

BINGARA TOY LIBRARY



MAY 2014 Newsletter

24 Finch Street, BINGARA NSW 2404

PHONE: 0407831313

FACEBOOK- Bingara Toy Library

Email: toylibrary@gwydir.nsw.gov.au

Hello for another month at the Toy Library,

We hope you have enjoyed the Easter break/school and preschool holidays and have had some fun family time together.

May, is packed full of fun and we hope you can join us here at the Toy Library.

Tania, Andy, Alyse & Suzy



OUR BACK YARD IS LOOKING GREAT

MOTHER'S DAY



Sunday 11th May



WINNER OF THE CHILD RESTRAINT
Renee, Road Safety Officer for Moree Plains & Gwydir Shires with the winner of the free child restraint Susanne Hiemer and her son Josef.

HOLIDAY CRAFT SESSIONS



Bingara Preschool, Playgroup & Toy Library
Cordially invites you to



20th Anniversary of the International Year of the Family

'Stronger Families, Stronger Communities'

THURSDAY May 15th
11 am – 1 pm

Join us for lunch in the grounds of the Preschool

Please bring along a hat, drink of water and your own picnic lunch.

For further details call--Bingara Preschool - 6724 1105,
Bingara Toy Library - 0407 831313
Warialda Toy Library - 0428 241335



Toddler Tales Event
Invitation coming soon

WARIALDA SHOW

Thursday 8th May
 Friday 9th May
 Saturday 10th May



Like *Chocolate* for Women
 Only \$30pp
 A fun day of Health & Beauty the Like Chocolate for Women Way
SATURDAY 10th MAY 2014. 10am – 3pm
THE ROXY THEATRE, Maitland Street BINGARA NSW 2404
 including morning tea & lunch

We strive to be the best friend, sister, daughter, wife, mother, cook, home-massage and businesswoman, yet often we fill our cup to overflowing and forget about being our own best friend and nurturing our own needs!
 Discover nature's wonderful self-care tools, drop the guilt, learn to make yourself a priority and start to nurture yourself again - inside and out. *Like Chocolate For Women* is about creating a happy, healthy, fulfilled and contented life. It's about budgeting but not going without. It's about enjoying our not feeling guilty. It's about getting as close to a chemical-free lifestyle as possible and using the most extraordinary gifts from nature in beauty and natural skincare, health and fitness, spirit and soul. It's not only about finding that inner spark and holding onto it - but actually doing something with it. It's about creating a legacy, making a difference and inspiring change.

- Topics Covered**
- How To Be The Best Version Of You - Inside and Out!
 - Basics of good nutrition - not the standard food pyramid
 - Optimum gut health
 - Creating a real-food culture in the home for you and your family
 - How to create the ideal Go-To Pantry
 - Simple daily exercise workouts that require no gym, no equipment and no money
 - Chemical-free skincare, personal care and home cleaning
 - Science and benefits of essential oils - making your own blend
 - Understanding what makes people tick and why we are all different - not wrong
 - Daily self-care rituals that instantly make you feel good



This really is an injection that will spur you on to making better food, fitness and self-care choices that will benefit not only you - but everyone in your inner circle!

Book By: 26th APRIL 2014
 Online: trybooking.com (Search: Bingara)
 In Person: Villa Rouge, 64 Maitland St, Bingara
 Enquiries: Sharon Price 0400 832 299 or Chris Smyth 0428 684 447



Chris is still taking bookings for the "like chocolate for women" event.

MAY BUBZ BIZ



13 May 2014 @ 10.30am

New England Mutual Savings Information Session

Debbie Shepherd, Lending & Support Officer for New England Mutual will travel to Bingara to deliver a presentation on basic budgeting to our shire's families and give us a brief overview of what the Credit Union has to offer us.

Please join us at the Bingara Toy Library at 10.30 am on Tuesday 13 May for this presentation during Bubz Biz.

Debbie Armstrong, Child & Family Health Nurse will be here at the toy library during this session to weigh and measure baby also.

Morning tea will be supplied.

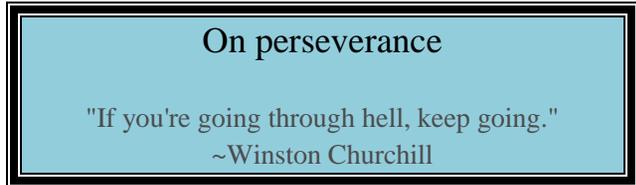
Gwydir Toy Libraries—
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Non borrowing membership \$10
 Casual borrowing membership \$15
 Full borrowing membership \$40

Don't forget to have one of the membership types above to enjoy our great service.

