
Waite Campus Childrens Centre

Parent Newsletter

May 2008

Please read this newsletter to find out more about:

- ◆ Hard facts on children's nutrition
- ◆ Board and PAG matters
- ◆ Diary Dates
- ◆ Staff matters
- ◆ Bookings and enrolments

Hard facts for families on healthy nutrition for young children

‘Mums bribing kids with snacks’:

‘A study of more than 350 Queensland mothers has revealed that many use food to influence children's behaviour or mood, and frequently misread babies' signals.

About 25 per cent of mothers at least sometimes offered food if their child was bored, and around one third when a child was upset or to keep them occupied. And almost half the mothers at least sometimes used food as a reward for good behaviour, said nutrition researcher Professor Lynne Daniels, from Queensland University of Technology.

"This emotional use of food is not related to hunger and satiety," Prof Daniels said.

"In fact it is undermining a child's ability to self-regulate and know to eat when they are hungry and not to eat when they're not."

The survey, involving 361 mothers of infants aged 12 to 36 months, concluded that many parents were not aware of, or were not reinforcing, positive eating habits.

"For example, we know children may need to be offered new foods about 10 times or more before they become familiar enough with the food to accept and like it," she said. "Only a third of mothers surveyed did this regularly."

It was also common for mothers to offer food rewards and to encourage children to eat more after the child had signaled that they have had enough.

"If a child refuses food they're familiar with and usually eat or does not finish their meal, the appropriate response is to accept they are no longer hungry and take the food away, but only a third of mothers were doing that regularly," the researcher said.

Prof Daniels said she felt parents demonstrated these feeding practices because they had been handed down through family and cultural traditions "almost as secret women's business" from a time when there was concern about children getting adequate nutrients.

"Now a major threat to child and nutritional health is too much food and we need a new approach to early feeding," she said. Previous research has shown that children's food preferences are well developed by age five, leaving parents a short time to establish positive eating habits for life.'

This story was found at: <http://www.smh.com.au/articles/2007/11/21/1195321837664.html>

Snacks:

In a world dominated by commercialism with companies aiming to get us to consume more and more have you noticed the use of well known children's characters such as Bob the Builder, Thomas the Tank Engine, Disney and movie characters etc to direct buying? It works like this. Parents and family members purchase gifts/items for children such as back packs, clothes, lunch boxes, and drink bottles with the children's favourite characters. This gives the children the message that items with these characters are valued by the parents and family. Food companies produce snacks and drinks, usually not the healthy ones, also with these characters. Children see these products, know that mum and dad have already approved this by previous purchases and want the food items because they must also be good! The best way to prevent this would be to change the packaging of high salt/sugar and highly processed snack foods.

Children need snacks and these become an important part of a healthy school lunch. Snacks help kids keep going through the day, and there are plenty of convenient pre-packed snacks to choose from that kids will enjoy. For detailed information on making healthy choices for children's snack when on the go or for packing with school lunches visit the Choice website at: www.choice.com.au

New babes

Congratulations to:

Chloe (R3), Sophie and Ben on the birth of
Thomas 19/5/08

and to

Owen (R3) Danielle and Phil on the birth of
Thomas 22/5/08

Waite Campus Childrens Centre is Climate Neutral

We have offset our 5 February 2007 to 5 February 2008 carbon emissions (37.45 tonnes) by purchasing renewable energy credits through Climate Friendly. These carbon credits are from independently verified and audited Australian renewable energy projects that meet the highest international standards.

National Reconciliation Week 27 May– 3 June

Each year National Reconciliation Week celebrates the rich culture and history of the first Australians. It's the ideal time for all of us to join the reconciliation conversation and to think about how we can help turn around the disadvantage experienced by many Aboriginal and Torres Strait Islander people. The theme for National Reconciliation Week 2008 is: **Reconciliation: its all our story.**

Bookings and Enrolments

All families recently received a request to let us know of any changes that you may need to make to you childcare bookings in the next few months.

Room 3 will have limited places on Mon, Tues and Wed after children leave for school in July and we will be transitioning only a small group of children between rooms. We are aware that there is a large group of children in Room 2 turning three between July and September 2008 who will be unable to make the transition to Room 3 until mid October or even later in January 2009. Room 2 also continues to be fully booked on Tuesdays. It helps if we know of any future changes that may impact on

Board and PAG Matters 2008

The next **Adelaide University Childcare Services Inc (AUCS)** Board meeting will be on Wednesday 28 May when the Board will finalise the 2008-09 budget and continue to review the report from consultant Andi Sebastian on staff retention.

The **Parent Advisory Group (PAG)** meets on the **third** Friday of the month. The next PAG meeting will be Friday 20 June when we will commence the annual review of Centre policies.

Diary Dates 2008

Book Week– 16-22 August– family and community event all week *Fuel your mind with books*

Parent Evening - Wednesday September 17

Family Picnic– Sunday 19 October-celebrating Children's Week- (confirmed)

End of Year Celebration -Wednesday December 17

Centre Closure -1pm Wednesday 24 December to 8am Monday 12 January 2009

Staff matters

The staff team have recently update their Asthma Accreditation which is completed every 2 years. Bobbie, Kathy, Bec and Danni have also updated first aid, completing senior first aid certificates in the past few weeks. Eunice will also be updating her certificate next week.

Leave:

Kaarin will be on annual leave from 9 June returning on Monday 23 June. Please ensure that you use the childcare email address:

childcare.waite @adelaide.edu.au

for any queries during this time, or speak to Kathy or Dani, our assistant directors.

Kathy will be taking Long Service Leave from 30 June until 8 September.

Grow a great future

Over the summer Million Tree Program volunteers have been growing local indigenous seedlings for our future urban forests.

SA Urban Forests has a series of community planting events being held between June and August. For information on how to be involved visit www.milliontrees.sa.gov.au or phone 8278 0600