



## Happiest and safest start...

Hi, hope you have had the happiest and safest start to the new year. What a crazy year we experienced in 2020. The rise in early years education and schooling from home was arguably the biggest change to our daily lives. Our everyday plans and altered timetables set by lockdown provided us with great opportunities for changes to learning and teaching. For some it was challenging, but others found benefits to learning from home. Some families tied in activities the children enjoyed, such as gardening, cooking and bike riding, others found their homes offered plenty of space to play. Regardless, we have spent more time at home than ever before.

Now that we have a little more freedom to travel about, SeeMore and his friend are taking a bus to visit their grandbuddies.



## Making safe choices

It's true that at home there are many dangers, but one of the biggest risks can be the lack of opportunity given to children to develop the skills they need to become resilient and capable safety risk managers. As a parent or carer, it's a difficult balance to strike. Making decisions about risk and safety is about whether it is a real or perceived danger and then taking a common-sense approach. Research tells us that by the time children are ready for school they can act with understanding and can start to take control of their actions and the risks they take. At this stage they can start to learn what is a safe and unsafe. Early experiences and instilling habits like; putting on a helmet to ride a bike or scooter, wearing a hat to play outside in the sun, and learning to cross a road with an adult. These are simple yet important opportunities to teach children to make safe choices. Sure, children need to climb, run, ride bikes and explore, they just need to know how to do it the safest ways.



## SeeMore's Healthy Tips



SeeMore has been out and about spreading good healthy hygiene messages to help little people keep clean and avoid getting sick.

Good personal hygiene practises are:

1. Wash your hands as much as possible, for at least 20 seconds:
  - After you go to the toilet
  - Before you eat
  - Every time you touch a pet
  - If you cough or sneeze or blow your nose
2. Have regular baths or showers
3. Brush and floss your teeth
4. Cough, sneeze or yawn into a tissue or your elbow

### A LITTLE SNEEZING RHYME TO SHARE...

I think - I am going to sneeze... Ah Choo!  
Can you pass the tissue please... Ah Choo!  
I think I'm going to sneeze... Ah Choo!  
Into the elbow will do... Ah choo, Ah choo,  
Ah choo!

During the lockdown periods cooking became a common activity and a fun thing to do. Here's a family favourite and healthy recipe. Children can help, although maybe not cutting up the pumpkin and coriander, they can peel the outer layer of the lemongrass sticks and bend them, measure the stock and pour in the coconut milk. Remember to be safe around hot things.

## Yum Pum Soup

### Ingredients:

Med/large butternut pumpkin

Vegetable stock (if you are not making your own, check the ingredients do not contain, artificial sweeteners, hydrogenated oils, gelatine, MSG artificial colours, and GMO). If using powder one tablespoon to one cup of water. Enough stock to cover the pumpkin

4 sticks lemon grass

1 can of organic coconut milk 400ml

1 or 2 bunches of coriander

### Method:

1. Chop up the pumpkin and place into a saucepan.
2. Add stock bring to the boil.
3. Reduce heat and add lemongrass sticks, whole but bent in half to bring out the flavour.
4. Simmer for 20 minutes.
5. Remove lemongrass.
6. Add finely chopped coriander.
7. Add coconut milk.
8. And serve

If you have left-overs use it the following night as a spaghetti sauce and top with a little parmesan cheese.

**A one into two meals option for busy people.**



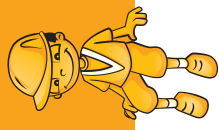
Visit our virtual classroom:

