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At Australian family we are what our title says – we are an Australian family-run business.

As with all families, life consists of happy, trying, euphoric moments as our children grow up and face the world and all its challenges. Family life also includes those sad moments when we have to realise that life has changed irrevocably – for us that came this May with the final illness and passing away of the much loved mother of our Managing Director, Paul Clancy.

In speaking of his mother at her funeral, it came across very clearly that Patty Clancy was a mother who instilled deep values of faith and service into her children. She was a primary teacher who also taught singing and left a fond impression of being valued for who they were, in the many children in her classes over the course of her teaching career. It was said of her that she universally “highlighted the positive, eliminated the negative and accentuated the affirmative” – a pretty fine epitaph.

Patty Clancy was typical of the many (mainly) women who devote their careers to the education of children in their early years. Once again this May we had the privilege of meeting with the state finalists in the Australian Family Early Education and Care Awards in Sydney, and the almost impossible task of choosing the national winners in each category. As always, each person at state and national level is a very worthy recipient – usually quietly working away with young children, with little or no official recognition of their career-long achievements. Next year we urge the various state and federal Ministers responsible for the Early Years to make some time to come and meet these fine groups of early years educators. We also thank our principal partner Educational Experience and all the sponsors for their support – national awards such as these occur only as a result of their commitment to our youngest Australians.

In signing off, I’m going to share a favourite saying of Patty Clancy, one she said to any child she encountered and which always captured their imagination. “When you see a rainbow, think of me, because I’ll be thinking of you”. It’s a wonderfully comforting sentiment when you must be separated for any reason – so try it, say it to your kids and see their eyes light up!

Best wishes

Jennifer

Jennifer Kernahan

From My Desk
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Traditionally, the focus in children’s education has been on academic achievement. With the increased concern surrounding the mental health and wellbeing of today’s youth, a new movement has started to emerge, that of Positive Education. Suzanne Sage looks into this important development for Australian children.
The pressure on children to perform academically has never been greater. Constant benchmarking, testing, tutoring, and even school preparation programs for five year olds are becoming the norm. This constant spotlight on results, combined with other factors including family breakdown, societal changes and peer pressure may be adding to the dramatic rise in depression and anxiety rates amongst Australia’s youth.

According to Youth BeyondBlue and the Australian Bureau of Statistics, 160,000 young people (16-24 years) live with depression and around one-in-six suffer from anxiety. A staggering 20% of children aged 14 plus are said to present with depressive conditions. The first onset of depression is now 14 years of age, compared to 24 years of age less than 10 years ago.

Australian children feel more disconnected, alienated and isolated than ever before. This is despite significant improvement to living conditions, personal wealth and technology. Experts suggest that changes to the educational approach can make a significant improvement to the wellbeing and happiness of our children. “Many children are not thriving in our society,” says Dr Suzy Green, Positive Psychologist and founder of The Positivity Institute, Sydney. “We are seeing such a rise in mental health conditions in Australia’s youth. It presents itself most visibly in high school, but positive psychology principles are relevant to all levels of education from early childhood, through to primary and high school,” asserts Dr Green.

What is positive education?
Positive Education is a sub discipline of Positive Psychology. It combines the traditional skills of achievement with the much needed skills of wellbeing. It emphasises the importance of an individual’s strengths and personal motivations to promote learning.

Teachers, children and increasingly parents learn to identify their own personal strengths and how to apply these to all facets of learning. This then allows them to understand both themselves and their learning in a more dynamic and positive way. Research tells us that playing to these strengths can help students lead a more productive and satisfying life. “It allows individuals not only to be happy, but to flourish,” assures Dr Green.

The 24 character strengths fall under six virtues and have been found to be universal to all people regardless of nationality, religion, culture or belief systems. They are considered the building blocks to a flourishing life. They include strengths such as creativity, honesty, kindness, leadership, forgiveness and gratitude.

A strength is something that an individual is not only good at, but something that truly energises them.

Origins of positive education
Professor Martin Seligman is said to be the Founder of Positive Psychology. He formalised the field of Positive Education in 2009 based on his earlier work in the area of depression prevention in schools. He did a great amount of the pioneering work in Australia with Geelong Grammar School in Victoria.

According to Seligman, the roots of our happiness as adults are developed in our childhood. He believes that teaching ten year old children optimistic thinking skills will and has halve the rate of depression that occurs during puberty and thereafter, and has conducted a number of longitudinal studies.

Dr Green says, “Martin Seligman and many others saw the benefits of positive education early on.” Much work has now been done to quantify the results of such programs and many private and government schools have become involved.

Values In Action (VIA) Strengths Survey for Adults and Children. Each survey is free and takes 15 minutes to complete. It gives you an overview of core strengths and that of a child. Log onto the VIA Institute website and select either the adult or youth strength survey. www.viacharacter.org
Not only can the mental health and wellbeing of students be improved with Positive Education, but students with a positive mood produce broader attention, more creative thinking and develop greater resilience strategies.

The importance of resilience
When children are resilient they are able to come back from life’s setbacks. This enables children to understand that when things don’t go well, mostly it is temporary, not the end of the world. A resilient child is more likely to find the positive in a negative situation, have the ability to “shrug” off disappointments as short-term, and understand that it need not overtake other aspects of their life ie not catastrophise.

Teaching children these life-long coping skills will not only help them through their school years, but throughout their adult life.

Children need appropriate adult support in developing resilience, however, they can be quite capable of handling many problems on their own. The tendency for parents to over-protect their children seems to have resulted in more children who struggle with life’s small hurdles. Being able to handle minor problems now, will provide them with the skills to overcome bigger problems as they mature.

According to leaders in the field, Toni Noble and Helen McGrath, resilience for young people is built on the foundation of strong positive relationships with their parents, other caring adults in their life, their teachers, their friends and classmates.

They have developed a whole school social and emotional learning curriculum program, named Bounce Back. It promotes positive mental health, wellbeing and resilience for students and teachers plus encourages a safe and supportive class and school learning environment.

It is a class-based program designed for children and young people from kindergarten to middle school. It offers practical strategies to help children and young people function well at school and in life.

Positive education in early childhood
Clovelly Child Care Centre [Sydney] has incorporated Positive Education and strength-based practices into their early childhood program. The centre promotes a play-based learning environment and the holistic development of children.

Margaret Carey, director of the centre, comments that, “At Clovelly Child Care Centre, we view young children as competent and capable learners. Our focus is on what they can do, instead of what they can’t do. In our view a completely positive approach and one that goes hand in hand with a strengths-based practice,” says Ms Carey.

The philosophy of Clovelly Child Care Centre, supported by the Early Years Learning Framework, reflects the belief that the emotional and social development of children is most important. “Academic benchmarking for children is one thing, but concentration on emotional and social readiness allows them to be in a ready-to-learn state by the time they reach school age,” adds Ms Carey.

Positive education in primary school
Gray’s Point Public School, Sydney run a multi-layered wellbeing project that commences with teacher training in positive psychology. Post-training, a number of whole school programs were then developed based on the teaching of values. This included initiatives such as Grandparent’s Day and classroom work on ‘Gratitude and Respect’. Another critical part of the program is the Year 6 Leadership initiative. Older students are taught the skills of wellbeing and emotional first aid so they can act as the wellbeing monitors of the school. Lunchtime programs named the Playground Post and the Friendship Tree, are both anti-bullying strategies where the Year 6 Leaders can help the younger students. Teachers use the language of positive psychology in the classroom and have included activities surrounding wellbeing into the curriculum. This successful wellbeing project has now been expanded to a community of schools in the area.

“The Wellbeing Project is now in 4th year and we will continue to monitor and improve elements of the program,” says principal Mr Clint White. “We have seen a definite improvement in all areas of our school,” concludes Mr White.

Positive education in high school
Tully State High School, North Queensland, implemented a Positive Education Program after the devastation of Cyclone Yasi in 2011. “There’s been such a huge increase in adolescent suicide, substance abuse and anxiety. A lot of our kids then suffered significant hardship, family breakdown and further chaos in their lives following Yasi, so we wanted to do something to help them and our school community,” says Leanne Fox, Principal.

Mrs Fox says that many children today lack resilience, commitment and perseverance. Negative behaviours then manifest and turn traumatic once they start high school.
Teaching your child good brushing habits

Children’s mouths change as they grow. At each stage of their development, they may need a different toothpaste and toothbrush to match their changing needs. With a dedicated set of products for each phase of the child’s dental development, Macleans is there every step of the way.

Teaching your child good brushing habits

It’s important that your child learns good oral care habits early on in childhood. A good routine is key to helping your child maintain strong, healthy teeth as they grow older.

A good children's oral care routine includes:

- A B C
- Brushing in the morning
- Brushing in the evening
- Visiting the dentist for regular check-ups

Choosing the right toothpaste and toothbrush for your child is also important.

- Children under 7, should use a low-flouride toothpaste and a soft-bristled children’s toothbrush.
- Children over 7, can move to the higher fluoride toothpaste, and should continue to use a soft-bristled children’s toothbrush.

Top tips for Parents

Maclean Kids: Make brushing time fun!

Macleans and The Wiggles have teamed up to bring you a special song to sing to your child as they brush. You can listen to this song on the Macleans website at www.macleans.com.au/ourrange/milkteeth

It takes two minutes for your child to brush their teeth properly. Sing the brushing song three times for the top teeth and three times for the bottom teeth. By the end of the song, your child will have brushed their teeth for around 2 minutes!

Brush up and down
And around and about
Then rinse your mouth
And spit it all out!

- Use a brushing chart to track your child’s brushing routine.
- Let your child add a sticker as a reward after each time they brush.
- Let your child choose their own toothbrush colour.

www.macleans.com.au
www.facebook.com/macleansmums

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“Our Positive Education program sees us focus efforts on positive emotions, individual student strengths to generate higher optimism levels and greater self esteem,” details Mrs Fox. They focussed on staff coaching to ensure a supportive, safe school environment for their students.

Tully State High School’s five year program is being monitored by Wollongong University. They will use a number of academic, emotional and social measures to monitor the program’s success.

Why positive education is so important

Schools are often the front line when it comes to recognising the mental health problems of students. The Positive Education approach aims to be more proactive and hopes to prevent mental health conditions, rather than treating children already in crisis.

Improving skills that increase positive emotions, build resilience and meaningful engagement can significantly increase the quality of life of our children. They spend six hours a day at school, and they can learn skills and techniques that last a lifetime.

With higher levels of wellbeing, students will not only be able to learn more effectively, they are more likely to foster positive relationships with their teachers, peers and family.

For teachers, the benefits of connectedness to their students will result in better student understanding and better attention and behaviour in classroom settings. Overall, an enriched teaching experience.

