

YPP's New Home



We're loving our new office! Drop in some time for a coffee and a chat. Stay tuned for info on the house warming party once everyone is settled in.

Welcome to Jo

Jo McGrath is our wonderful new Program Assistant. Jo will be taking Anne's place in giving us all a helping hand. Please make her feel at home.



Featured Service

Volunteering North Qld: Want to get out of the house, make new friends, learn new skills, help other people... Volunteering may be for you. Volunteering is available in a wide range of activities. There's sure to be something to suit everyone.

Ph: 4725 5990 Email: vnq@volunteeringnthqld.org.au

TWCC?

Munchkins playgroup, and most of our PG workshops and courses, are often held at the Townsville West Community Centre hall, 15 Lonerganne St. Garbutt.



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Young Parents' Newsletter February 2010



Young parents (25 and under) meeting weekly. All activities are free. Catering, transport and childcare are provided where necessary

If you need a lift let QYS know by 8:30am
Some activities require an earlier RSVP
Ph: 47713648 or 0418721464
Places on the bus are limited so book early!

Munchkins Playgroup:
Wednesdays 10:30am-12:30pm

Young Parents Group:
Generally Tuesdays 10:30am-12:30pm
Check timetable for various dates and times

Parent's Group (PG)

Parents Group is back on for 2010. This is a group with activities especially for the mums and dads, (but of course, kids are always welcome). Parents who are expecting a child are also encouraged to come along. It's your group, so what would you like to do? It may include craft, workshops, guest speakers, courses... Whatever you like (within budget) Come along to the planning day to have a say in what you want (+ we have some free stuff to give away *wink*)

Some PG ideas might be:

Scrapbooking workshop	Fishing
Beading	Baby sign language
First Aid	Dance
Computer skills	Painting
Tie dying	Gardening
Toddler taming	Yoga
Cooking	Get fit group
Budgeting	Return of PG in The Park
Sewing	New baby group
Billabong visit	Dads days



Healthy Lunchbox

What to choose for a healthy, happy kid at Daycare, Prep or School?



- Involve children in choosing and preparing foods for their packed lunches.
- Ask children what they would like for lunch, out of a choice of healthy foods such as sandwiches, fruit, raw or salad vegetables (such as carrot, lettuce, tomato, cucumber, celery), cheese sticks, and dried fruit.
- Make sure that your children get enough to eat. They may eat more during a busy day at daycare or school than they do at home
- Encourage them to bring any uneaten food home - then you will get an idea about whether they are eating their lunch and what foods they don't like. Don't get cross at them for not eating some foods or they may quickly learn to throw these foods in the bin instead.
- Sandwich fillings that children often like include vegemite, peanut paste, cheese spread, hommos, egg and lettuce, cheese slices, grated cheese and grated carrot mixed together, and cold meats.
- Try different kinds of bread such as Lebanese bread and pita bread for a bit of variety
- Children often don't eat things that go soggy, eg. tomato sandwiches - but tiny cherry tomatoes in a salad of lettuce, celery, cheese, gherkin and grated carrot can make an enjoyable lunch.
- Secret Newsletter Word is back. Whisper "I know a secret" to Ruth or Jo to receive a prize.
- Pack lunches with a frozen drink in the lunch box in summer to help keep the food cold. Buying litre containers of juice and filling a drink bottle is often cheaper and healthier than pop tops or poppers.
- Some schools have a 'brain food time' partway through the morning. Your child would need a separate little packet of fruit, nuts, vegi-sticks or yoghurt at this time.

Smart Kids Numeracy

'BIG' and 'LITTLE' are about measurement

Mum says " We are going to give the baby a bath. Could you fit into the bath Charlotte?"

Charlotte says" No, I am a big girl."



Children hear and use words such as; 'bigger', 'smaller'; 'taller' or 'thinner'. They are important for learning about measurement.

Later when children are older they use centimetres (cm) kilograms (kg) and degrees to measure and compare more accurately, or to find out 'how much more' for doing addition and subtraction.



Literacy


Messages can be sent from one place to another'

Look; you've got a letter. What does it say?'

When we talk about mail we've received, children learn that the written language can carry a message from one place to another.

Later they learn that there are different kinds of messages. Some are cards and letters from family and friends; others may be advertising or bills

February 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 PG Planning Day What do you want out of PG? 10 30-12 30 TWCC	3 Munchkins Riverway 10 30 to 12 30 (Thuringowa library if raining)	4	5 Carer's Workshop Assisting family members with mental illness Kirwan health 12-4pm	6 <i>Cowboys fan day</i> <i>Raintree Grove</i> <i>Riverway</i> <i>Free entertainment, competitions, giveaways, games.</i>
7	8 <i>Happy Birthday</i> <i>Lucinda and Hayden</i>	9 PG TWCC 1030-12 30	10 Munchkins TWCC 10 30 TO 12 30	11	12	13
14 Valentines day 	15 *Learner Driver Course 9am-3pm	16 PG TWCC 1030-12 30 *Learner driver Course 9am-3pm	17 Munchkins TWCC 10 30 TO 12 30 *Learner driver Course 9am-3pm	18 *Learner Driver Course test 9am 12pm	19	20
21	22	23 PG TWCC 1030-12 30	24 Munchkins TWCC 10 30 TO 12 30	25	26	27
28	<p>*Learner Driver Course- Pimlico TAFE. You must be over 16yo to attend this course. \$18.60 will need to be paid to the department of transport prior to starting the course. For more info give us a call or contact Murray Holm on 47 505 218. We can assist with childcare and transport to the course if necessary.</p> <p>PG- Parent Group activities for February are yet to be decided. Options for activities will be discussed on 2nd Feb PG Planning</p>					