



JULY
2024

THE LINK COMMUNITY HUB

AROUND THE COUNTRY

**NAIDOC WEEK
NATIONAL PJ DAY
ASALHA PUJA DAY
SCHOOLS TREE DAY
INTERNATIONAL DAY OF FRIENDSHIP
NATIONAL OSHC EDUCATORS DAY**

**08-12 JUL
19 JUL
20 JUL
26 JUL
30 JUL
31 JUL**





NATIONAL TREE DAY – 28 JULY

Planet Ark's National Tree Day started in 1996 and has grown into Australia's largest community tree planting and nature care event. It's a call to action for all Australians to get their hands dirty and give back to the community.

While every day can be Tree Day, we dedicate the celebration of National Tree Day on the last Sunday in July. Get involved by hosting or joining a planting, [find out how here](#).

INTERNATIONAL DAY OF FRIENDSHIP – 30 JULY

Friends are beautiful presents, each wrapped in their own unique packages. We develop friendships within our communities and across the world. We surround ourselves with friends of different ages, backgrounds, cultures and personalities. We encourage and treasure our friends. They are important for our health, happiness and world peace. Our world faces many challenges, crises and forces of division, friendship can help combat that. [Find out more here](#).



PSYLLIUM HUSK SLIME

PREP 5 mins | COOK 5 mins | PLAY

This psyllium slime recipe is a great non-toxic alternative to glue slime, and it is easy to make with psyllium husk. It is lovely for children who enjoy sensory play or creating different types of slime. It is also taste-safe, so it is fine for younger children, or children who tend to put things in their mouths. I particularly like it because it has a nice texture and usually isn't very sticky if it is cooked enough.

INGREDIENTS

3 tablespoons psyllium husk
2 cup water (approximately 500ml)
3-5 drops food colouring

METHOD

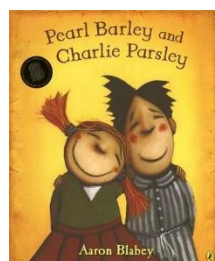
- Combine all the ingredients in a pot
- Cook it on the stove.
- Heat slowly and stir continuously. It will gradually form into a piece of slime at which point you can take it off the heat. Children can play with it once it has cooled.

Have fun!

Source: Image & recipe 'Play of the wild'

Book reviews

How fun are holidays!
Enjoy these fun reads in
the sun.



PEARL BARLEY AND CHARLIE PARSLEY | AARON BLABEY

Pearl Barley and Charlie Parsley are the best of friends. But they are different in almost every way ... Pearl likes solving mysteries and moves rather fast in the world. Charlie likes taking baths and watching his garden grow. So how can Pearl Barley and Charlie Parsley be such good friends? A delightfully uplifting tale about self-belief, courage - and above all - the power of friendship.

NO ONE LIKES A FART | ZOE FOSTER BLAKE & ADAM NICKEL

Fart is desperate to make friends and have fun. But no one likes a fart -- not even a fart with a heart. With plenty of laughs and even more heart, this delightful picture book shows that even the smelliest among us can find a friend in this world.

BOY & BOT | AME DYCKMAN ILLUSTRATED BY DAN YACCARINO

One day, a boy and a robot meet in the woods. They play. They have fun. But when Bot gets switched off, Boy thinks he's sick. The usual remedies—applesauce, reading a story—don't help, so Boy tucks the sick Bot in, then falls asleep. Bot is worried when he powers on and finds his friend powered off. He takes Boy home with him and tries all his remedies: oil, reading an instruction manual. Nothing revives the malfunctioning Boy! Can the Inventor help fix him?



FOCUS: It's NOT Funny! What to do if your child laughs at discipline



We love humour. But...when disciplining our kiddos humour isn't funny. When our child smirks and busts a gut during a serious moment, we feel as if fireworks in our chest are ready to explode.

That grin. That giggle. OH! It feels like mocking. *Let's consider some things before lighting the fuse.* Humour usually brings people together.

Humour is a great deflector and distractor. Humour is a positive way to get attention. Humour can be a way to gain or regain control. Humour can be used to manipulate. Humour is an action. But laughter is a reaction.

Laughter is a physical response to an emotional trigger. Have you ever said, *"If I don't laugh, I'm going to cry?"* Sometimes kids get the giggles or act silly when they feel uncomfortable or nervous. They may laugh or act like a jokester to reconnect or reaffirm the parent-child relationship. When mum or dad express anger, it is possible the child is attempting to make things better with joke to defuse the situation. It's also likely he is scared or uncomfortable and that a laugh is his reaction rather than to fight or take flight.

Observe your child. Give him the benefit of the doubt. Perhaps his reaction is due to fear. Maybe it is a way to re-establish the relationship. No matter the reason, mum and dad must not ignite the wick. Stay in control.

During the moment mirror his non-verbal behaviour: "You are smiling." Ask, "Are you feeling uncomfortable?" After the event inquire, "Why do you think you smiled when I was speaking with you?"