The benefit for parents is that their children will not only be happier, but are more likely to enjoy a greater learning experience at school contributing to a happier home life.

Research on Positive Education is showing that not only can depression rates be reduced, but creativity, academic success and contributions to family and society will all be much greater.

Quite simply, happy and healthy kids are more likely to reach their full potential.

**Resources and Reading:**

- **Beyond Blue** www.beyondblue.org.au and Youth Beyond Blue www.youthbeyondblue.com
- **Martin Seligman** author of ‘The Optimistic Child’ and ‘Flourish’ www.authentichappiness.sas.upenn.edu
- **VIA Institute** www.viacharacter.org
- **Dr Suzy Green – The Positivity Institute** www.thepositivityinstitute.com.au
- **Bounce Back Program** www.bounceback.com.au
- **Ms Margaret Carey, Clovelly Child Care Centre** www.clovellychildcare2010.wordpress.com/
- **Mr Clint White, Gray’s Point Public School** www.grayspoint-p.schools.nsw.edu.au
- **Ms Leanne Fox, Principal, Tully State High School** www.tullyshs.eq.edu.au
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- Login and comment on guest blogs.
- Visit the Family resources page to find what you need - health information, support groups, great websites for kids, search for a school or early years service.
- Join the conversation on Twitter and Facebook.
- Visit the Early Education & Care Awards site and nominate an exceptional early years educator.
- Complete our surveys and enter Great Giveaways and other competitions to win great prizes.
- Practical resources for teachers and families: Recessitate - Instant tools to Refresh, Refocus and Recharge your class. Wise Talk - a game to help families start conversations, listen and share the experience of their day.
- Join our mailing list and receive regular updates with new articles, giveaways and great new products.

www.australianfamily.com.au
The GREAT auSSie holiday by Cassy Small
With some of the most breathtaking holiday spots in the world right on our doorstep, is it time to reclaim the great Australian holiday?

Remember holidays with the family when you were a kid? It was all about late night card games, caravan parks and long car trips without the salvation of a portable DVD player to while the hours away. Air travel was something for celebrities and the closest you came to an all-you-can-eat buffet was Nanna’s roast night. Today most kids seem to have a passport before they hit preschool, with cheap airfares and a strong Aussie dollar signalling a bigger march abroad than ever before. The humble family holiday seems to be a thing of the past. Or is it?

Recent figures from Tourism Research Australia show that holidaying at home is coming back into favour with domestic travel up 4% to 74.7 million overnight trips. With some of the best beaches, natural wilderness and holiday spots in the world often only driving distance away, why shouldn’t we get out there and explore our own backyard?

Trusted with the task of selling Australia to Australians is Tourism Australia Managing Director Andrew McEvoy, who says we need to tell more people, more often, why there is nothing like Australia for a holiday. “Australia offers simplicity, ease and freedom in perhaps the most spectacular and diverse landscape on earth, rich in all colours of the rainbow and teeming with nature and wildlife,” he says. “There are people the world over wanting to come here and yet we get to enjoy it all, passport free, by just stepping out our back door.”

But there’s a new breed of holiday maker, and with Australia neighbour to a variety of cost-effective and family-friendly countries, we’re spoilt for choice when it comes to options. Bree Nield is one of the million or so Aussies who choose Bali as their family holiday destination every year. Ranking a close second behind New Zealand as our nation’s favourite international holiday spot, Bali represents value for money according to Bree.

“It’s a five star holiday without the five star price tag. If we stayed in equivalent hotels in Australia we would be paying triple the amount,” she says.

Both Bree and her husband have fond memories of childhood road trips and caravan park holidays as kids, and while they sometimes wonder if perhaps their children are missing out, they have chosen to value cultural education when choosing their holiday location; something their own parents were unable to offer them as kids.

“Financially we are in a position where we can give our children these cultural overseas experiences and we believe it is benefiting the development of our girls.”

She adds, “It somewhat grounds us. While on holidays we get out and about into the villages and see first-hand how the locals live and work. In the process we’ve made some lovely Balinese friends who we stay in touch with throughout the year. Experiencing another culture first hand is very good for our girls, they have lots of questions and you can see their little brains ticking all the time,” she says.

The Nields have visited Bali on two week holidays every year for the past four years; a period of significant instability for the Australian domestic tourism industry. “2010 was a difficult year for the Whitsundays,” agrees Phil Casey, Chief Executive Officer of Daydream Island Resort and Spa. In a period of unstable summer weather combined with a strong Australian dollar and bargain airfares from a series of no-frills airlines, it created the perfect storm for a domestic tourism nightmare.

As inbound tourism from the foreign market also declined, at its worst holiday hot-spots such as Queensland’s Airlie Beach became veritable ghost towns. Cyclone Ului which devastated Airlie Beach and its surrounding areas in March 2010 left the town without power and other critical supplies and was the straw which broke the back of many local retailers.

But things are looking brighter and the Whitsundays has reported its best summer in years. On Daydream Island the resort has just enjoyed its strongest occupancy rate on record. “There is a lot of choice for travellers including
overseas holiday destinations but we're seeing Australians still very keen to holiday at home," says Casey
And why wouldn't they? The Domestic Consumer Demand survey by Tourism Australia conducted in January this year has confirmed Australian beach holidays among the best in the world, with six out of ten Australians rating the country's iconic beach destinations as better than those in Bali, Fiji and Thailand. "This research demonstrates the enduring appeal amongst Australian families for the Australian seaside break, and confirms that we have some of the most desirable beach destinations in the world. The findings are proof positive that our country offers some of the most beautiful, safe and high quality beach holiday experiences in the world," Mr McEvoy says.

While Tourism Australia now put these findings into use to develop better marketing strategies to persuade more Australians to holiday at home, on Daydream Island it's business as usual as it builds on its reputation as a family holiday mecca. "Holiday makers won't find a better aquatic playground than the Whitsundays," boasts Casey. "Daydream is a true tropical island resort and we work hard on promoting its unique features, like The Living Reef, one of the world's largest man-made coral reef lagoons and of course The Great Barrier Reef is right on our door step and is an attraction like no other," he says.

For Rachel Power and her husband, seeing Australia was at the top of their bucket list, so when long-service leave called, the family of four packed up their home in Canberra and hit the road on a holiday which hasn't ended since 2008. "We didn't want to wait until retirement to do the typical grey nomad trip," she said. "Our children were 5 and 3 at the time and it just seemed like a now or never kind of thing."

The Powers turned their holiday into an income generating project, documenting their journey at the blog Great Aussie Road Trip. With sponsors on board, the Powers were able to turn their holiday into a way of life. Rachel said the best part was seeing the effect the road trip was having on their children. "We really saw the best come out in our kids. They sucked in every experience and every piece of information we gave them. Our daughters weren't able to write at the time, so a sketch pad and camera became their tools for journaling the experience. When the kids started school, the teachers could notice a difference in them. They were more inquisitive and had great social skills. It's amazing how kids can bond in a caravan park," she laughs.

After trying out everything Australia has to offer for the past five years, the Power family have settled for the time being in Tasmania, one of their favourite places on the trip. "The beauty and the lifestyle is unbeatable and the people are just so friendly," says Rachel. "Even though we are working hard and long hours, our family is thriving." Something she credits the family road trip for, "we've certainly grown closer as a unit and the kids are more mature and independent than most their age," she shares.

As the success of Rachel Power's blog attests, it's more than just the destinations that are changing when it comes to our holiday habits. "Travellers have changed their research and buying habits and are looking online for the best deals. There has been significant growth in online travel agencies, so it's been important for Daydream to work as closely as possible with this channel," says Casey. "Social Media is another important marketing tool for the travel industry, particularly the likes of Facebook, Trip Advisor and YouTube so we've developed a specific strategy for this channel also."

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The Domestic Consumer Demand survey by Tourism Australia conducted in January this year has confirmed Australian beach holidays among the best in the world, with six out of ten Australians rating the country’s iconic beach destinations as better than those in Bali, Fiji and Thailand
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“It's yummy, like you Mummy.”
Australian children do not play in outdoor play spaces as much as they used to in generations past. Not only that, but many who work with children are concerned that the quality of interaction children have with the outdoors is also decreasing.

Recent research by Deakin University showed that the level of physical activity during recess times at schools decreases as a child progresses from primary to secondary school. Increasing emphasis on curriculum has resulted in children spending less time in school playgrounds.

Michael Grose, parenting expert, author and writer of parentingideas.com.au says that many schools are now also offering extracurricular activities at lunchtime like music lessons or stamp collecting clubs and these often take kids away from physical activities.

On the home front, an increase in the number of apartment dwellers across Australia has meant that the traditional backyard that offered many a child the open space to explore and play is not as readily available. Often, council run parks and gardens are the only accessible outdoor area for these children.

The common concerns
These public parks and outdoor play spaces bring with them their own set of challenges in the modern era where the practice of cotton-wool wrapping kids is common. Karen
Broomfield, co-director of Bulimba Childcare Centre in Queensland believes that the current Australian parenting philosophy of ‘protecting children at all costs’ from physical pain and suffering from misadventures as well as at the hands of predators, both real and imaginary is becoming detrimental to their development.

Dr. Shirley Wyver, senior lecturer in child development at Macquarie University agrees and adds that along with parental fear, there is also parental judgement in today’s society. “Parents are constantly feeling like they are being scrutinized by other people and decisions like letting their child walk to school or go to the park independently can be met with social isolation as other parents may feel uncomfortable letting their kids play with them.”

The media also plays a role in parenting decisions made, she adds. “If something happens to their child, they are judged because they allowed their child to take the risk. If they don’t do it, then they are judged as well because they let their child be indoors or haven’t provided those challenges.”

In addition, the comfort many parents often felt from the presence of neighbours casting a protective eye over kids from their house is reduced as modern houses now have family areas at the back of the house, away from the street, she says.

This thought is reflected by Grose who observes that the Australian way of parenting seems to be very much an “individual endeavour”, with parents becoming less likely to look out for other people’s kids than a generation or two ago. Certainly, the old saying of “it takes a village to raise a child” now appears to be have less meaning in Australian society with a European Early Childhood Education Research Journal article referring to a decrease in the amount of “collective responsibility” present in western countries like Australia. For example, research shows that Australian teachers are more fearful of litigation during outdoor play as society here seeks to place individual blame. By contrast, in regions such as Scandinavia (whose education system is often referred to as best practice), mastery of risks presented by various outdoor conditions is perceived to be very beneficial to childhood development. The focus in these societies is an emphasis that “all citizens” are responsible for the care and support of children.
The Scandinavians also regularly rug up their children and take them out even in their harsh winter climate, says Grose. “This is in stark contrast to Australia, where we tend to keep our kids indoors during the colder months.”