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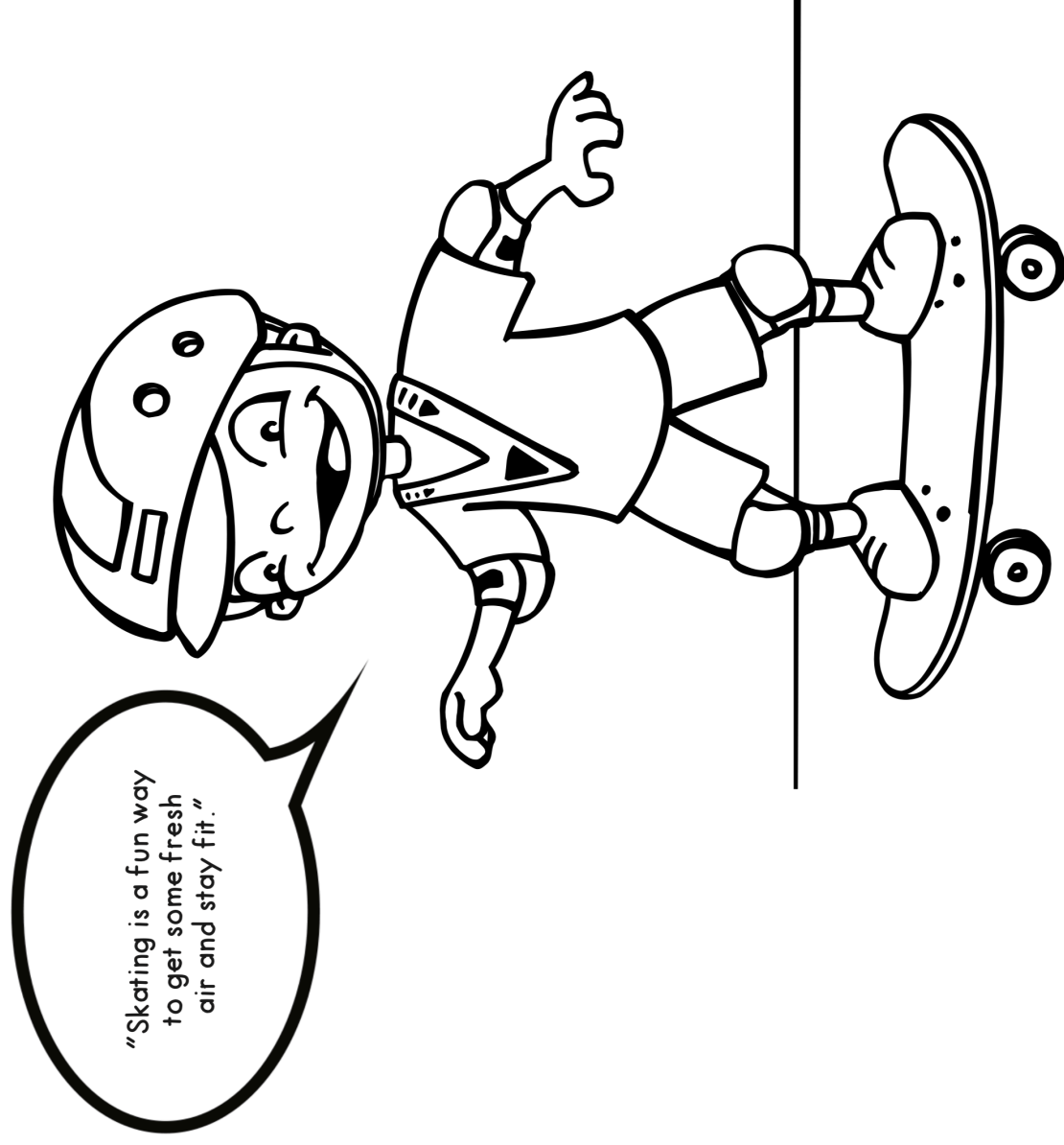




# SEEMORE'S TIPS FOR STAYING SAFE & HAVING FUN



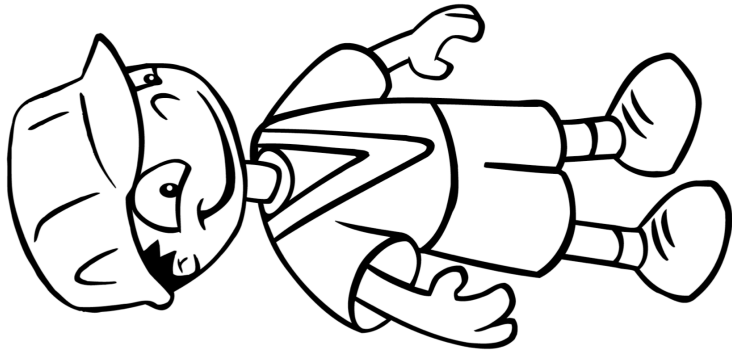
Here is SeeMore at an open-air park.  
Draw some trees and flowers that you might see if you were skating with SeeMore.



# SEEMORE'S TIPS FOR STAYING SAFE & HAVING FUN



Draw yourself with SeeMore and send him a special message in this card.



Dear: \_\_\_\_\_

From: \_\_\_\_\_



SeeMore's address:

PO Box 12  
Wendouree,  
Victoria 3355



## KIDS CLUB

This year we have launched a KIDS Club to stay connected with the children and families in our program as it reaches across Australia. We have some activities, offers, and competitions online with more exciting content to come over the year. Head over and explore our KIDS club [www.kidsfoundation.org.au/kidsclub](http://www.kidsfoundation.org.au/kidsclub) and explore what is there. Enter the competition to win a family holiday and if you wish, sign up for a special birthday message from SeeMore and the team.

