

JUNE NEWSLETTER

This newsletter is to keep you up-to-date on the great work being done by the SMBI community, service providers and stakeholders, working together and creating partnerships to best support our SMBI children aged 0-8 years, and their families.

UNDER 8'S WEEK ON SMBI!

A big week on the SMBI Listeners Inc. Calendar is Under 8's week. It's a day that was initiated by Early Childhood Australia, Queensland, who wanted to create a day that was dedicated to highlighting how important the early years of a child's life are - Especially in terms of learning and development.

The first eight years of development are crucial. It's the time when children build the foundations of their view of the world, as well as themselves.

This year's under 8s week was held on 15-21st May and the Theme was "Play - You me and our communities." Families were encouraged to go along and participate with their little ones at their school's or playgroup's Under 8's day activities.

Russell Island State School Under 8's day was on Tuesday 16th May and there were many activities on offer for students and families.

The school invited the 54 Reasons playgroup, Child Health Nurses and our Child Health connector Kylie to attend, set up an activity for children and connect with families. SMBI Listeners Inc. enjoyed providing a sausage sizzle for all students, teachers and families. It was fun to see the student's excitement when it was their turn for the sizzle.

Even though the weather wasn't fantastic, it was great to see so many families and family day cares in attendance and the school made fantastic use of their undercover spaces to ensure the morning went ahead.

Macleay Island State School put on a truly wonderful Under 8s day on Wednesday 17th May with a focus on Sensory Play experiences. Students and Families attended and the BIELAC Kindy children also joined in the fun.



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UNDER 8'S WEEK ON SMBI! CONTINUED...

The day started with the children singing together and the School welcoming everyone and students participated in activities such as making keepsake necklaces, parachute games, play dough- mixing the school colours - yellow and blue together to make green, shaving cream and glitter play, finding letters and animals in the rice bins and creating a collage masterpiece. The morning finished with zooper doopers for everyone!

The school invited the staff who work with the Under 8s children to lead the games and activities which was amazing to see and experience.

Some of the feedback from families was that "It was a really fun morning and the kids loved it" and that "the planning and effort really paid off, the morning felt lovely and we had such a great time joining in"

Mr Jarrod (Calcott) and the Early Years team on Macleay, Mrs Mohr and the Early Years team on Russell once again did a wonderful job in celebrating Under 8's Week. Thank you!

We recognise that lots of effort goes in behind the scenes to make these days happen, and we look forward to being involved again next year!



THANK YOU



THE BIG PICTURE

The SMBI Bubs and Families Group celebrated their 1 year anniversary this month!

SMBI Listeners Inc. enjoyed spending the morning acknowledging everyone's efforts with an award ceremony and a special morning tea.

This group has been an long-term aspiration of SMBI Mums who support local families.

Parenting at any stage can be challenging and isolating and this is particularly true in the perinatal period,

In our Community Conversations, many parents and carers said they would just love a hot cuppa and a conversation with an adult while their kids are safe and happy.

This was the original concept for the SMBI Bubs & Families group, which was originally called "SMBI Mums & Bubs" however as we have Dads join us as well, the group name was changed to SMBI Bubs & Families to be inclusive of everyone.

The group has enjoyed a fabulous first year together and have held lot's of special events, created fantastic keepsakes, built strong friendships and enjoyed connecting with services and organisations.

We would like to thank all of the people and organisations involved in making the group such a success. including Angel Houley, Raechal Gonzalez the Macleay Island Progress Association, Children's Health Queensland and The Salvation Army.

The group will be coming together to reflect and contribute to their plans for the next 12 months with support from SMBI Listeners Inc.



The Beautiful Cake made by Deb from "Occasional Creations"



The lovely group of people who came along to celebrate SMBI Bubs & Families 1st Anniversary Celebration!

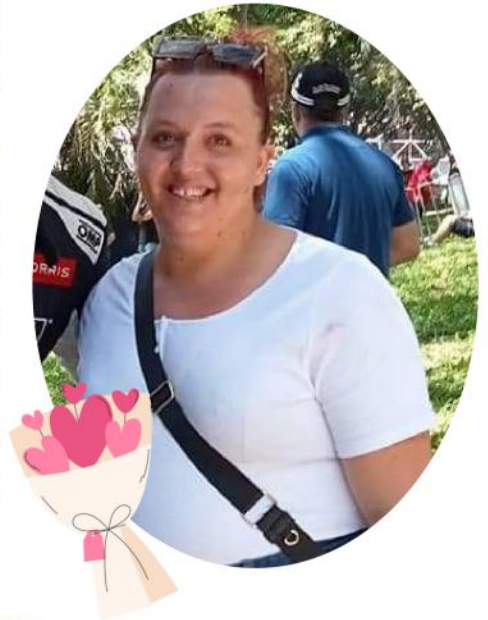


Amy with the beautiful bunches of flowers for our guests of honour!