“Plain vanilla” playgrounds

The sum of all these concerns has led to the “sterilization” of Australian playgrounds, laments Grose. He is worried that the absence of stimulating pieces of play equipment is forcing Australian children to experience less imaginative play when compared to their peers around the world.

Broomfield, whose childcare centre won the 2012 Australian Family Early Childhood Service of the Year couldn't agree more. “Risk assessment is not a skill children are being taught anymore,” she says. “Play spaces are so well thought out for every little thing that might possibly hurt them, that they have become not challenging. This in turn affects their ability to judge risk and also limits the development of their large muscle groups.”

“When now children jump onto anything, every single surface is padded. They don't feel their body’s natural reaction to risk and their physical reaction for jumping from too high or trying to climb a tree too far. They don't develop that anymore because they know that when they land, they are landing on a big spongy piece of mat and everything is fine. So they don't learn to manage those risks themselves.”

Risk negotiation aside, Grose believes that an abbreviated interaction with natural outdoor areas stunts kids’ ability to handle pain and failure in the future. “Children often learn from pain. The concern is what happens when they move into adolescence, when they move into more serious risk taking, if they have never become really good assessors of risk?” he asks.

The hazards present in playing in the more rugged, unpredictable conditions of the outdoors is often non-existent in the structured, highly supervised environments that Australian kids play in today. For instance, Dr. Wyver and her colleagues have noted that countries like Norway include water-based activities set in natural environments, hiking and climbing trees in their early childhood centres whereas these practices would be considered “unnecessarily risky” in Australia.

Incentives and initiatives

While getting children outdoors and being more active is what many Australian health campaigners are concentrating on, Dr. Wyver’s team went about catering to children with different abilities and interests through the Sydney Playground Project. As some children are already conscious of their body type by the age of five, Dr Wyver says that they make decisions on what they can and can’t do physically. They might then prefer to stay away from activities where they may believe their physical skills will show them up.

However, when supplied with unusual items like loose tyres, milk crates and buckets in primary school playgrounds across Sydney, these children showed a more creative side, she says.

“Children who don't really like physical activities often like being imaginative. So we see them instead building a ship and going sailing on the ocean or inventing a game of hockey. So they are using their pretend and creative side to use these materials and not realizing that in order to move a car tyre or stack milk crates, they are actually engaging in quite a lot of physical activity.”

The same benefits observed by providing innovative play areas in school children who took part in the Sydney Playground Project are also observed in younger children at Bulimba Childcare Centre. The lack of outdoor space had dictated their previous outdoor area but the design of an innovative three-storey play deck incorporating a stream for children to push their boats along, a stage that can be used for dramatic play as well as loose parts like ‘tree cookies’ has provided children the opportunity to engage with the outdoors and really push themselves, says Broomfield.

Regardless of whether they are younger or older, children’s interaction with outdoors can be improved on many levels, says Dr Wyver. Critical mass is an important concept when it comes to engaging children and their families with the outdoors. “If you want your child to walk to school, then involving a group of other parents and children will build a momentum or interest in the outdoor activity. The more people are doing it, the more likely that it will take effect.” she says.

Similarly, many councils are becoming privy to fact that outdoor spaces are an important issue for families today and are responding with clever urban planning. Natural materials-inspired playgrounds and transport planning including walking or cycling tracks are some examples where local councils are working towards providing a more satisfying and productive outdoor life for everyone.

More information


The Sydney Playground Project
sydney.edu.au/health_sciences/sydney_playground_project/

State of play in primary schools: A child friendly city strategy – Penrith City Council

Rethinking childhood – Tim Gill
http://rethinkingchildhood.com/

Marc Armitage at Play - http://www.marc-armitage.eu/
If you’re going to be out of action for a couple of days, ditch the no-so-important stuff on your to-do list. Cut corners where you can, and explore some new ways of doing things. Does it really matter if you zip by the bakery instead of whipping up cupcakes for the fete? Can you pay the bills online instead of over the counter? Explain to the kids that you’re unwell and need a bit of a helping hand (if they are old enough) then rally the troops (your partner, family and friends) to pitch in.

If you need to be hospitalised, or have a long term illness, that’s of course another story. Try to gather as many resources
as you can - school help, child care help, community help, and support groups. That's the advice of Gill Batt, Director of Cancer Information & Support Services Cancer Council NSW. According to Ms Batt, the key message is don't be afraid to ask for help.

“Write a list of the tasks and responsibilities you need assistance with, dropping off your son to soccer, collecting your pre-schooler from day care, even cooking a meal if you have a medical appointment,” she says. "Then you can give your partner, family and friends specific jobs to do.”

Keeping your child's school informed is also important. So is keeping yourself in the school loop. “Buddy up with one or two parents in your child's class, so they can let you know what's happening at school - you don't want your child missing out on an excursion because you're unwell and didn't see the note,” Ms Batt says.

Telling the kids
Sharing the news of a serious illness with your children is difficult; after all it's a parent's natural reaction to protect their children. As a consequence, some downplay their illness, and others withhold it altogether.

According to Dr Ann Cantwell-Bartl, Counselling and Research Psychologist specialising in loss and trauma, children are naturally intuitive so they'll know when something is wrong. If you don't tell them, they also dream up their own version of events, and might even think something they did made you sick.

“Young children are egocentric – their world centres around them, so they may feel that they were responsible,” she says. They may think if they'd gone to bed when asked, mummy wouldn't be sick, or if they didn't fight with their brother, dad wouldn't be in hospital.

When you talk to your child about your illness, answer their questions honestly using simple language. “And be prepared for them asking the same question time and time again, to try to make sense of what is happening,” says Dr Cantwell-Bartl. Then there is the most difficult question of all. Are you going to die? “Be truthful and say yes, if that's the case, but that you'll be with them for as long as you can,” she says.

Hospital visits
It can be confronting to see a parent lying vulnerable in bed in a strange place. If your child doesn't want to visit a sick parent in hospital, gently question them as to why. Dr Cantwell-Bartl says a young child may be fantasising that if they visit mummy something bad will happen. Offer calm reassurance and introduce your child to the concept of hospital visits with age appropriate books. If older children shy away from hospital visits or choose to visit friends instead, don't pressure them, she adds.

Sharing the journey
To help your child cope, try to keep familiar routines and rituals. According to Ms Batt, this is particularly the case for young children who have limited capacity for understanding time frames. “Their concern will be what is going to affect them today or tomorrow, not in the future,” she says. They may ask, who'll cook dinner tonight, or take me to ballet tomorrow?

Preteens might need to know what you expect of them, and be worried about how they’ll manage without their parent. “They'll have preconceived ideas about your illness, and will be doing their own research,” says Ms Batt. “Give them space to talk, and answer their questions honestly without taking it any further than they want to go.”

Older children might be anxious about how bills will be paid if a parent can't work, or feel guilty if they want to spend time with their friends. You may also discover your teen is more comfortable talking to other teens about it rather than you.

No matter what your child's age, when a parent is sick, it can be confusing and frightening for them. “don't run from the hard stuff,” says Dr Cantwell-Bartl. “Acknowledge how they might be feeling, and tell them you understand how hard it is for them,” she says.

Offer calm reassurance that you will get through it as a family. Being honest and forthright with your child is empowering. A child who knows their parents trust them enough to deal with and accept the truth will feel capable and competent, they'll be more emotionally equipped to deal with the challenges that life will inevitably throw their way.
Every time we use antibiotics incorrectly – like if we take them for an infection caused by a virus or when we don’t take them as directed by your doctor – we are contributing to the development of antibiotic-resistant bacteria. Infections by these bacteria may become untreatable and have a higher risk of complication and death.

Colds and Flu – Antibiotics won’t help

Antibiotics won’t treat viruses like colds, flu and many sore throats and coughs. But you can help your child feel more comfortable by relieving their symptoms. Allow your child to rest, and teach them to wash their hands, use tissues and cover their mouth when coughing.

Cough and cold medicines are no longer recommended for children under 6 years. Before giving these medicines to children aged 6 to 11 years, ask a health professional for advice.

If your child’s symptoms get worse or you are concerned at any time, speak to a health professional.
Changing behaviours
Some children will cope better than others when someone they love is sick. Older teens may act out aggressively, or become withdrawn, and young children could suffer nightmares or show regressive behaviours such as bedwetting.

They could also display what might seem confusing or even very matter-of-fact behaviours. “A young child might see a parent become violently ill from treatment, and when it’s explained that mum’s sick because of the medicine – the child might say, oh ok, can I have an apple?” says Dr Cantwell-Bartl.

Children can also try to be ‘perfectly’ behaved, believing that if they do, mummy will somehow get better. Others may try to take on the role of the person who is unwell. “The child might want to help with dinner, or nurture the other kids,” she says. “If it’s dad who is unwell, they may want to work in the garden or start talking like their father,” she says.

When a parent is sick, teens can often get into more risk-taking behaviours. But, of course that can be part of adolescence too. “If a teenager changes their behaviour, you’ll always be trying to discern whether it’s adolescence or a particular stress with the illness,” says Dr Cantwell-Bartl.

You and your partner
If you are taking care of a partner who is unwell, you need to take time out for yourself too. Yet, according to Ms Batt few people do, and as a consequence, carers can face burnout. “Research shows carers are often as distressed if not more emotionally distressed as the patient themselves, but they don’t feel entitled to say I’m not coping” says Ms Batt.

When one of you is unwell – try not to neglect the relationship you share with your partner. If you can, find ways to spend time to nurture your relationship. Look at it as an opportunity to learn new ways of working together, you’ll discover strengths you never knew your partner had, and strengthen your relationship as a couple.

Money matters
If you or your partner is sick, it can put a financial strain on the family. The cost of hospitals, medicines, and medical appointments can add up, especially if you have had to adjust to living on one wage instead of two.

Talk to your bank about flexible mortgage arrangements, and if you have multiple credit cards, roll your debts into one.

Could your partner work from home a few days a week instead of cutting back their hours to care for you? Or take some paid leave?

You may also be eligible for a government sickness allowance, disability support pension, crisis payments, or assistance at home.

Check with your superannuation fund as well – does it have an insurance policy as part of its benefits? af
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2. BIN IT
3. KILL IT

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Entries close 11.59 pm Friday, 30th August, 2013.

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See www.australianfamily.com.au for full terms and conditions. By entering you agree to these terms and conditions. Limit one entry per person. This is a game of skill and chance plays no part in determining the winner. Each entry will be judged based on creative and literary merit. Judge’s decision is final. Winner will be notified by 7/09/12.

Promoter: Australian Family Magazine P/L

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What are the characteristics of an exemplary educator and carer of young children?

Is it:

a. They just love the company of little children?

b. They have a passion for watching and helping young minds explore and learn about the world around them?

c. They are intent on creating a community where parents feel accepted and included.

d. They have time for each other as colleagues and have a vision for their team and the service they offer to families.

e. All of the above

And of course the answer is e.!

