



Please ensure you are singing in and out on the iPad each day.

Contact us if you aren't familiar with the process.

Tuesday 15<sup>th</sup>  
January



Fortnightly Newsletter. Vol. 13

## Important Dates

Australia Day  
Public Holiday  
(Centre Closed)

28th  
Jan

2019 events  
calendar to be  
completed during  
January

TBA

## Administrative News...

- Appropriate clothing  
Please ensure clothing covers the shoulders, and that closed in shoes or sandals are provided (please avoid thongs and singlets).
- Labelling  
Many of our children have transitioned to new rooms. Please ensure all hats and personal items are labeled so that the new teachers can ensure bits and pieces don't go missing.
- Immunisation Records  
Please remember to provide us with updated copies of the MyGov immunization record as your child progresses through the national immunization program. (2m, 4m, 6m, 12m, 18m, 4y)

## Welcome to 2019 at My Story!

To our 'old' families, we hope you had a lovely break with family and friends, and welcome you back to this community for another great year. For the many new families joining our community this year, we hope you find My Story a nurturing, collaborative and supportive place to watch your child grow and develop.

2018 was a year of wonderful growth for My Story. We enjoyed much positive feedback in the community that has helped us to establish a trusted reputation. After such unexpected growth we are pleased to settle into a phase focused on consolidating our strengths, building our team and reinvesting in both the physical environment and our dedicated educators. We truly wish for My Story to become a 'community of learners' where rigorous critical reflection and collaboration benefits all of our stakeholders. Please continue to discuss your family's values, aspirations and goals with us throughout the year.

## From the Directors

Anna Tran  
Chloe Chant

### Bookings...

Please get in touch with us as soon as possible if you anticipate needing additional days later in the year. We try very hard to prioritise the care needs of current families over new enrolments, but we just need notice.

### Christine...

As we grow we are adding more and more wonderful educators to our team. Christine will begin at the centre in about 2 weeks time. She is a young woman full of energy and fun, and a foundation of recent study. Christine will be working in multiple rooms lending a hand while she gets to know our community.

## About our Educators...

Natasha is an Auntyie again! Her sister delivered a beautiful baby boy – Mason.

Miss Jess returns to us after a terrible run of bad luck with health. We are VERY pleased to have you back with us Jess! Enjoy Preschool 2!

Chloe, Rick and the girls had a little getaway to Canberra last week. It's possible that we enjoyed Questacon even more than the children! Highly Recommend.

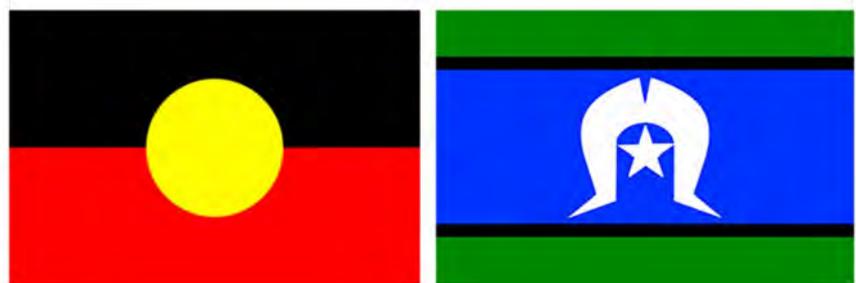
Anna had a lovely holiday in Melbourne, catching up with relatives and friends. Most importantly, the boys did well during the long car trip!

## Sustainability and Diversity



### We need your help!

We really want 2019 to be a year of true collaboration. An integral part of this collaboration will be developing respectful, reciprocal relationships with families who are willing and able to share their culture with us. The goal of this process is to ensure all children develop a strong sense of belonging and a respect for diversity. We will start a thread on storypark asking families about their cultural heritage. Perhaps you could visit the Centre to teach the children a special song in your language? Share some iconic cultural foods? Show photos or souvenirs? Teach us a special dance? We would be particularly interested to hear about important dates for your culture.



We would like to help our children to acknowledge and pay respect to the First Australians also. If anyone would like to share their Aboriginal or Torres Strait Islander culture with us, we would be VERY grateful. Similarly, if you know of a friend in your community who could offer us some advice and education, please pass on our contact details.

## Nightmares...

*I remember being quite distressed as a parent when Sophie starting being able to articulate her bad dreams to me during the night.*

*Where before I could attribute crying in the night to hunger or teething, all of a sudden this little girl was able to tell me about the 'scary monsters' or being lost. Most of the time this is a normal part of development. Below is some info on the difference between nightmares and night terrors...*

### Nightmares and night terrors in kids: when do they stop being normal?

Two of the most common causes of night waking in children are night terrors and nightmares. Parents often get them confused but they are different, as is how they should be managed.

Before we can understand night terrors and nightmares, we need to understand normal sleep. All children and adults cycle through stages of deep sleep, also known as non-rapid eye movement (non-REM), and light sleep, also known as REM.

We fall immediately into deep sleep where we typically stay for the first few hours of the night. Thereafter, we cycle through deep and light sleep. These sleep cycles last 30-60 minutes in children and around 90 minutes in adults. When we come into light sleep, we can wake up briefly, look around the room, adjust the bedclothes, and if everything is OK, go back to sleep again.

Night terrors and nightmares happen in different parts of the sleep cycle and in different parts of the night. Night terrors usually happen before midnight and occur when the child is "stuck" between a deep and light sleep stage. Their body is therefore "awake" but their mind isn't. In contrast, nightmares tend to occur after midnight and happen during the light sleep stage, when we do most of our dreaming.

During a night terror, the child has a sudden onset of screaming, can have their eyes open or shut, can breathe rapidly and have a fast heartbeat. They look terrified and can get up and run around. However, because they are not truly awake, children have no memory of the event in the morning. If their parent tries to comfort them with a hug, the child will typically push the parent away.

4 During nightmares, however, children will usually wake up completely from their bad dream and be scared. They welcome a hug and can remember what happened in the morning.

## Managing nightmares and night terrors

These differences give us an insight into how best to manage night terrors and nightmares.

For night terrors, parents would do best to check their child is OK (hasn't got their leg stuck in the cot, for example) and then leave them be if it is safe to do so. Many parents continue to try to comfort their child but this usually results in the child waking up completely and being very confused and hard to re-settle.

Children who are having a nightmare need to be comforted by their parent and returned to bed once they have calmed down.

For almost all children, night terrors and nightmares are a part of normal development and not a cause for concern. Both can run in families.

For some children, who have frequent nightmares and show other signs of distress, such as changes in their appetite or recurrent body pains (think headaches and stomach pains), or who appear withdrawn or upset, nightmares can be a sign something else is going on.

These children should be seen by a health professional, who can work with the child and the family to identify and address underlying issues, such as problems at school with learning or bullying or family problems including violence.

### How to treat them

Night terrors that persist and occur around the same time each night can be treated with a technique called "scheduled awakening". This involves waking the child up around 30 minutes before their night terror. This is thought to reset the sleep cycle, thereby helping them avoid getting "stuck" between deep and light sleep stages.

Parents need to persist with this technique for at least three weeks to know if it helps or not.

Triggers common to both nightmares and night terrors include illnesses and lack of sleep. While illnesses are hard to avoid, parents can ensure their child has adequate sleep, starting with a good bedtime routine.

There are many helpful resources on how to help children sleep including the Raising Children Network and the Sleep Health Foundation. Ensuring a good nights' sleep for children can benefit not only the child, but the rest of the family as well.

<https://www.mcri.edu.au/users/aprofessor-harriet-hiscock/blog/nightmares-and-night-terrors-kids-when-do-they-stop-being>