contact: Kirstin Harrison

Phone: 4130 4690

Centracare

Family Support Worker

Tuesday and Thursday - Neighbourhood

Centre (Free, confidential service)

Dot De la Rue - 4153 2532



Australian

Breastfeeding Association

Every Second Monday

9.30 am to 11.30am

For more information Phone 4126 1295

Honeybears Playgroup

Tuesday

10.00 am to 12.00pm

Hinkler street

For more information Phone 4126 3138

Buxton Playgroup

Thursday

9.30 am to 11.30am

Buxton Community Hall

For more information Phone 4126 7179

Little Vegemites Playgroup

Friday

9.30 am to 11.30am

Hinkler Street

For more information Phone 4126 1183

Free Family Workshops

Set Thursdays

9.30 am to 11.30am

Hinkler Street

For more information Phone 4130 4690

Parent Discussion Group

Every Second Monday

9.30 am to 11.30am

Hinkler Street

For more information Phone 4130 4690

Parenting Resource Library

14 Hinkler Street Childers

Child and Family Services Building

For more information Phone 4130 4690

Toy Library

Tuesday 10am to 11am

Fridays 11am to 12am

Isis District State High School Annexe

For more information Phone 4130 4690