Against an early years’ landscape that is increasingly politicised, with the drive for adequate funding and wages, and the changes to staffing, minimum qualifications and programming over the past two years in particular, these quiet achievers working with young children have just got on with their chosen career path. And don’t even think of patronising these people. They really don’t like being told, “Aren’t you marvellous that you work with little kids.” They have chosen their careers precisely because they like being with young children – and understand that the young children of today are tomorrow’s teachers, doctors, tradies, and politicians!

And so the search began for this year’s top Australian Early Years Educators and Carers, with 1200 nominations received. The pool of committed educators was then whittled down through a long list and short list process to five or six individuals and teams from each state and territory. Those shortlisted are astonished to be nominated, thrilled that someone has noticed their work with the children in their care, and gratified that their endeavours have been acknowledged by peers and families.

These finalists were invited to submit their own reflections on teaching and learning practices for review by the judging panel. Many have since commented to the Australian Family team that this reflection was a valuable process, enabling them to realise just how much they have achieved in their careers, often with few resources.

Next, the panel of five expert judges (experienced in early years centres or family day care, out of school hours, employment services and in academia) evaluate and judge the written submissions and select the state winners. The announcements generate mixed feelings for the Australian Family team as we experience the fun of calling the state winners and hear their screams of excitement. Those who have missed out on this occasion, are disappointed but graciously offer their congratulations to the winners. They truly model the values that they espouse to the young children in their care.
Fast forward to Sydney and it’s all systems go as the state winners arrive at the Shangri-La Hotel in the Rocks; then nervously present to the judges. How to sum up a body of experience in teaching, in just 20 minutes? For the judges, it is time for a free and frank exchange of robust opinion and the almost impossible task of defining who will be the exemplary national level Educator, Director or Service. Our young Rising Star having been already selected can at least sit back and enjoy the ride!

In 2013, South Australia was the state to beat, taking out three of the four national titles. And they are:

**Educational Experience Rising Star** – Jessica Bleaney, Oasis Community Children Centre, Salisbury, SA

Jess impressed by her interest in how children communicate – triggered first by the individual needs of one child, and then extending that to conduct small language groups in the centre. Her initiative addresses an emerging issue expressed by many primary school teachers; that there is an increasing number of children commencing school with poor oral communication skills.

**Macleans Early Childhood Educator of the Year** – Karen Anderson, Balmarring Preschool, Balmarring, VIC

Karen has been teaching for many years and has become energised by the bush kinder movement – she now uses her local beach at least once a week as an outdoor learning space to allow children to explore and take managed risks. Although, she did not anticipate the children interpreting “wet weather gear” to mean they could also get wet running into the waves on the beach! Adding to Karen’s delight on the night, she was accompanied by her son who turned 18 on the day of the Gala Dinner.

**ASG Early Childhood Director of the Year** - Ngaire Watkins, Fairview Park Kindergarten, Fairview Park SA

Ngaire is typical of so many working in education with young children; she has worked for 30 years without accolade. Her over-riding philosophy is that every child has the right to a quality preschool education. This has led to Ngaire building a reputation for the kindergarten as turning no child away, no matter what their learning difficulties or delays.

**Catholic Super Early Childhood Service of the Year** – il nido Children’s Centre, Paradise, SA

The name of the centre means “the nest” – and the team represented by Rebecca Heath and Holly Di Padova have been outstanding in building a nest for children that goes beyond programming for learning, building extensive connections with the local community to realise an integrated offering of education, health and community services for their families.

The Australian Family Early Education and Care Awards are made possible by two factors - the generosity of our sponsors and the support of the peak Children’s Services Associations.
**Principal partner**

**Educational Experience**

This company, under the leadership of Angela Gibson and her team, understand that while it’s easy to sell products, providing support to build authentic learning experiences requires a little more effort and initiative. They have done this by spending time and energy building a well-researched and resourced website offering a vast range of ideas to create authentic learning. Each state winner received a $500 gift voucher and a further $500 voucher was presented to each national winner.

**Platinum sponsor**

**Catholic Super**

As a low-fees industry fund, Catholic Super regularly makes the top 10 list of performing superannuation funds and is open to all who work in children’s services. It is strictly non-denominational in its operations, has an ethical investment charter and is experienced at providing financial and retirement advice to those who work in education and other human service sectors. The National Early Childhood Service of the Year received a $4000 professional development grant.

**Gold sponsors**

**Australian Scholarships Group**

ASG has been involved with the awards for five years, and takes great pride in their sponsorship role. With a proud heritage of almost 40 years, more than 500,000 children have been enrolled into the education program and more than $1.6 billion in education benefits have been returned to member families and their children. ASG also delivers a range of resources for educators within the early learning sector and presented a $4000 professional development grant to the National Early Childhood Director of the Year.
Macleans

Macleans is an iconic Australian brand with a proud 60-year Aussie heritage and is committed to helping Australians achieve superior oral health care. This commitment extends to educating young children about oral health care and Macleans is excited to be working with Australian Family to help achieve this through many early childhood services around Australia. Macleans presented a $4000 professional development grant to the National Early Childhood Educator of the Year.

Nestle NAN Toddler

Nestle NAN Toddler Milks help support toddlers’ digestive and immune systems and benefit from over 140 years of infant nutrition research and development. New sponsors this year Nestle NAN were delighted to supply each state winner with an iPad mini to assist with their educational programming.

Prize partners

One World for Children – provided up to $4,000 in training and professional development for each national winner.

Macarthur – provided a $5,000 Community Child Care training grant (including membership and subscription) to the National Rising Star.

BlueStar Print – print partner.

A Juggling Act

Dr Sarah Ohi, lecturer at Deakin University in Early Years Education and one of the judges of the Australian Family Early Education and Care Awards, has recently conducted research into the daily teaching life of Early Years Educators and shares her findings.

Being an Early Childhood Educator can be both a rewarding and challenging role.

Dr Sarah Ohi

For many years Early Childhood Education was often viewed by the Australian general public as a ‘babysitting’ service, rather than an ‘education profession’ and generally perceived as second class in comparison to kindergarten, preschool and primary school.

As governments worldwide have made the Early Childhood sector an educational priority, the result in this country has been the introduction of new policies and other government initiatives, increases in funding, the setting of minimum qualification standards and subsequently new course providers – all with the two-fold aim to improve the quality of early childhood education and to recognize and build its professional esteem. As a result, over the past 5 years, Australian early years educators have experienced rapid changes to their teaching roles and practices.

An important piece of the puzzle is for governments and the broader community to understand the role of the Early Childhood Educator and importantly, how that contributes to the quality of children’s education. Many early years educators already do a great deal of work behind the scenes thinking about, planning and creating engaging learning experiences.

Early Childhood is now a priority education area and much thought and research is now focused on finding out ‘what does quality education look like for this age group?’

■ What are the child’s needs?
■ What kind of Early Childhood Educator/ teaching professional do they require?
■ What sorts of programs are important to support children’s overall development?

Since the introduction of its first wave of government initiatives in 2007, a number of significant changes have taken place in Australia in an effort to improve the quality of early childhood education:

■ providing access to Kindergarten programs for all four-year-old children
■ increasing program hours to 15 hours per week
■ the requirement entre programs be planned by a four-year degree qualified teacher by 2014
■ the introduction of Australia’s first national Early Childhood Policy documents (Commonwealth of Australia 2009) and Victoria’s first policy documents for children aged 0-8 years.

As not only an educator, but also as a parent, I felt it was timely to investigate and document the ‘reality’ of being an Early Childhood teacher within this changing context. The case study involved observing and interviewing five degree-qualified teachers from various early childhood settings to explore and elaborate on their experiences and perspectives (a government-funded kindergarten, a privately owned church kindergarten, an Early Learning Centre within a private school context, a long day care centre and a community based/council owned kindergarten).
Anecdotally it might seem obvious, but one of the important qualitative findings from this study was that the Early Childhood Educator’s job is ‘multi-faceted’. Their daily practices mean that they must perform a complex array of roles, requiring a contribution of far more than just their teaching skills and knowledge.

On the whole, these professionals viewed themselves as teachers who had to perform a number of important roles for the children and parents in their community. They felt expected to interchangeably wear the hats of an educator, leader, advocate, communicator, counsellor and administrator, whilst engaging in their everyday and primary task of actually interacting with the children!

The skill that was mentioned many times was that of ‘juggling’ a complex mix of demands:

*It’s a very challenging, diverse role and it covers everything, really, doesn’t it?*  
(Julie, 30 yrs of teaching).

Not surprisingly, the Early Childhood Educators in this study reported feeling very busy as a result of playing all of these roles. At the same time however, all of the Educators said that working with the children and witnessing them learn and develop over time is the most rewarding aspect of their profession. Their first priority is an ongoing commitment to working with young children and doing their best to support them in their learning and growth.

So while their jobs are highly challenging, the Educators rise to the demands of their day and willingly take on juggling these multiple roles, because they find that each role is essential in providing a better education for the children in their centre.

Too often we hear only the “bad” stories about poor level of education and care in children’s services. Research such as this shared with the broader community, can raise public awareness about how teachers strive, maintain and provide quality early Childhood Services. Just as importantly, it allows parents to realise and acknowledge the work that is devoted lovingly and caringly to the best interests of their child.

### The Teacher’s Role

<table>
<thead>
<tr>
<th>What the role involves.</th>
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<tr>
<td>Teachers as Educators</td>
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<tr>
<td>Educators are actively involved in educating children and sharing information with parents and staff about children’s learning and development.</td>
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<tr>
<td>Teachers as Pastoral Care Providers</td>
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<tr>
<td>Some parents find the Educators very supportive and confide in them about their problems. The Educator endeavours to direct them to community support services that can provide them with assistance with these other aspects of their lives.</td>
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<tr>
<td>Teachers as Communicators</td>
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<tr>
<td>Educators need to communicate well with children, the parents, committees, the Director, other Staff members, other Educators, the Council and the community.</td>
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<tr>
<td>Teachers as Leaders</td>
</tr>
<tr>
<td>Educators are educational leaders responsible for the planning, programming and teaching. They are also leaders of the Early Childhood setting who conducted meetings, address parents, staff, council, committees, networks and schools.</td>
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<tr>
<td>Teachers as Administrators</td>
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<tr>
<td>Educators are administrators who organize enrolment procedures and paperwork, educational program planning, observing, recording and evaluating children’s learning ensuring legal requirements are adhered to, organizing evacuations, excursions, special visitors, special events, paperwork involved in supporting children with additional needs, reports to write and funding applications, organizing transition programs with schools and writing transition reports and more!</td>
</tr>
<tr>
<td>Teachers as Advocates</td>
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<tr>
<td>Educators viewed themselves as advocates for the children that they worked with, giving them a voice, providing a safe and nurturing learning environment.</td>
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**Related References**


Being a parent can be a tough job. Add a child’s illness and food restrictions and life becomes a lot more complex. The Children’s Hospital at Westmead constantly meet parents facing these daily challenges, which inspired the writing of YUM! Top tips for feeding babies and kids with allergies.

