

Child and Parent Centre Westfield Park

April
Issue 65



Hello to all of our parents and friends,

Our world and the way we interact with each other has changed so much in a very short time. For many adults this is a very scary, stressful and isolating time. It may also be strange and stressful for our children, even if they are enjoying some parts of it (not going to school and more time with parents!). The measures we are all taking as a community will help to limit the Covid-19 virus and keep us safe. Earlier we posted information on Skoolbag regarding Covid-19 and how to talk about it with children. It's important to talk about this with them in an age-appropriate way, and to offer them comfort and reassurance if they are anxious.

Although our Child and Parent Centre and the programs we offer on-site and off-site are temporarily postponed, we are still available to provide support or information if you need it. This may be a child development or speech concern, or a question about parenting, relationships or family issues. In addition to our Child and Parent Centre, there are many services continuing to operate in this time of great need for so many. Please know that you can always reach out for help if you need it, and if we can't help you we can try to put you in touch with a service who can.

On a positive note, this time of social isolation means we do have more time together as family. We have been forced to slow down our lives, and to just be present for our children and our families, and even for our neighbours. Let's look out for each other, stay connected as best we can (maybe in new, technology-assisted ways) and we will come together as a stronger community and appreciate the freedom to interact with friends and neighbours again soon. You may contact us by phone: 9235 7004 or email: westfieldpark@parkerville.org.au or via our Skoolbag app. Take care, from Matt and all Westfield park Child and Parent Centre Staff

Tip of the Month

Social Skills

Social skills are essentially those skills that help us to successfully interact with others in a friendly and harmonious manner. Social skills are the basis for every relationship and are closely linked to all areas of development. These skills include, sharing, play skills, participating and taking-turns. A great way to develop your child's social skills is through incidental teaching and modelling— using natural everyday interactions to demonstrate these skills to your child! For example, if the line at the shops is long, use this as a learning opportunity to say, "Wow the line is really long isn't it? We had better wait at the back because everybody else has waited their turn too. And we need to give everybody the right amount of space". Or, "Look, there's some toilet paper on the shelf, but we have enough at home so we'll leave it for others who may need it more than we do"



LET'S TRY TO RELAX and BREATHE

In stressful times our children may act out more than usual or be very needy or demanding. This can be very difficult for parents as we are under so much pressure and stress ourselves. It's important for us all to find a way to manage our stress and relax if and when we can.

There are many apps, websites or Youtubes that are free. Try a few until you find one that you like.

One example is below:

<https://www.smilingmind.com.au/smiling-mind-app>



What's On

Our groups are temporarily postponed. Below are the groups we normally run and will resume as soon as possible.

Mondays

Sing & Grow (limited places)

9:30am - 10:30am

Kids Kingdom (ages 1-3)

10:30am - 12:00pm

Child Health Nurse - Drop In

9:00am - 11:00am

Tuesdays

Lifeline WA (alternate weeks)

9:30am - 4:00pm

Wednesdays

Westfield Park Playgroup

9:00am - 11:00am

Fridays

Westfield Park Playgroup

9:00am - 11:00am

Lactation Consultant



10:00am - 2:00pm

Boredom Buster

Paper Plate Easter Bunny

Materials:

- Paper plate x 2
- Sticky tape or school glue
- Decorative paints, pens etc
- Paper
- Pom poms
- Pipe cleaner
- Scissors

Method:

Simply begin by cutting one of the paper plates in half. These two halves will become the ears.

Before attaching the paper plate ears to the face, you might like your child to decorate both plates however they like.

Once the paper plates are dry then your child can go about attaching the two paper plate halves to the back of the other paper plate. Then the pipe cleaner whiskers, pom pom nose and cut out paper eyes can be added with glue. It really is that easy and oh so adorable.



Cooking Corner

Easter Chick Eggs

Ingredients:

- 2 boiled eggs
- Small pieces of carrot
- Sesame seeds or currants for eyes

Method:

Boil eggs as you like them (hard or medium/soft). Cut small triangles of carrot for beaks and place sesame seeds, chia seeds or currants as eyes as per the image below. Cute and a healthy Easter breakfast idea!



Ingredients:

- Hummous
- Carrot sticks/baby carrots

Method:

Arrange as below. Add parsley or basil leaves for greenery. Another healthy snack idea with an Easter theme.



To keep up to date with the Child and Parent Centre
Westfield Park, contact us
on 9235 7004 or westfieldpark@parkerville.org.au

Social distancing is one thing we can ALL do to help prevent the spread of Corona virus. We also need to practice good hygiene at all times and be aware of the symptoms of Covid-19 so we can self-isolate if necessary

Coronavirus (COVID-19)

SIMPLE STEPS TO HELP STOP THE SPREAD.

Cough or sneeze into your arm

Use a tissue

Bin the tissue

Wash your hands

HELP STOP SPREAD AND STAY HEALTHY

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

For more information about **Coronavirus (COVID-19)** visit **health.gov.au**

Australian Government

Authorised by the Australian Government, Canberra

For more information about Covid-19 and how to prevent this virus from spreading, please visit https://www.health.gov.au/sites/default/files/documents/2020/03/coronavirus-covid-19-frequently-asked-questions_9.pdf

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