THE SMBI SHOUT OUT!

ISLANDER OF THE MONTH

Steph W from Russell takes this month's nod as our IOTM. Since her boys joined the Bay Islands United FC, Steph has thrown herself into fundraising for the club, raising over \$1000 from generous island businesses in her first week! Steph also worked hard to get player of the match certificates from McDonalds to encourage the kids. Steph also has recently joined her School P&C. You're amazing Steph! Thank you for what you have been doing.



BUSINESS LOVE

JSB'S EARTHMOVING & TREE SPECIALISTS

JSB's is a long time island business that is a strong supporter of hiring locals. John and his team offer many services in addition to Earth and Tree removals including driveways, builders waste solutions and turfing. JSB's have also been a great supporter of the community including SMBI Listeners, previously sponsoring our Christmas Hamper Drive

by covering barge costs for hampers and donating to the Macleay SS P&C Thank you for all you do JSB's!

JSBS Earthmoving & Tree
Specialists
PTY LTD

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OUT AND ABOUT ON SMBI!



The Gymnastics and Dance classes held at the Russell Jetty Hall on Fridays are always popular, Ms Edith and Ms Amanda do a wonderful job! Contact Edith for more info 0447 786 953 Fridays from 3.30pm. Fairplay voucher eligible.

Self defence classes with John are still continuing on Russell - now based at the church hall, it is a short walk from the jetty. Children are enjoying learning how to safely defend themselves and practising kicking and punching. \$11 per child, on Wednesday afternoons from 4pm. Contact John 0409 646 859



SMBI Listeners Inc joined families at Bubs & Families group and at Buzzing Bees Playgroup to celebrate National Families week, We gave out packs with a little activity and talked about sports and recreation on the islands.



OUT AND ABOUT ON SMBI!

BUZZING BEES PLAYGROUP

MAY 2023

This month we have been participating in messy may! Children and families interacted with their senses through different activities.



Buzzing Bees
Playgroup



Children interacted with shaving cream playdough clay and goop to explore the different textures to see what they can create! We have included the recipe for you to try out at home.



The children and families also got to decorate biscuits exploring their fine motor skills and creative flair! The children enjoyed this experience using icing, hundreds and thousands and bee shaped edible decorations.



We also had a visit from Kim the child health nurse; Steff from SMBI listeners and Kylie the Child Health Connector



Next month is Music Month at playgroup! We will be exploring nursery rhymes and making musical instruments and looking at different dance moves to do with music!



Allison from Redland City Council First Five Forever library program will be here on **Monday 19th of June 2023**



Buzzing Bee's Playgroup has been at Macleay Island State School since 2019. Feel free to come along to this free playgroup for families from infant to pre-prep age.



Playgroup is on Mondays during the school term from 8:30 - 10:30am in the playgroup room. If you would like more information, please contact Jarrod at Macleay Island State School. Phone: 3400 8333 Email: jcalc12@eq.edu.au



play matters
the heart & science of play

FAMILIES SPACE

SLEEP

The first years of life for a child are the foundation for later growth, development and learning. By six months old, only about 50 per cent of babies sleep through the night. At one year of age, close to 40 per cent of babies still wake at night. It is not until about age three that most children are confident enough to sleep through most nights. 'Sleeping through the night' also means something different to babies than to adults. While some babies may sleep for longer, having five hours sleep between midnight and 5.00am is considered sleeping through the night.

HOW MUCH SLEEP DO CHILDREN NEED?

BIRTH TO THREE MONTHS

Newborns generally wake frequently, every one to three hours, needing a feed and attention.

Sleep needs change quickly as they grow, Many babies sleep 14-20 hours a day in the first few weeks.

By six weeks, 25 per cent of babies are sleeping a straight five-hour stretch, not necessarily at night.

By three months, most babies have longer times awake during the day and longer sleep times at night.

THREE TO SIX MONTHS

Some babies have two or three longish sleeps during the day, while others just have short naps.