The easy, achievable recipes are free from cow’s milk/dairy, egg, soy, wheat, peanut and tree nuts. They can be used for a child who has multiple food allergies or perhaps only one or two.

Party time
Most children love a party and they anticipate eating different foods including lots of special treats. You might be overwhelmed by the prospect of having to provide suitable food for children with food allergies but it is not too difficult with some good planning.

If the host’s child is the person with the food exclusions, it is easier to make all the party food appropriate for that child – guests won’t notice the difference.

When your child with food allergies is the party guest, there are things parents and caregivers can do to make it simpler for both host and the child.

Call the host to see what foods they are planning to serve at the party and offer to bring something for all the children to share.

Put a little flag on the foods your child can eat and tell them to look for the flags – those foods are OK for them.

If time is short, take a freezer-supply of homemade cupcakes iced in a way that your child sees as special, and place alongside the birthday cake. A packet of chips is a handy standby.

Some parents find it easiest to give their child lots to eat before the party, so they do not want to eat very much. In reality it doesn’t need to be too difficult. Even some everyday foods can be made more special by the way they are served.
1. Preheat oven to 180°C. Grease and line an 18 cm cake tin. (Note that this cake can be cooked in a variety of shapes and sizes of cake tins, depending on requirements. Adjust cooking time as necessary.)

2. Combine all of the ingredients in a large bowl.

3. Mix together for 3 minutes using electric beaters.

4. Pour into the cake tin and cook for 30 minutes or until the top springs back when touched with a finger.

Cupcakes: Divide batter into paper cupcake-or muffin cases and cook for about 12 minutes. Makes 12-15.

Upside-down cake: Drain the juice from canned pears or other fruit and place in a pie dish. Sprinkle with 2 tablespoons / 40 g brown sugar. Pour plain cake batter over fruit. Bake for about 25 minutes or until the top springs back when touched with a finger. Turn upside-down onto a plate to serve.

Plain cake

Prep time: 10 minutes

Cooking time: 30 minutes

Suitable to freeze.

1 1/2 cups/225 gm gluten-free self-raising flour
2 teaspoons/10 gm baking powder
2 tablespoons/40 ml vegetable oil
1/2 cup/75 gm caster sugar
125 gm dairy-free margarine
1/2 cup/150 ml rice drink

The birthday cake

For many children the cake is the birthday. Expectations of parents’ creativity can run terrifyingly high! The secret is to get some good ideas to start with from birthday cake decoration books, often found in newsagents or online. Search ‘birthday cakes for kids’ online and you will discover some great, simple and achievable ideas.

Make sure you are out of sight of the children when you are decorating the cake! Too many sticky fingers and ‘helpers’ can make the task more difficult than it needs to be.

Start with the plain cake recipe. Bake it in the shape you want and cool the cake completely before decorating.

Decorating the cake

- Small toys, e.g. cars, dolls, trains, animals, houses, farm equipment, favourite figures from the toy box [give them a good wash first].
**Rhubarb or fruit slice:** Pour plain cake batter into a sponge roll tin lined with baking paper. Place berries, rhubarb, apple or other raw fruit (cut into 3 cm sticks) and press lightly into cake batter. Sprinkle with 2 tablespoons / 40 g caster sugar mixed with 1/2 teaspoon cinnamon. Bake 20–25 minutes or until the top springs back when touched with a finger.

4. When the cake is cool, cut it into 8 cm squares.
5. Gently dip the cake squares into the chocolate icing to coat, then roll in coconut.
6. Leave to set for about an hour.

**Lamingtons**

Yes, even a lamington recipe! There is no need for any Aussie child to miss out on such an iconic cake.

**Prep time:** 15 minutes for baking
**Makes roughly 8–10 lamingtons, depending on size.**

**Best eaten fresh, but can be stored in an airtight container for up to 2 days.**

1 quantity of plain cake batter
2 tablespoons/30 gm cocoa
2 cups/320gm gluten-free icing sugar/confectioner’s sugar
2 tablespoons/40 gm dairy-free margarine
1/3 cup/80 ml boiling water
Desiccated coconut, for rolling

1. Bake plain cake batter in a greased 25 x 20 cm slice tin at 180°C for 25 minutes, or until a skewer inserted into the centre of the cake comes out clean.
2. Remove from oven and leave to cool for 5–10 minutes, then turn out onto a wire rack until completely cool.
3. Prepare the icing: in a medium bowl, mix cocoa with icing sugar, then add the margarine and boiling water and stir well.
4. Cover and simmer for 10 minutes.
5. Remove cover and simmer for a further 10 minutes, stirring occasionally.
6. Remove bay leaf before serving.

**YUM! Top tips for feeding babies and kids with allergies,** by Barbara Dennison, Fiona Wedding and Dr Preeti Joshi

Put together by allergy experts from The Children’s Hospital at Westmead, this is a definitive, evidence-based book and is unique in that every recipe excludes all major allergens – milk, egg, peanut and tree nuts, soy and wheat. YUM! includes 100 easy-to-follow recipes with everyday ingredients that can be enjoyed by the whole family – with optional last minute add-ins so that other family members who are non-allergic may still consume eggs and nuts.

Hachette Australia, $29.99
THE ENIGMA OF ECZEMA

Eczema affects one in three Australians and often starts in early childhood. Coping with itchy, painful and inflamed skin on a daily basis is unpleasant for anybody, but when the sufferer is a child, the flare ups, infections and night time itching can often become the whole family’s problem.

With an array of prescription, over-the-counter and alternative medicines available, plus commonly held fears about steroid creams, it’s hard to know where to start. Recognising that eczema is a chronic condition is the first step – if you or your child has eczema you will need a plan for its ongoing management. That means identifying the goals of treating eczema and which products to use, and when.

Dr Philippa Binns, Clinical Adviser at NPS MedicineWise, notes that it’s important to achieve a balance between the different aspects of eczema management.

“Keeping on top of eczema is about helping the skin to heal, minimising flare ups and preventing future flare ups – and a combination of different treatments is usually required.”

A two-step plan of attack

The aim of best practice treatment is recognising how to strike a balance between healing the skin, minimising flare ups and preventing future flare-ups.

Keep skin moist and avoid triggers – use these treatments every day whether eczema is present or not. While it adds a few extra minutes to the day, making this a daily routine should help in the long run to reduce itching and prevent flare ups.

Emollients (therapeutic moisturisers) are different from commercial brand cosmetic moisturisers (such as Nivea) in two ways. While cosmetic moisturisers simply add moisture to dry skin, emollients add moisture and also help to keep it there by smoothing rough skin and helping to fill the gaps in any inflamed and broken skin. Emollients also contain fewer ingredients than the cosmetic moisturisers, with only active ingredients and, in some cases, a preservative in the mix.

These therapeutic moisturisers form the basis of good eczema management. They soothe sore skin and ease the itch, as well as helping the skin to heal and protect itself from infection and further damage (e.g. cracking).

Refer to the NPS MedicineWise guide to emollients (therapeutic moisturisers). Your GP or pharmacist can advise you on the best choices based on the age of your child and the severity and location of their eczema.

Get to know your child’s flare up triggers – common triggers include...
Myths about corticosteroid creams

They make the skin thinner: Skin thinning from corticosteroid creams is very rare, and won’t happen if the creams are used at the correct doses for short durations. It is most likely with oral steroids used for a long time. Skin damage is far more likely from rubbing and scratching of eczema that is under treated.

They make the skin more hairy: Hair growth is very rare and is reversible if the cream is stopped. A slight increase in the fine body hair in treated areas can occur if corticosteroid creams are used for a long time.

They change the colour of your skin: Mild lightening of the skin is very rare and is reversible if the cream is stopped. In fact, permanent lightening or darkening of skin is much more likely to occur as the result of not using corticosteroid cream to manage eczema.

They can’t be used on broken skin: The information sheet supplied with a corticosteroid cream will usually say that it shouldn’t be used on broken skin. However, the skin is often broken if you have bad eczema, and topical steroids are one of the best ways of helping the skin to heal and return to normal. So, your doctor may advise you to use a cream on broken skin which is safe when used according to the doctor’s instructions.

They will cause dependence: Corticosteroid creams are not absorbed through the skin in sufficient amounts to cause dependence. In fact, what little of the active ingredient in corticosteroid creams reaches the bloodstream becomes inactive almost as soon as it reaches the bloodstream.

What is eczema?
Eczema (also called atopic dermatitis) is a non-contagious inflammatory condition that causes the skin to become red, dry, itchy and scaly. In severe cases, the skin can become broken and may weep, bleed, crust over or become infected.

Who gets eczema?
People with a family history of eczema, asthma or hay fever are more likely to be affected. If both your parents have one of these conditions, you have an 80% chance of getting eczema at some point during your life. Eczema most commonly occurs in babies and young children.

Where does eczema occur?
It can occur in people at any age and anywhere on the skin. In babies and young children, it commonly affects the face, elbows or knees. In older children and adults it appears more commonly affects the hands, neck, inner elbows, backs of the knees and ankles.
Skin treatments

**Lotions**

*Active ingredients* dimethicone and glycerol (Silic 15), liquid paraffin and glycerol (Hamilton Skin Therapy Lotion)

Light and cooling, contain more water, thinner than a cream or ointment, easy to spread, contains preservatives.