Discuss more typical responses to anger or fear. Talk about how a smile during a serious moment can be misunderstood. Once the behaviour is verbalised it is easier for the child to draw up a more appropriate response. If your kiddo uses humour as a tool to alleviate discomfort come up with a different strategy. Commend him on how he has been blessed with a sense of humour. Talk about the right time and place for his antics. You may even want to use a visual or tactile cue to encourage appropriateness. "Put on your left brain, logic hat. It's time for us to talk about....." - "My touch is a sign that this is important but not scary."

In finding out the WHY of the chuckles you will be better equipped to deal with the anger inducing laughter during a serious moment.

8 QUICK TIPS

If your child is like most kids and has occasional periods of defiance, there are things you can do to make things easier.

1. Set Expectations.
2. Get to the Root of the Behaviour.
3. Set your **Child Up** for Good Behaviour.
4. Treat Your **Child** As You'd Want to Be Treated.
5. **Take** Advantage of Your **Child's** Verbal Skills.
6. Establish Absolute Ground Rules.
7. Compromise When You Can.
8. Discuss Options.

Each of these eight tips are elaborated in full [here](#)

Katherine, Lee (2020). *Effective Ways to Handle Defiant Children*. Retrieved from <https://www.verywellfamily.com/how-to-handle-defiant-children-620106>



Read the article via the QR code.

Source: Wildenberg, Lori. (2020). *It's NOT Funny! What to do if your child laughs at discipline*. Retrieved from <https://herviewfromhome.com/its-not-funny-what-to-do-if-your-child-laughs-at-discipline/>

KEEPING ACTIVE

5–12-year old's need at least 60 minutes of moderate to vigorous physical activity every day. That includes fast walking, riding a bike or scooter, playing, running and doing organised sports. There should be a mix of activities that make them puff and activities that are good for their bones, like climbing on monkey bars, gymnastics, dance, running, skipping and jumping. The 60 minutes doesn't have to be done all in one go. You can build it up so your child accumulates the physical activity over the day. **How many minutes are your children doing?**



HEALTH & SAFETY: 5 lessons to teach your child about getting lost

If your child is separated from you for some reason, there are a few ways to ensure you can be reunited as soon as possible. Losing sight of your little one, no matter how momentarily, brings a feeling of dread and panic. And if it's bad for you, imagine how frightening it is for them. Before you head out, there are a couple of risk management steps you can take to ensure that if your child is separated from you for some reason, you can be reunited as soon as possible.

Teach your children your information

Children, often as young as three, should know your full name (not just Mum or Dad), and be able to memorise your phone number. If you have concerns that they won't remember, and you are heading to a populated area e.g. holidays or a theme park, write down the information and tuck it away in a secure place such as a shoe or pocket and let them know it is there if they need it. There are also companies who provide disposable ID bracelets with your information that are useful for very young children.

Have a safety plan in place

There are steps – outlined below – that children should undertake if they get lost. If they do these steps and still can't find you, having a safety plan in place gives them an ultimate step to do in order to be reunited with their family as quickly as possible. A safety plan, which ideally you should discuss every time you head out with your children, might be choosing a landmark to meet at, or a specific uniform to look for to ask for help. This will change from place to place, so should be emphasised clearly each time. Before actioning the safety plan, kids should know to try the following five things first.

5 things to teach your children to do if they get lost

STOP: If your child has found themselves separated from you or their carer, teach them to immediately stop what they are doing and stand still. Whether they are walking, or playing they should stop what they are doing and give you a moment to come and find them.

BE SAFE: Teach your child to stop and check if they are in a safe place. A safe space is an area where an accident is less likely to happen. If they find themselves in a busy pedestrian path, or in

the way of machinery, or traffic, or are close to a large body of water or unstable ground, let them know to move to the nearest safe space and wait.

CALL FOR YOU: Let your children know that they won't get in trouble for yelling your name if they are lost. Whether they are outdoors or in a library, if they are lost it is OK to stand tall and shout for you in their loudest voice. Teach them to call out your real name, not 'Mummy' or 'Daddy'. More often than not, you will be closer than they think and can be reunited very quickly.

Sidenote: A child making a loud fuss is less of a target to a predator, who generally target children who can be led away quietly.

LOOK FOR A SAFE ADULT: Statistically, the safest person for your child to approach is a mother with children. Teach your child to look for a mother and child, or another safe adult such as a Police Officer. They should approach them and tell them clearly that they are lost and ask them to call you, using your full name when they do. They can either tell them, or show them your number.

USE THE SAFETY PLAN: If your child can't identify a safe adult nearby and they have tried all of the above steps and are still lost, now is the time to follow the safety plan you organised earlier.

THE BEST THING YOU CAN DO: As soon as you discover your child isn't where they should be is to **start shouting your child's name, and what they are wearing.** It doesn't matter where you are, and don't worry about being polite. With both of you shouting for the other, you'll likely find that anyone within earshot will be eager to help you both find each other.



Read the article via the QR code.

Source: Wylie, Rebel. (2022). 5 lessons to teach your child about getting lost. From <https://www.bountyparents.com.au/expert-advice/teach-child-about-getting-lost/>

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