



Redlands Playgroup

A Service of Bayside Family Day Care

Weekly Playgroup Sessions for Children of Parents and Early Childhood Educators in The Redlands

A WEEKLY UPDATE MESSAGE FROM MICHELLE NOTT, REDLANDS PLAYGROUP COORDINATOR

Message for the Week Culminating on August 6th, 2010

This week we welcome Dylan, Tayne, Manaia and Mum Louise, Saybra and Mum Bobby-Jo to Redlands Playgroup. I hope you all had lots of fun and I look forward to getting to know you better.

Dental Health



To grow up strong and healthy, small children need to eat small, nutritious meals often throughout the day from a wide variety of foods.

Foods that promote good health also promote good dental health.

It is very important to start healthy eating habits and daily dental care at an early age, so you can set your child up with lifelong healthy habits.

Be kind to your teeth by eating foods that have no added sugars like fruit, vegetables, plain yoghurt, unsweetened biscuits and freshly squeezed fruit juice.

Milk and cheese contain factors that help protect the teeth against acidic attacks. Cheese also has minerals in it that can help restore areas that have been attacked by acid. Finish a meal or snack with cheese or milk and a drink of water.

Save snack foods and treats for special occasions.

How to clean:

Babies

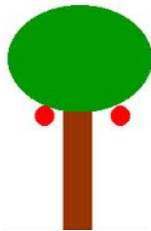
Start rubbing inside their mouths with a clean washer or cloth when you bath them. Let them play with a toothbrush as this gets them used to having something in their mouths from an early age and it won't be distressing when you try to use a toothbrush properly. As the first 8 teeth come through (4 on the top and 4 on the bottom), clean them by rubbing the fronts and backs with a clean washer.

Children

Use a small headed, soft toothbrush as soon as more teeth erupt, remembering the fronts, backs, chewing surfaces and including the gum margins. Start using a junior toothpaste when the child can spit out. Use a dab of paste, $\frac{1}{4}$ of a pea size, and **don't encourage** rinsing the extra paste out. This will help toughen teeth against the attack of acid.

Keep on brushing for them until they are 8 or 9 years old. Encourage them to do it first but check after to see if they have brushed properly. Parents should floss for their children daily. About the age of 13 the children have the dexterity to floss themselves.

Rhyme: 'Two Little Apples'



Two little apples hanging on a tree,

Two little apples smiling at me.

I shook that tree as hard as I could.

Down came the apples,

Mmmmmm were they good.

Song: 'The Toothbrush Song'



When you wake up in the morning at a quarter to one
And you can't go back to sleep and you want to have some fun.

You brush your teeth. Ch ch ch ch ch ch ch ch.

When you wake up in the morning at a quarter to two

And you can't go back to sleep

So what do you do?

You brush your teeth. Ch ch ch ch ch ch ch ch.

When you wake up in the morning at a quarter to three

And you can't go back to sleep and you want a cup of tea

You brush your teeth. Ch ch ch ch ch ch ch ch.

When you wake up in the morning at a quarter to four

And you can't go back to sleep because you've fallen on the floor

You brush your teeth. Ch ch ch ch ch ch ch ch.

When you wake up In the morning at a quarter to five

And you can't go back to sleep and you feel like a jive

You brush your teeth. Ch ch ch ch ch ch ch ch.

When you wake up in the morning at a quarter to six

And you can't go back to sleep and you want to do some tricks

You brush your teeth. Ch ch ch ch ch ch ch ch

When you wake up in the morning at a quarter to seven
And you can't go back to sleep but it's getting light, thank heaven
You brush your teeth. Ch ch ch ch ch ch ch ch ch
When you wake up in the morning at a quarter to eight
And you you're feeling very sleepy, but you're going to be late
You brush your teeth! Ch ch ch ch ch ch ch ch ch

Home Made Jigsaw Puzzles



These jigsaws can be made as easy or as hard as you like. Because they cost nothing to make you could make lots of them and just keep them in separate zip-lock bags.

You Can use:

- Paint your own picture on cardboard
- Postcards
- Magazine covers
- Old birthday/ Christmas cards
- Small posters
- Large posters for big floor puzzles
- Cardboard from interesting packages

Draw wavy lines from left to right across card. Connect them with straight lines. Cut out all the lines. Scramble the pieces and see if you can put them back together again. GOOD LUCK!

ADMINISTRATIVE NOTES

For safety reasons, it is very important that children sit and eat their Morning Tea at the tables and completely finish before playing. Thank you for your understanding and co-operation.

Playgroup offers you a unique opportunity to enjoy your children in an early childhood setting. You are your child's first teacher and the time and energy you expend at this time will pay dividends at a later date.