**Best for** – use in areas with hair, absorbs quickly

**Not for** – very dry skin, rapid absorption means insufficient moisture; broken skin or young children as stinging can occur

**Creams**

*Active ingredients* dimethicone (Dimethicream), cetomacrogol aqueous cream (Hydraderm)

Light and cooling, easy to spread, contains preservatives

**Best for** – soothing sore and/or broken and weepy skin, frequent and liberal use

**Not for** – people very sensitive to preservatives

**Ointments**

*Active ingredients* liquid paraffin and soft white paraffin (Dermeze)

Very thick and greasy; cosmetically unacceptable to some people; no preservatives

**Best for** – very dry skin, thickened skin, use under wet wraps, overnight use, people who are sensitive to preservatives

**Not for** – weeping eczema or broken skin; with no preservatives, ointments can easily transfer bacteria causing infection

**Bath oils**

*Active ingredients* and brand names – light liquid paraffin (QV), liquid paraffin and lanolin (Alpha-Keri)

Added to bath water or to skin in shower

**Best for** – widespread eczema; soothing extreme itching

**Not for** – people at risk of falls; bath oils make floors and surfaces very slippery

**Soap substitutes**

*Active ingredients* and brand names – Cetaphil Gentle Skin Cleanser, Ego QV Wash

Use instead of soap; don’t foam; can be applied to the skin before or during showering/bathing

**Best for** – very dry skin; every day use; people who are sensitive to soaps

**Not for** – broken skin or young children as stinging can occur; people who are sensitive to sodium lauryl sulphate (SLS)**

*Most medicines have two names: the active ingredient and the brand name. The active ingredient identifies the chemical in the medicine that makes it work. The brand name (shown in brackets above) is the name given to the medicine by its manufacturer.**

**There is growing evidence that sodium lauryl sulphate (SLS), an ingredient in aqueous cream (and also a common ingredient in some emollients, and in soap substitutes), can cause local skin reactions, such as stinging, burning, itching, and redness, particularly in children with atopic eczema. If you suspect your child is having a reaction to a product containing SLS talk to your doctor or pharmacist about alternative products.**

**Sedating antihistamines** such as promethazine hydrochloride [e.g. Phenergan] or trimeprazine [e.g. Vallergan], can be used to reduce the itch of eczema and can be to help bring on sleep in an older child whose sleep pattern has been interrupted over several nights by the itching of eczema. However, the use of sedating antihistamines should be avoided in children under the age of two years because there is a possible link between these particular antihistamines and sudden infant death syndrome (SIDS).

In the most severe cases of eczema, and where all other treatments have been unsuccessful, a doctor may prescribe oral corticosteroids [tablets] or immunosuppressants [e.g. cyclosporin or Neoral]. Phototherapy [exposing the affected skin to certain types of UV light] might also be given as a treatment under the direction of a dermatologist.

Other useful treatments

**Wet dressings** are a favourite of many parents. They successfully cool inflamed skin and soothe the itch of an eczema flare up, helping your child get a good night’s sleep. They have been shown to help minimise the need for corticosteroid cream and to reduce long term damage to the skin. Start using wet dressings within two days of a flare up.

**Cool compresses** are used for the immediate relief of itch; in particular, areas which are unsuitable for wet dressings [e.g. the face and neck].

**Bleach baths** are sometimes recommended for children with infected eczema. Adding 1/4 to 1/2 a cup of ordinary bleach [e.g. White King] to a lukewarm bath twice a week will help combat any bacteria living on the surface of the skin. Ask your doctor or child health professional if this is appropriate for your child.
The Royal Children’s Hospital Melbourne website has clear information on how to safely apply wet dressings and cool compresses, and how to make a bleach bath.

www.rch.org.au/derm/eczema/Knowing_Your_Childs_Eczema/

Alternate treatments for eczema – do they work?

There are a wide variety of products, diets, lotions and potions, herbal medicines and traditional therapies on the market that claim to effectively treat or even to ‘cure’ eczema. Unfortunately, there is no known cure for eczema so be wary of anyone who claims to be selling one.

Dr Binns advises caution when considering the use of alternative treatments for eczema in your child or in yourself.

“Although there is a little evidence suggesting that some alternative eczema treatments can be helpful for some people,” she says, “it is important to remember that ‘natural’ or ‘herbal’ medicines can have side effects just like any other medicine. They can also interact with the medicines prescribed by your doctor, making them less effective.”

Seek professional medical advice before using any medication – whether it’s an over-the-counter, prescription, natural, herbal or traditional medicine – to determine its potential usefulness, side-effects and any risks it might pose to your child or yourself.

How to to apply a wet dressing:

▼ Add a capful of bath oil to a bowl of tepid (slightly warm, not cold) water.
▼ Apply cortisone or other creams as prescribed and if due to be applied.
▼ Apply moisturiser to the face and body.
▼ Wet the disposable towels in the water.
▼ Apply the wet towels to the affected areas, covering them thoroughly.
▼ Gently wrap the crepe bandages around the wet towels. The bandages should be firm but not tight and shouldn’t make direct contact with the skin.

Repeat as often as required.

DON'T
▼ Leave the dressings on after they have dried because they may irritate the skin.
▼ Apply a wet dressing to eczema that has become infected.
▼ Apply a wet dressing to the head, neck or torso. If these areas are highly inflamed, apply a cold compress made with water and bath oil to the area for 5-10 minutes at a time.

Dermalex Repair - Cortisone Free Cream
Specifically formulated to help relieve eczema symptoms like itching and forms a protective barrier to help avoid new flare ups
Gentle and suitable for daily use
Developed by healthcare professionals

Does not contain steroids, artificial colouring, perfumes or parabens

Dermalex Daily - Natural Moisturising Lotion
A hypoallergenic moisturiser combining Manuka Honey & Colloidal Oatmeal, ideal for daily use but particularly suited for sensitive skin prone to allergic reactions like Eczema & Psoriasis

Also includes: Shea butter, chamomile extract, cucumber oil, aloe vera, almond oil & goats milk

www.dermalex.com.au

1. Data on file. Dermalex is a registered trademark. Always read the label and use only as directed.
Top tips to keeping your Medicine Costs Down

Medicine costs can really eat into your budget, especially if you have a large family or you use a lot of medicines. Being smart about buying medicines can make a big difference to your costs.

▼ Choose less expensive brands

Many medicines are available as several different brands, and some cost less than others. Ask if there is a less expensive brand of your medicine.

Cheaper brands that contain the same active ingredient (the chemical in the medicine that makes it work) will have the same effect in the body. Some people though, with certain conditions, may be better off sticking with their original medicine brand. For them, changing brands can have risks, especially if they have an allergy or intolerance to another ingredient (excipient). Check with your doctor or pharmacist before switching.

If you choose a different brand, check you’re not taking the same active ingredient in other medicines, so you don’t accidently double up. Keeping a NPS Medicines List for each family member that shows the active ingredient and brand name of the medicines can help you avoid these medicine mistakes. Print your copy from nps.org.au or download the iPhone app from the app store.

▼ Don’t miss the PBS Safety Net

The Safety Net thresholds apply to family units and are the same regardless of whether the unit consists of one person, a couple, or a family with dependent children. An eligible family can be made up of you, your spouse (including de facto spouse), dependent children under 16 years and dependent students under 25 years.

If you or your family use a lot of medicines, these savings could be substantial. Concession card holders are eligible for free medicines and general rate payers will only pay the concessional co-payment of $5.90 for PBS prescriptions.

If you or your family spend more than $1,390.60 this year on PBS prescription medicines, you may be eligible to get a PBS safety net card, which means paying less for PBS medicines for the rest of the calendar year.

If you have a concession card, the safety net threshold is $354. Talk to your pharmacist about what the threshold for your family would be in your case.
For example, if you regularly use paracetamol (Panadol, Panamax, Tylenol, Dymadon etc) for chronic arthritis pain, you may save money by buying the paracetamol on prescription. Buying medicines on prescription also allows you to count the cost of the medicine towards your Safety Net tally, so you will reach the Safety Net threshold sooner. Talk to your doctor to see whether this would work for you.

▼ Make lifestyle changes to improve health

The ultimate way to spend less on medicines is to cut down the number of medicines you need. Regular exercise, a healthy weight, not smoking and reducing the amount of alcohol you drink (if it's excessive) may reduce the need for medicines to lower blood pressure or cholesterol levels, and you’re less likely to develop diseases such as diabetes and heart disease – both of which often mean taking lots of medicines.

Role modelling healthy habits for your children now will mean they are likely to need fewer medicines as adults too.

▼ Avoid

Not all ways of saving money on medicines are wise or recommended – some can be dangerous and not worth the saving.

Don’t share medicines. Your medicine may be dangerous to someone else and visa versa – they could mix badly with other medicines, or make their illness worse.

Don’t split tablets without the ‘ok’ from your doctor or pharmacist. Some tablets should only be taken whole and others are difficult to split accurately.

Don’t take a lower dose of a medicine, or take it less often, than prescribed. The medicine may not work as well, or at all.

Don’t buy medicines online from overseas-based websites. Some medicines bought online are fake and some even contain the wrong active ingredient – which could be dangerous. Never buy from sites that sell medicines without a prescription, or issue a prescription following an online consultation. Be particularly wary if you are buying a medicine you haven’t taken before – buy your medicine at a pharmacy and talk to a pharmacist about your particular situation and other medicines you take.
60% of parents NOT connected

Are you one of the 60 percent of Australians who are discontented with the amount of time spent with their families – never mind quality time, any time at all would be good! And while work is the main culprit, the speed and variety of modern family life bears some blame, with too many families feeling disconnected from each other.

In our survey of Australian Family readers, families said that despite the increasing number of screens in their homes (TV, computers, tablets, laptops and music mp3), families still prefer traditional ways of interacting with each other. Reading to each other topped the ways families spend time together followed by talking, playing indoor games, craft activities and cooking. Playing outdoors and sport, as well as watching TV followed with playing on the computer or electronic games were a much less popular way to spend family time.

The sticking point for many families is in just what to talk about when they are together that opens up conversation and doesn’t end up as an ‘interrogation’. We’ve all had the experience of a child shrugging off questions about school and feeling frustrated.

Now families can spend more time talking effectively together, by using Wise Talk for Families – a new, unique and interactive story-based game for Australian families.

Wise Talk for Families encourages parents and children to connect on a more frequent basis and in a more profound way.

An extremely effective communication tool, Wise Talk for Families comes with 26 alphabet tokens and a guide-book of engaging questions. Based on the fundamentals of ASK, GIVE and SHARE, Wise Talk for Families inspires families to improvise and adapt the material from the booklet to their own family. It takes the pressure off everyone by allowing the child to choose the topic of conversation, directed by the tokens. The topic chosen gives everyone a starting point for conversation, and motivates family members to talk with each other with five to ten minutes of undivided attention.

Wise Talk for Families brings the family together to enjoy each other’s company and share stories.
Imagine... a moment for you and your child to share
You’re heard... your child feels heard
You’re valued... your child feels her value
You matter... your child feels he matters
You’re loved... your child has love
and is inspired to share it

For more information and to order visit www.wiseinside.com.au
**kidstuff**

**ANZAC BISCUITS** by Phil Cummings and Owen Swan
Scholastic Press $24.99

When talking with young children about war, a parent's natural inclination is to gloss over graphic details of death and dying. The best picture books on war are able to tell the story from the periphery in a gentle way, while not ignoring the reality of families separated by conflict. The narrative tells the story of Rachel, making Anzac biscuits with love for her father, far away in the cold trenches of WW1.

