

Children see magic because they look for it. - Christopher Moore



AUGUST
2024

THE LINK COMMUNITY HUB

AROUND THE COUNTRY

WORLD BREASTFEEDING WEEK

DENTAL HEALTH WEEK

INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLE

NATIONAL SCIENCE WEEK

01 – 07 AUG

05 – 11 AUG

09 AUG

10 – 18 AUG





DENTAL HEALTH WEEK – 5-11 AUG

Dental Health Week is the Australian Dental Association's major annual oral health promotion campaign. Its aim is to educate Australians about the importance of maintaining good oral health in every aspect of their lives.

The 2024 campaign is centred around gum health. Without the correct gum care, bacteria and food particles can find their way in and around your teeth, which could lead to gum disease. So #Letstalkaboutgums [Learn more here](#)

INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLE

– **AUG 9** In order to raise awareness of the needs of Indigenous Peoples living in the world across 90 countries population groups, the International Day of the World's Indigenous Peoples is celebrated each year. Indigenous Peoples are inheritors and practitioners of unique cultures and ways of relating to people and the environment. We need indigenous communities for a better world. [Find out more here.](#)



GOOD INSIDE

www.goodinside.com

Good Inside focuses on the parent behind the parenting and the child behind the behaviour, helping families heal — bringing out the good inside everyone. Sturdy leadership, Parent-child connection, Deep thoughts, practical strategies, bite-sized learning and community are the foundations of Good Inside.

RECIPE TIN EATS

www.recipetineats.com

Nagi is RecipeTin. Recipe Tin Eats reflects her philosophy on food and cooking — fast, creative, clever and fresh. That's fast meals for busy weeknights. Creative new ideas and fresh takes on favourites to shortcut preparation, cut down on cost and create food with style.

Recipes are cost conscious, made using everyday ingredients and (mostly) pretty healthy. You won't use a tub of cream or blocks of cream cheese in every sauce, and you will only deep fry when it is really worth it. Enjoy a huge range of recipes suited for the whole family.

BACON FRENCH TOAST

PREP 10 min | COOK 15 min | SERVES 6



INGREDIENTS

5 cups of bread, cut into 2 cm cubes
3 rashers bacon-diced
Oil spray

Egg Mixture:

3 eggs
1 1/4 cups milk (low or full fat)
1 tsp sugar
2 pinches salt

METHOD:

Combine the Egg Mixture ingredients in a bowl and whisk until combined. Add bread cubes and mix well. *(If using fresh bread, set aside for 10 to 30 minutes in the fridge. If using stale bread, set aside for 20 minutes to overnight. If you're in a rush, use your hands to gently squeeze the cubes to help them absorb the egg mixture faster.)*

Preheat oven to 180C.

Spray a medium frypan with oil spray and heat on high heat. Add the bacon and cook until just starting to brown. Remove bacon from fry pan and drain on absorbent paper.

Spray 6 holes in a muffin tin. Mix the bread-egg mixture to evenly disperse the egg mixture that will have settled at the bottom of the bowl.

Divide 1/3 of the bread-egg mixture between the 6 muffin cups. Sprinkle with half the bacon, then press the mixture down with medium pressure using the back of a spoon.

Top with the remaining bread mixture. Each muffin should be slightly mounded even after lightly compressing them. The bread cubes on top will puff back up when you bake it.

Sprinkle with remaining bacon. Bake for 15 to 20 minutes until the top is golden brown. Let rest for 5 minutes before removing from the muffin tin.

Serve with maple syrup, if using.

Recipe and image by Recipe Tin Eats

HEALTH & SAFETY: Sleep

The benefits of simplifying your child's world are many. And it can make *your* life more fulfilling, too. Children flourish when they have the time and space to explore their world without the constraints of "too much."

The Problem with "Too Much"

"Too much" is overwhelming and stressful, whether it's too much stuff, too much information, too many activities, too many choices, or too much speed – always hurrying from one task to the next... with never a moment to relax or play.

Having and doing too much can overwhelm a kid and lead to unnecessary stress at home and in the classroom. It's not only stressful for kids. It can add to the already exhausting mental load for parents.

Simplifying a child's routine, surroundings, and reducing information- and activity-overload can help overstimulated kids become less argumentative and disruptive. When you simplify a child's world, you make space for positive growth, creativity, and relaxation.

"Many of today's behavioural issues come from children having too much stuff and living a life that is too fast," says Kim John Payne, author of *Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier and More Secure Kids*.

Payne says that many American kids are experiencing sensory overload with "too many trinkets, too many choices and too much information." By approaching parenting using simplicity as a framework, parents may be able to significantly reduce a child's daily stress, which can lead to happier, more successful children.

"Children need time to become themselves—through play and social interaction. If you overwhelm a child with stuff – with choices and pseudo choices – before they are ready, they will only know one emotional gesture: More!"

The easiest way to get started is with your home environment. "As you decrease the quantity of your child's toys and clutter, you increase their attention and their capacity for deep play. Too much stuff leads to too little time and too little depth in the way kids see and explore their worlds," says Payne.

Clear Away the Clutter When clearing out or rotating toys focus on keeping a mix of toys that your kids consistently enjoy and that keep them entertained for long periods of time. Often, kids' favourite toys are simple, classic toys – stuffed animals, dolls, building toys such as LEGOs, trains and cars, dress-up clothes, and arts and crafts materials.