Remember to like us on FACEBOOK



BUBZ BIZ in June will see Rob Walters come to give a presentation on how to save energy. This is not to be missed. Some very simple changes can be done in your home and could make a 10% difference to your power bill.



DAD'S ARVO

.....Attention all "Dad's".....
 Held during the winter months on the last Thursday of each month starting from May 29th at 5pm....
 The children enjoy having daddy come with them to play at the Toy Library. Mum could grab a coffee with a friend while you play for the hour. Good chance to go for take away night afterwards.
 Come on Dad.... give it a go!!

Tip Sheets - Sleep

Sleep problems are some of the most common issues faced by parents with growing children. This hot topic has been prepared to help parents and carers understand the issues associated with sleep as well as providing some useful tips on assisting children and young people to improve their sleeping habits.

Importance of sleep

Getting the right amount of sleep is important for a child's developing body. Parents can help by ensuring that good sleeping habits are practised at home. Good sleeping habits are essential requirements to achieve optimal development and wellbeing of a child. Ideally, depending on age and overall health, children and young people may need between eight to 16 hours of sleep everyday. In particular:

- babies from one week old to 24 months need between 13 to around 16 hours of sleep everyday
- three to nine year-olds need 10 to 12 hours, and
- 10 to 18 year-olds need eight to just below 10 hours of sleep each day

Differences between children and teenagers

Different children have different needs at certain stages of their lives. During childhood, children on average get about 10 hours of sleep at night. By the time they reach adolescence, the number of sleep hours is reduced significantly. This is normally due to some physiological changes and other socio-cultural reasons generally experienced at this time. Teenagers often

develop a natural tendency to stay up late at night and wake up much later in the morning. This can be more obvious during school nights, when they may feel more alert in the evening and find it difficult to go to bed at a reasonable hour.

The onset of sleep problems and the symptoms to look out for

Sleep problems occur when someone's ability to get to sleep, or to stay asleep, is impeded significantly.

The symptoms of sleep disturbance for children and young people vary and also may change over time. These include:

- sleepwalking
- experiencing nightmares (or night terrors)
- frequently waking up in the middle of the night
- bedwetting
- teeth grinding
- daytime sleeping or falling asleep at inappropriate times
- unwillingness to go to sleep in some cases
- gasping or snorting while asleep

Some general causes of sleep problems

The causes of sleep problems may vary from child to child, and are influenced by factors such as the child's age, general health and home environment. Some of the commonly-known causes include:

- physical growth
- dietary deficiencies and unhealthy eating habits

- stressful home environment
- low mood
- some medications
- engaging in over-stimulating activities close to bed time
- stress (e.g. exam-stress for school aged-children)
- uncomfortable bed, pillow
- disturbances in the immediate environment (e.g. sudden drop in temperature, noise, etc)
- changes in the environment (e.g. transitioning from a small bed to a larger one, changing bedrooms, moving homes, etc)
- absence of routine at home (e.g. different bedtimes every night etc)
- physical illness and/or mental health problems

Impacts of problematic sleep

Getting the right amount of sleep will contribute to an individual's health and capacity to be positive in their approach to life. If a child is sleep-deprived, the reverse is often observed. Although the impacts of sleep problems on children and young people are not well documented, the available evidence indicates that a chronic lack of sufficient sleep may lead to:

- lowered physical and mental capacity to recover from sickness or deal with stressful situations. Prolonged problematic sleep may contribute to mental health issues such as depression or anxiety in children
- behaviour issues such as irritability, attention problems and hyperactivity

- effects on brain functioning, such as reduced ability to memorise, react on time, focus and concentrate. There may be long term negative impacts on a child's academic performance and school adjustment.

Sleep problems may also affect family relationships, as well as financial resources, particularly if regular medication or therapy is prescribed for your child's treatment.

Things parents can do

The following are some strategies that may assist parents to more effectively manage their child's sleep problems:

- Support your child to maintain a generally healthy diet and minimise unhealthy eating habits
- Encourage your child to exercise regularly and spend time outdoors
- Be aware of any discomfort, pain, or signs of illnesses
- Check the suitability of the child's bed as this will change with age
- Make sure that the room temperature is just right to promote sleep
- Try to minimise noise levels during sleep time
- Encourage a regular sleep routine
- Take safety precautions if your child 'sleep-walks'
- Use sleep medication only when prescribed by a doctor
- If you suspect that your child's sleep problem is serious, take them to a doctor or a specialist for proper diagnosis and treatment