**THE PROMISE: THE TOWN THAT NEVER FORGETS** by Derek Guille, illustrated by Kaff-eine and translated by Anne-Sophie Biguet
One Day Hill $24.99

The sub-title of the book “N’oublions jamais l’Australie” gives a hint of the story behind the cover – and that is of the village of Villers-Bretonneux. Here children go to school on Victoria Street, near the intersection of Melbourne Street, in a school that was a gift from the long ago children of Victoria to the children of Villers-Bretonneux. This is the town that was regained from the German Army Occupation by the actions of the Australian Army in World War 1 on Anzac day 1918. Ever since it is the town that has vowed “Do not Forget Australia”.

**THE TREASURE BOX** by Margaret Wild and Freya Blackwood
Penguin Viking $24.95

If you had to leave your home what would you bring? In this story of war and displacement from home lands, Peter and his father bring the printed word in the form of a book with them because it is important to preserve the story of their people – and to protect the freedom to choose what to read. Beautifully illustrated in cut-out collage style, it deals sensitively (but not sentimentally) with the impact of war and of being a refugee.

**MEET MARY MACKILLOP** by Sally Murphy, illustrated by Sonia Martinez
Random House $19.95

The story of the early teaching years of Australia’s first saint, Mary MacKillop. She devoted her life to the education of the poorest Australian children, commencing in Penola, South Australia in 1866, which was the first of many schools in Australia run by the Josephite order of nuns.

**SEADOG** by Claire Saxby, illustrated by Tom Jellett
Random House $19.95

For all the dogs who bound along beaches, stalking and chasing seagulls that they can never catch...or finding smelly fish to roll in, or waves to jump and chase.

If you love dogs, you’ll love this picture story book.

**LOVE IS IN THE AIR** by Harry Vanda and George Young, illustrated by Shane Devries
Scholastic Australia $26.99 (bonus CD with John Paul Young)

Love the song, love the lyrics and they are stunningly illustrated in bright vivid colours with animal friends “in the whisper of the trees...and the thunder of the sea”!

**DAISY AND THE PUPPY** by Lisa Shanahan and Sara Acton
Scholastic $24.99

What to do when you’re desperate for a puppy? Well in Daisy’s case, it’s play pretend puppy, befriend the neighbourhood mutts and visit the pet store every Saturday, until one day she lays eyes on an irresistible black scruffy dog named Ollie. For all those families dealing with the request to get a dog!

**KING PIG** by Nick Bland
Scholastic Press $24.99

Nick Bland’s stories always have a subtle message underlying his humorous take on life. In this case, King Pig can’t understand why all his sheep people don’t like him – until finally the penny drops that to be a good friend, first you must think about what others feel and want!

**PRIMROSE** by Alex T Smith
Scholastic UK, $15.99

Primrose is a princess who wants to be a normal little girl and have fun – climbing trees, playing dress-ups and baking cakes in the Royal Kitchen. While everyone agrees that her very proper Grandmama will teach her decorum (and the images bear a passing resemblance to Maggie Smith in Downton Abbey) – Grandmama has other ideas!
YOO-HOO LADY BIRD, by Mem Fox, illustrated by Laura Ljungkvist
Penguin Viking $19.99
A very interesting book visually and a departure from the more usual styles in books authored by Mem Fox. It’s a challenge for adult powers of observation to find the Lady Bird on each page – and fun for children! The matt finish on the page, and collage-style graphics add to the visual pleasure. The text remains true to Mem Fox’s classically simple and pure rhyming style.

CLEMENTINE ROSE AND THE PERFECT PRESENT by Jacqueline Harvey
Random House $12.95
The latest in the series by the author of the Alice-Miranda series, these books are about little girls and all the things that make them tick – friends, teachers, their families and birthday parties.

TOM GATES IS ABSOLUTELY FANTASTIC (AT SOME THINGS) by L. Pichon
Scholastic UK $15.99
The diary style of this book is perfect for reluctant readers struggling with text-heavy pages! It combines observations, doodles and lots of pictures in graphic sketch style – as well as a funny internal commentary on daily life as perceived by Tom.

JULIET NEARLY A VET SERIES: BUSH BABY RESCUE/ FARM FRIENDS by Rebecca Johnson
Puffin $9.99
For young children who love animals, horses, cows and native animals such as koalas and wombats, and would love to work with them when they grow up. Juliet is nearly a vet because her mum is a vet and Juliet is lucky enough to watch and help out.

GERONIMO STILTON RUMBLE IN THE JUNGLE
Scholastic Inc $12.99
Latest in the popular series – these books are perfect in-between reads for newly independent readers, with an eye catching combination of colour cartoons, boldly coloured and highlighted text as well as maps, fake web pages and information diagrams! In his next adventure, Geronimo Stilton, Editor of The Rodent is off to the Amazon jungle on the trail of a rare stolen treasure.

ANNABEL KARMEL QUICK AND EASY TODDLER RECIPES
Random House Australia $24.95
Working mother of three children, in the UK Annabel Karmel is to children’s food what Jamie Oliver is to the rest of us – keen to show how quick and easy it is to prepare nutritious and tasty family food. She is not afraid to introduce children to the tastes and textures of Asia and other cultures. Recipes include Nasi Goreng, Chinese Chicken and Rice, and Sweet and Sour Pork; as well as new twists on old favourites – Tuna Pasta Bake and Macaroni Cheese with Broccoli and Sunblush Tomatoes. Nom, nom, nom!

THE MAKING OF MEN: RAISING BOYS TO BE HAPPY HEALTHY AND SUCCESSFUL by Dr Arne Rubinstein
Dr Arne Rubinstein has worked for many years with young people and has answered the question of many parents – what happened to my happy outgoing little boy when he turned 13? According to Rubinstein, teenage boys can be naturally fun, passionate, kind creative communicative and caring – and here he explains an important guiding principle – that to parent a teenage boy effectively and well, we need to start when they are young boys.
Win a 2013 Port Adelaide Football Club team signed guernsey!

Simply sign up NOW at weareportadelaide.com.au

Hi guys!

2013 is shaping up to be an exciting year... and you can be part of it by joining the Club as a Planet Teal Member!

All 2013 Port Adelaide Planet Teal Members will receive some cool benefits including tickets for every home game, a sling bag, a hand clapper, a drink bottle and much more!

Sign up before 1 September 2013 and you’ll go in to the draw to win a Port Adelaide guernsey signed by me and all the 2013 team.

Don’t miss out... our young Members are as passionate as anybody about our Club and we’re just as passionate about you!

Travis Boak

WE ARE PORT ADELAIDE
Show your true passion
Win great prizes for the whole family!
Enter at www.australianfamily.com.au

ABC For Kids Pack  
**5 to win**

This ABC For Kids DVD pack features the latest from The Wiggles! Fury Tales follows Anthony, Emma, Lachy and Simon who are “eggy-cited” to present 21 wiggly songs about their animal friends. ‘The Corroboree Frog’ will have you croaking with fun while the ‘Bunny Hop’ is a ‘hare-raising’ experience! And ‘Say the Dance, Do the Dance’ is the catchiest song you’ll ever hear!

This DVD pack also features other popular ABC for Kids titles.

**Prize:** The Wiggles – Furry Tales; Octonauts: The Great Penguin Race; Cloudbabies: Fly Away Home; Mike The Knight: A Dragon Tale; Thomas & Friends: Rescue on The Rails. Total value SRP $94.75

Bosisto’s Eucalyptus  
**5 to win**

A natural antiseptic, deodoriser, germ killer, degreasing agent and powerful cleaner, Eucalyptus truly is one of the most versatile of all essential oils. Did you know Bosisto’s Eucalyptus Spray is proven to kill 99.99% germs - all with the pure fresh power of Eucalyptus Oil? Use in place of harsh chemicals on door handles, children’s toys, keyboards, hand held mobile devices and other surfaces fingers frequently touch.

For more great handy hints and tips, visit www.fgb.com.au for a free Handy Hints pack!

For full prize pack description see online entry page. Total value $225

Nicolas Sparks Movie Pack for Mum  
**5 to win**

This romantic DVD pack features four beautiful movies based on the literary work of Nicholas Sparks. Newly released from Roadshow Entertainment Safe Haven is a romantic thriller which follows a mysterious young woman who arrives in a small North Carolina town, where her reluctance to join the tight knit community raises questions about her past. Slowly, she begins putting down roots, and gains the courage to start a relationship with Alex, a widowed store owner with two young children.

**Prize pack:** Titles include Safe Haven; The Lucky One; Dear John; The Notebook. Total value SRP $84.80

Urban Finish  
**1 to win**

Redecorating a child’s bedroom, or renovating a family room? Urban Finish has wall art for any space. Create an eye catching designer finish, with a wide range of textures, patterns and designs to suit any wall space in your home. Visit the image library on the gallery page to find a graphic to suit room decor, or use your own artwork or scanned photographs.

Prize - chose any product in the range (to a maximum value $300) for display in your home.

Fountain Sauce  
**10 to win**

New Fountain ‘No Added Sugar’ Smart Tomato and Barbecue sauces have been specifically developed to provide families with a unique better for you proposition that eliminates added sugars and offers a reduction in salt. Both products are also Gluten Free! Fountain ‘No Added Sugar’ Smart Tomato and Barbecue sauces are sweetened using Natvia, a 100% natural sweetener so the whole family can enjoy the great Fountain taste without the added sugar. They contain 25% less added salt* and are Gluten Free! Both products are available in 500 mL squeeze bottles.

NO ADDED SUGAR. GREAT FOUNTAIN TASTE. THAT’S SMART!

**Prize** - a year’s supply of Fountain ‘No Added Sugar’ Smart Tomato and Barbecue Sauce worth $46.24 each. ($2.89 x 16 500mL bottles)
Refresh Your Class with...

A mindfulness game to Refresh, Refocus and Recharge your students.

✔ WAKE UP
students
Move the body

✔ GEAR UP students
Prep minds for brainwork

✔ CALM DOWN
Relax mind and body

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www.recessitate.com.au
One World for Children is an industry based Registered Training Organisation (RTO) specialising in the delivery of competency based training programs to the children’s services industry.

We have developed a range of professional development training sessions for the childcare sector using a new and innovative approach, which will enable your service, regardless of your geographic location, access to quality professional in-serviceing that is appropriate to your needs.

To participate in this new and innovative approach to ongoing professional development, all you need is a computer with speakers, internet access and a microphone.

What we provide is a platform that uses the latest VoIP programming combined with an interactive electronic white board, chat areas, powerpoint presentations, video clips, slide shows, web tours and two-way voice making online learning visually stimulating, interactive and fun!

Our virtual classroom enables 20 participants to partake in relevant, current workshop sessions whilst actively engaging and interacting with a professional qualified trainer, and networking with each other.

The appeal of fact-to-face interaction is now captured in our virtual classroom, however the associated costs have been substantially lowered.