Make Downtime a Priority Along the same lines, simplifying your family's schedule can reduce the frantic feeling of always being on the go. Kids with a full plate of school work, extracurricular activities or sports each day may feel stressed and chaotic since they're lacking the free time children need for creative play and exploration. And when you set effective screen time limits, you'll keep your child distraction-free and help her learn to find joy in the present moment.

But what if they're bored? Boredom is a good thing! It's the great instigator and motivator of creativity. Payne says the frustration of having "nothing to do" is usually the start of something wonderful.

Simplifying with Kids

By simplifying, we can concentrate on what we really value, not just spend our days reacting to everything the world throws at us. Simplification is an ongoing process, not something that can be completed in an afternoon or weekend. It takes time to reduce possessions, change habits, and develop new rhythms. It's not easy to change directions when your whole family is moving at the speed of light and the chaos always feels like it's creeping in. Begin slowly, with small changes and an eye toward what you want your family life to look like.

"In the tapestry of childhood, what stands out is not the splashy trips to Disneyland but the common threads that run throughout and repeat: the family dinners, nature walks, reading together at bedtime, Saturday morning pancakes."

Kreps, Sandy. (2023). *Want happier, calmer kids? Simplify their world.* Retrieved greenchildmagazine.com



To read in full and for additional advice follow the QR code link.

MINDFUL MUNCHING: How many different foods do you think you've tried? There are heaps of different foods out there! They come in all shapes, sizes, colours, and textures. The texture of a food is how it FEELS. Do you know how your favourite food feels in your hand and in your mouth?

The mindful munching game (Fun foods to play the game with include celery, bread, grapes and avocado.)

Pick up a bit of food and look at it. Don't put it in your mouth just yet. What does it feel like in your hand? What does it smell like? Is it hot? Or cold? Now put it in your mouth. Is it crispy? Or smooth? Does it slurp? Does it crunch? Is it salty? Sweet? Spicy?

Congratulations! You just fully appreciated that piece of food. Try with some other kinds of foods. Eating is much more interesting when we pay attention to it.

HEALTHY
KIDS



FOCUS: Household chores for children

Children can learn a lot from doing household chores. Doing chores helps children learn about what they need to do to care for themselves, a home and a family. They learn skills they can use in their adult lives, like preparing meals, cleaning, organising and keeping a garden. Being involved in chores also gives children experience of relationship skills like communicating clearly, negotiating, cooperating and working as a team.

Household chores: good for children, good for your family

When children contribute to family life, it helps them feel competent and responsible. Even if they don't enjoy the chore, when they keep going, they get the feeling of satisfaction that comes with finishing a task. And sharing housework can also help families work better and reduce family stress. When children help out, chores get done sooner, and parents have less to do. This frees up time for the family to do fun things together.

How to get children involved in chores

It's best to start by choosing chores that work for children's ages and abilities. Chores that are too hard can be frustrating – or even dangerous – and chores that are too easy might be boring. Even young children can help with chores if you choose activities that are right for their age. You can start with simple jobs like packing up toys. Chores like this send the message that your child's contribution is important.

It's also important to think about **chores or tasks that get your child involved in caring for the family** as a whole. A simple one is getting your child to help with setting or clearing the table. Jobs like these are likely to give your child a sense of responsibility and participation. If your child is old enough, you can **have a family discussion about chores**. This can reinforce the idea that the whole family contributes to how the household runs. Children over six years old can help decide which chores they'd prefer.

You can **motivate your child to get involved in chores** by:

- doing the chore together until your child can do it on their own
- being clear about each person's chores for the day or week – write them down so they're easy to remember
- talking about why it's great that a particular job has been done
- showing an interest in how your child has done the job
- praising positive behaviour
- using a reward chart to track completed chores and give small rewards like choosing a TV program or family meal.

Pocket money for children's chores

Some children are motivated to do chores for pocket money.



But some families believe all family members have a responsibility to help and don't give out pocket money for chores. If you decide to pay pocket money for chores, **explain chores clearly** so there's no confusion or bargaining about what needs to be done and when. Some families don't link chores to pocket money but might pay extra pocket money for extra chores.

Chores for children of different ages

Here are some ideas for chores for children of different ages.

School-age children (6-11 years)

- Water the garden and indoor plants.
- Feed pets.
- Help with hanging out clothes and folding washing.
- Take out rubbish.
- Help with choosing meals and shopping.
- Help with meal preparation and serving, under supervision.
- Vacuum or sweep floors.
- Clean the bathroom sink, wipe down kitchen benches, or mop floors.
- Put away crockery and cutlery.



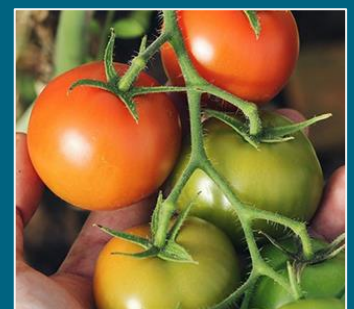
Read the article via the QR code.

Source: Raisingchildren.net.au (2023). Household chores for children and teenagers. Retrieved from www.raisingchildren.net.au

RE-GROW VEGGIES FROM SCRAPS

Did you know that there are lots of vegetables out there you can regrow from scraps and leftovers? And it doesn't matter if you don't have a garden; many of these veggies will regrow from your balcony or windowsill too. Regrowing your veggies is a fun and free way to get your kids excited about healthy food. Why not try turning it into an experiment to see which veggies grow the fastest? Or challenge your kids to making a recipe using their own home-grown produce.

Follow [this link](#) to find the instructions to grow a range of different veggies.



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