Listen to stories can be so satisfying for children as it brings adventure into our lives. We see this so often at Rural Care. “Going on a Bear Hunt” has been a regular request for many weeks as children act out the story in small groups. As we engage in our farming program other songs are being sung and heard by children—BAA BAA Black Black Sheep, Old McDonald Farm and 5 Little Ducks went out one day.

Good-bye to Gary and Janine Jukes. Gary and Janine we wish you all the best on your new adventure in moving to Mount Barker in the Adelaide hills We will miss you! You have both been a big part and contributed so much to our centre in so many ways. Thank you and all the best.

IMMUNISATIONS—
Immunisations are linked to the Child Care Benefit, so please bring your blue book in so we can photocopy your child’s immunisation records. This keeps our records up to date which is a requirement of the Australian Children’s Education & Care Quality Authority.

THANK YOU—
Thank you to both Gary Jukes and Michael Butler for putting up the clear PVC sheeting over our rural care pergola. We really appreciate this as it gives us another sheltered outdoor area in the winter which we know the children enjoy.
How much sleep do children need?

Rest and sleep times are a key part of most children’s daily routine, particularly for younger children and babies. Each child’s routine and the amount of sleep they need will vary. Some general guidelines are:

Up to 12 months old—15 hours of sleep a day is ideal. They typically have 3 day time naps and drop to 2 naps around 6 months old.

1-3 year olds—have up to 10—12 hours of sleep and around 2 hours in the middle of the day. Most will continue to have a nap for 1-2 hours each day until they are 3-4 years old.

Our children’s brains and bodies need sufficient sleep in order to develop properly and there are strategies that we can use to encourage rest and sleep. We can support their sleep routines through physical activity, affection, reassurance, good communication and recognising signs of tiredness.

At rural care if your child becomes very tired the educator will allow them to rest as we must ensure your child’s wellbeing is our priority. At care we will not prevent your child from sleeping when they are clearly tired and need to go to sleep. Families sometimes find this difficult and we do not want to upset your child’s sleep routine at home. When you tell us — “try not to let my child sleep past 3.30pm as this may jeopardise their night time sleep” - we appreciate the information as this informs us of your needs. Our aim is to work together to find a solution and communication between educators and families is the key to achieving the best outcomes for your child.


Do you require Child Care
Casual or Permanent
Half Day or Full Day

Are you working or studying or just need time out now or into the future.

Come to Rural Care
at the Tumby Bay Kindergarten
to register your child.

Limited Vacancies are Available Now
or add your child to the waiting list.

Please call Ginny on
86882108 or 0403080245
Or call in and visit us on Freeman St.