Each session is available on various days from 7.30pm AEST on an ongoing basis, putting you in the position to allow everyone of your staff the opportunity to participate in a session that addresses an identified need with your service or an area that you would like to enhance your knowledge and skills.

Highlights from our calendar...

Infants, Toddlers and the EYLF
Infants and toddlers deserve a world that is strongly influenced by the adults who surround them. The relationships that educators have with infants and toddlers will affect the quality of development, education and care. Explore how you can ensure that the vision and principles of the EYLF enhance your practices with infants and toddlers.

Designed for: All educators. All service types
Quality Area: 5
EYLF Outcome: 1, 2 & 3

Shared partnerships with families
Focusing on a collaborative, shared relationship with families is essential in attaining quality outcomes for children. How many educators are of the opinion that too many families are too busy or seem uninterested in their child’s day?

If we as professionals work collaboratively with families to meet their individual communication needs, together with some help from this session in discovering creative communication ideas, you can start implementing a shared relationship with families today!

Designed for: All educators. All service types
Quality Area: 4
EYLF Outcome: 1

Using intentional teaching to scaffold and extend each child’s learning
Intentional teaching is deliberate, purposeful and thoughtfull! It cannot be confused with a theme based programming approach. Intentionality utilizes professional knowledge and strategies that reflect contemporary theories and research concerning children’s play, leisure and learning.

Learn how to make use of spontaneous teachable moments which extend children’s learning!

Learn how to comment on children’s displays of learning dispositions, by providing encouragement and additional ideas and support to children!

Designed for: All educators. All service types
Quality area: 1
EYLF Outcome: 4

"I was impressed, very impressed. Also excited. I kept thinking who I would like to tell about it and how may I use it in my own centre. This is going to be an invaluable tool. It will make training, up skilling and interaction readily accessible to all. Congratulations One World for taking this step..." ~ Pauline Burgwin, Director, Wattletree Early Childhood Centre.

Our online “Active Supervision” workshop has proven to be very popular.
**Dermalex**

**Cortisone-free Eczema treatment**

Up to 20% of babies and children under the age of 5 have eczema. It is a genetic disposition which can also be triggered by factors such as allergens, asthma, sweat and irritants. Babies and children with eczema have frequent flare-ups and until now, parents relied on cortisone to treat these symptoms. Dermalex Repair is a new cortisone-free treatment for babies and children. Its patented formula relieves eczema symptoms by activating the skin’s own repair mechanism and forms a protective barrier to avoid new flare-ups.

Dermalex Repair is also available for adults. www.dermalex.com.au

**Continental Cup A Soup Sensations**

are a range of gourmet soups packaged in a single serve sachet, perfect for an easy, convenient and gourmet-tasting snack. With a range of seductive restaurant-inspired flavours, your taste buds will never want to leave!

Perfect as a snack when the 3.30pm hungries roll around at the office, Continental Cup A Soup Sensations are easy to prepare, tasty and filling.

Continental Cup A Soup Sensations were voted as Soups Product of the Year for 2013 and are currently available in 7 gourmet flavours:

- Vine-Ripened Tomato with Mascarpone & Basil
- Roast Chicken with Sour Cream & Spring Onions
- Creamy Mushroom with Bacon & Mascarpone
- Pumpkin with Sour Cream & Chives
- Thai Chicken with Coconut & Lemon Grass
- Sweet Potato with Bacon & Cream NEW!
- Cajun Chicken with Sour Cream & Red Capsicum NEW!

**Discover all that toddlers have to say!**

We often wonder what our toddlers are thinking when they smile, coo and googi-gaga at us! What’s more fun than being able to translate what your toddler is saying with the new TODDLER TALK application by Nestlé NAN® Toddler? Film your toddler with your iPhone or iPad and let the application automatically translate your toddler’s words. You can also create your own subtitles. Share your videos via email, Facebook and YouTube to make your toddler a talking star! Discover all the fun and humorous things your babbling toddler has to say with the TODDLER TALK application by Nestlé NAN® Toddler.

Download the Toddler Talk app from the App Store today!

**Gravy gets the Heart Tick**

Love gravy but worry about your salt intake?

Try the new Gravox Reduced Salt Traditional gravy range with the Heart Foundation Tick of approval. It contains 25% less salt than regular Gravox Traditional Gravy and is perfect with your weekend roasts or mid-week grilled lean steak and veggies. Try adding the gravy mix into casserole, stew or stir fry to achieve the perfect balance of flavours!

Available in a convenient multi-serve canister and ready-to-serve pouch.

**Urban Furnish – custom graphics for your home**

With the trend today to large outdoor rooms, as well as extensive interior wall space, Urban Furnish has the answer to creating stunning images to enhance internal décor or garden setting. Brighten up your outdoor entertaining area with a beautiful feature wall, create the illusion of more space in a courtyard home garden or an apartment balcony, with a magnificent vineyard scene or a Tuscan laneway.
**Six ways to sleep baby safely and reduce the risk of sudden and unexpected death in infancy:**

1. Sleep baby on the back from birth, not on the tummy or side.
2. Sleep baby with head and face uncovered.
3. Keep baby smoke free before and after birth.
4. Provide a safe sleeping environment night and day.
5. Sleep baby in their own safe sleeping place in the same room as an adult care-giver for the first six to twelve months.

**SiDS and Kids**

SiDS and Kids is an Australian community-based organisation dedicated to saving the lives of babies and children during pregnancy, birth, infancy and childhood and to supporting bereaved families

[www.sidsandkids.org](http://www.sidsandkids.org)

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**Bosisto’s 1 million trees**

Bosisto’s is embarking on an exciting project with the aim of planting one million trees in 2013! Bosisto’s new eucalyptus plantations will help support local farms and farmers while benefitting the environment – reducing salinity and lowering harmful CO2 emissions.

Plus, it means more premium quality Australian grown oil, at a price everyone can afford.

Bosisto’s specially-grown trees are nurtured on marginal farming land, providing a much needed boost to local economies. The eucalyptus harvesting process is one that is naturally renewable and sustainable, with many extra environmental benefits.

Each tree will become part of Australian history, helping revitalise an industry that’s as much a part of our culture as thongs and beach barbecues - keeping jobs and profits in Australia.

How can you help? Simply purchase any specially marked Bosisto’s 100% pure Oil or Solution and Bosisto’s will plant a tree for you!


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**Red Nose Day – June 28**


Each year more than 3,500 families still experience the unexpected death of a baby or child from a range of causes including fatal sleeping accidents, drowning, motor vehicle accidents, sudden onset illness, stillbirth and SiDS. This Red Nose Day SiDS and Kids would like to reiterate to new parents the **Sleep Safe, My Baby** guidelines to reduce the risk of sudden and unexpected infant death.

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Create beautiful designer finishes for your home, with a huge range of textures, patterns and designs to suit your individual taste for outdoors and indoors; customized so that your space is unlike any other.

Full colour decals can be printed ready to apply to your walls or screens, printed to flat, weatherproof panels which can be installed into your garden, alfresco or interior space, or supplied as timber or aluminium kit systems.

Family road trips are all about nostalgia.

They’re always initiated by parents (obviously duh!) longing to create in the minds of their children the same kind of fondness their rose-tinted memories hold for sticky vinyl bench seats, towelling hats, drippy ice creams, baking seat belt buckles that burn your legs, back seat fights, and long hot stretches of road, traversed with the window down and the wind in your hair.

“Create” is the important concept here. Because those memories were manufactured for us by our parents, who countered the awful reality of the road trip, by repeatedly telling us how much we loved getting out on the road in the hope that one day we might actually believe them. And we did. We forgot the endless ‘are we there yet’ ‘she’s elbowing me again’ ‘why do I have to sit in the middle’ whines and we replaced them with gorgeous snapshot-memories of grinning kids gathered around a welcome to ‘New South Wales’ sign.

Recently we took our first family road trip, to Sydney via Albury. I had reservations about how it might go – would it be lovely like I remembered, or would it be like I really remembered such trips? Actually it was like neither. Thanks to a heady mix of iPad, iPod and DSI intervention the kids didn’t really notice that we were travelling at all for much of the trip. Sure there were a few moans, but nothing worse that you’d expect from a trip to the local supermarket.

All of a sudden, or so it seemed to the screen addicted, we arrived in Albury which I expected them to dismiss, but which they loved. There was a pool outside the door of our modest motel cabin, which they thought was the height of luxury and then when we went into town there was some kind of evening market on with bands and stalls selling crappy toys. They were in heaven. Why do we have to leave they cried the next morning. Can’t we stay here for the whole trip they pleaded. So much did our youngest love Albury that when we finally made it to Sydney after a long hot trip, even lounging in the gorgeous saltwater pool on the rocks at North Curl Curl was a disappointment. After five minutes he pulled my wife aside saying ‘Mum can you and me go back to Albury?’ Albury! of all places. I imagined we’d all be lined up at the end of the Curl Curl pool gazing out across the Pacific wondering what would happen if we didn’t go home and just kept driving north and making plans to do just that next year. I did not expect that we’d be waxing lyrical about Albury for days afterwards.

Not even the kooky café we popped into in central NSW with the annoying door chime that said “Hello, have a nice day” in some drippy American accent every time it was opened could knock Albury off the front page of our trip.

Our time in Sydney passed relatively uneventfully. We tripped from the pool to our apartment and back, popping out to eat, did the compulsory ferry on the harbour trip and reminisced about Albury.

And so the time to go home arrived and we headed to the airport to a chorus of: ‘Do we really have to fly back while mum stays up here to work?’ ‘Can’t we stay too?’ ‘Can’t we drive back to Albury?’ ‘All the good stuff.’

My mood was improved by the news that there was a mix up with our flight which meant that we’d be delayed a couple of hours. This was complicated by further delays which meant that in the end it would have been quicker for us to drive back to Melbourne than fly. I prepared myself for a day in departure lounge hell. How wrong I was. The kids loved the airport. I’d forgotten that there’s almost nothing more exciting for a kid that running the wrong way on a travelator. Plus I was so keen to avoid any kind of melt down that I did all the things you’re not supposed to do: I let them spend all their remaining pocket money on lollies, we had Macca’s for lunch and we made sure that we sat near a socket so we could keep the screens charged.

I found that being stuck in the airport for seven hours was very much like being on the road in a car; a very big car, with lots of shops in it, screens that don’t run out of charge and the promise of a fun ride on an aeroplane at the end of the day to top it off. With the added bonus that I didn’t have to drive and could join in on the madness.

So now we’re back in Melbourne and we’ve started creating memories of Albury and our wonderful day spent at the airport in Sydney. We’re reminiscing about the pool and the great nightlife of that little border town and the wonderful entertainment and shopping options we discovered on our road trip through Kingsford Smith Airport. Not too much talk about the driving or the time in Sydney. Maybe we’ll get to that next year.
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