Things to remember

Parents whose child experiences sleep problems eagerly wait for the time when their child is finally able to sleep through the night without any difficulty. In the meantime, it may be worth remembering the following:

- Some sleep problems may be normal at certain age levels and should not be a cause for alarm. For example, it is typical for a two month-old baby to wake up several times during the night yet have no problems at falling back to sleep
- Wetting the bed at night is another common problem for parents with young children. If your child can stay dry during the day, it does not necessarily mean they can stay dry during the night. It is common for young children to master daytime toilet training first before they can manage to stay dry during sleep
- When parents or teachers have concerns about a child's school performance and/or behaviours, sleep problems may be an issue. Maintaining a good relationship with the school is always helpful as they may be of assistance to you. Schools generally have resources that can help with mild cases of sleep problems

Different types of sleep problems require different interventions. Chronic sleep problems may take some time to change.

On change

"We must be the change we want to see."

~Mahatma Gandhi

FUN AT THE TOY LIBRARY



Tips and Hints.....

Tips from www.simplesavings.com.au

Cook two simultaneous meals in one crock pot ..We are a family of only two adults who cook often with a large crock pot. However, we do find ourselves with a heap of leftovers after cooking a pot full of food. So, instead of filling the crock pot with enough food for one meal several times over, we now take two oven bags and divide our meat/chicken/fish between both bags. We add different flavourings to each bag then arrange both bags in the slow cooker and cook on low for eight hours. I have just made Chicken Korma in one bag, using drumsticks that were on special with an extra pinch of cinnamon and some chilli, and Mediterranean Chicken with olives in the other bag. The conflicting smells are surprisingly delightful and the final result is two delicious meals both cooked with the same amount of power I would have used for one. Any extras we don't consume straight away I simply freeze and save for a later date. *Contributed by: Linda P.*

Make your own cake mix

Don't waste your limited funds on buying a packet mix – make your own cake mix and stay on track..

Ingredients:

- 6 cups self raising flour
- 3 cups sugar
- 1 cup powdered milk
- 1/2 tsp salt
- 250g margarine, softened

Method:

Combine first four ingredients and then rub in margarine lightly until the mixture has a fine texture.

Keep in an airtight container in fridge or freezer. When it's time to make a cake, add one egg to two cups of mixture, plus 125ml of water. Add dried fruit, spices, essences, toppings, coconut or chocolate. Pour into greased, papered tins and bake in a moderate oven

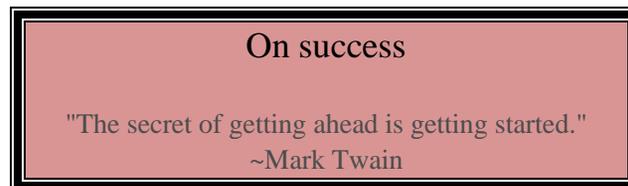
Children's Snacks

Instead of wasting \$2.00 or more at a bakery for a snack for yourself or the kids, you can make your own Cheesy mite scrolls for less than \$0.50c! Make these easily at home using a 40cm x 25cm rectangle of scone dough spread with Vegemite and sprinkled with grated cheese.

Roll up the rectangle, then slice into five or six pieces (lie them on their cut sides) and top with more grated cheese. Cook in a moderate oven for 20 minutes or until brown. You could also use bread dough from the bread maker or puff pastry.

Scone dough is made using 50g butter rubbed through three cups of self-raising flour and a pinch of salt. Use a small amount of milk to moisten into a dough and roll out into your rectangle. Easy!

Contributed by: [Denny Fleming](#)



DENTAL HEALTH TALK

Date: 3 June 2014
Time: 11:00

Lisa Fitzgerald
Oral Health Promotions Coordinator with
Hunter New England Health, Local Health
District, will visit the Bingara Toy Library to
chat about dental care for our children.

- **Baby teeth and teething**
- **Tooth decay in children**
 - o What it looks like
 - o What causes it
 - o How you can stop it from happening
- **Snack and lunch box ideas**

NSW Health
Hunter New England
Local Health District

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I hope you enjoy spending time with us here at the Toy Library.

If you have suggestions for talk topics or guest speakers then let me know.

Look out for dates coming up for craft evenings with Tania Mum's only time...

It has been fabulous to see a few dads coming in with their children for a play over the past few weeks. Very exciting.... I hope more dads can make it on our special Dad's Arvo sessions, last Thursday of each month, for the next few months.

Pram walks will start soon too. Keep an eye out on Facebook for the dates.

Tania Brennan Toy Libraries Coordinator