



February 2019

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tanya building blocks'



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FRI

All Building Blocks sessions are free of charge for all children from 0-5 years old, along with their parents, carers & grandparents. FVNH Play Centre by booking only for 3-5 year old children

6 School back Term

7

8 Read! Sing! Create!
St Helens Library 10.30-11.30

11

12
Read! Sing! Create! St Marys
Library 11-11.30 am

13 Falmouth Playgroup
10.30-12.30 Falmouth
Community Centre

14 St Marys Park Play
Wombat Walk
9.30-11am Meet the St
Marys LiL team for 2019

15 Read! Sing! Create!
St Helens Library 10.30-11.30

18 Fingal VNH Play Centre
9.30-2.30pm
New Families
9.30-12.30pm

19 Read! Sing! Create!
Bicheno Library 10.30-11am

20 Move Well Eat Well
Event
St Helens THRIVE
Community Garden
10-12pm
All welcome

21 St Marys Water
Awareness 9-12pm (to Be
confirmed)
Move and Play Scottsdale
indoor Action Centre
1.30-2.30pm

22 Read! Sing! Create!
St Helens Library
10.30-11.30
Bicheno LiL Little Penguins
9-10.30am

25

Fingal VNH Play Centre
9.30-2.30pm

26

Read! Sing! Create! St Marys
Library 11-11.30 am

27

Public Hol

28 St Marys Water

Awareness 9-12pm (to Be
confirmed)

Move and Play Scottsdale
Indoor Action Centre
1.30-2.30pm



Building Blocks February 2019 Newsletter



Welcome to all the new families who have participated in our summer program in January—we had some great days at the pool and beach. We are planning to continue on with the water theme with 3 free water awareness sessions at St Marys District School Pool 21st and 28th Feb and 7th March—please email or txt to sign up—final details coming soon

Remember if there is something you would like to see in your community then please get in touch via txt, email or Facebook.

Learning to follow directions

A Parent Question

Q: I have a 3.5-year-old who won't listen to anything. We both just end up getting upset. I'm concerned that she will face problems in preschool if she won't start following directions

A: This is normal at this age and I think in most families across Australia. Let's try and set you up for success for gaining and sustaining attention so your requests are effective and your daughter learns to follow directions.

Effective Requests

Why?

It is important to give effective requests so that children are clear about what they have to do. If a request is given well it will increase the likelihood of the child following it. Giving an effective request also avoids the adult feeling frustrated by the child not complying with a vague request.

What?

Effective requests are those that use simple language and make it clear to

the child what they need to do. When appropriate, gestures and gentle physical guidance can be used to help the child understand exactly what is required. Clear instructions state the instruction in a positive way, so the child knows what to do rather than not what to do.

How?

- Get close (arm's length as a guide)
 - Say the child's name to make sure they have their attention
 - Are brief and specific about what action they want the child to do
 - Are firm and unemotional so the child focuses on the content of what they are saying rather than on the tone
 - Wait for the child's response (approx. 5 seconds)
 - Watch and stay with the child until they follow the instruction
 - Uses gestures to reinforce what they want the child to do
 - If appropriate uses gentle physical guidance to help direct the child
 - Give praise when they do comply
- Avoid giving a choice, when the child does not have a choice

From <https://www.firstfiveyears.org.au>