Some may sleep 12 hours without interruption; few manage eight hours. However, remember that five hours is considered a night's sleep. Many wake fairly regularly, usually for food.

From six months to three years old, separation anxiety is usually the most common reason for children to wake and cry at night. Your child will usually go back to sleep if you stay with them. It is also important to keep in mind that many children suffer from earaches and teething pains during this time which can be another reason they wake at night.

SIX MONTHS TO THREE YEARS

Some babies and toddlers sleep through the night however many still wake, often more than once, at night.

At two-three years, 41 per cent of young children are still waking once or twice a night, with a few waking more often.

Most children sleep better if they know that a parent or carer is close by. It may help to have your baby in a cot next to your bed for the first six to twelve months.

Even by the age of three-six months, many babies will wake at night at least once for food. Some children who have previously slept through the night may begin to wake up as their appetite grows.

THREE TO SIX YEARS

A wide range of sleep patterns is normal. If your preschool child is still waking at night, you are not alone! Most children need about 10-12 hours of sleep at night. Bedtimes vary a lot, some children go to bed at 6.30 pm; others stay up until 9.30 pm or later. Often those who go to bed later wake up later. Young children may still need a daytime sleep as well, but by preschool age only a few are still having this.

Three to six year olds will still wake during the night fairly regularly. Their inner confidence to feel secure when parents or carers are not around is still developing at this stage in their life. Children may also struggle to sleep if they are sick, lonely, sad, or frightened. This can be caused by big changes such as starting school, family tensions, or moving house.



FAMILIES SPACE

SLEEP

COMMON ISSUES

For young children, some of the most common problems with sleep are night waking and settling issues.

NIGHT WAKING

This can affect children from six months to four years of age. It is important to point out that waking at night is normal for the very young; it is only if this pattern continues into middle childhood that it can be a sign that there may be some issues.

SETTLING

For a child, going to bed can mean being alone and leaving behind all the interesting things that are happening in the house. The child may well be fearful of being left alone. Your child could also be overly excited which makes it hard to sleep, or could be worried or frightened by something that has happened to them during the day. All of these reasons can contribute to settling problems.

If your child has settling difficulties, try putting your chair by the cot or bed and pat your baby. If they cry when you stop, change the timing of the patting—slow it down and make it softer, then just rest your hand on their body.

You can also try gradual separation if you want your child to learn to sleep on their own. Put them in the cot and pat or sing to help them go to sleep. When they have become used to that, try sitting by the cot and singing or reading aloud, but not patting. Then move your chair a little way from the cot. Keep gradually withdrawing farther until you are outside the door but the baby still knows you are there. Gradual separation takes time, but it is a way that reassures your baby while they go to sleep.

SLEEP ASSOCIATION AND BEDTIME RITUALS

Often, having a relaxing ritual at bedtime is important, playing games with your child or letting them watch television or screens right before bed usually results in overexcitement. Try winding things down with a bedtime story or song, or even some soft and quiet music. It helps to establish these as routines and rituals so children become familiar and associate them with going to sleep. To ensure your children feel less lonely and more relaxed in bed, it can be handy to leave on a night light, let them have a cuddly toy, or to leave the door open.

Remember, it is perfectly normal for babies to have some sleeping issues and for this to continue for some children up to around six years of age. Helping your child feel safe, comfortable and ready for bed is the simplest way to help them settle. If you are still concerned, seek help from your paediatrician or early childhood nurse.



If you would like to chat with a child health nurse about your child and their sleep, call our SMBI family specific number:

3488 4350

SMBI BIRTHDAY CLUB

Join our Birthday Club to go into the draw to win a FREE custom birthday cake and gift pack for your child. You will receive an e-Card on your child's birthday and we register eligible children for the Dolly Parton Imagination Library, which is a program that mails FREE High-Quality books to families with children under five.



Congratulations to Raven who was May's Lucky winner!



What an amazing Mermaid themed cake! Raven had a wonderful Mermaid party at the beach to match.

These awesome cakes are created by our wonderful secretary Raylene, who manages to help make Birthday Club magic happen for our SMBI kids around being a busy mum, student and very involved community member. Thanks so much Ray!

THANK YOU

REGISTERING FOR BIRTHDAY CLUB IS SUPER EASY,
JUST REACH OUT TO US!

Steff Hanson
Community Engagement

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E: Community@SMBIListeners.org.au