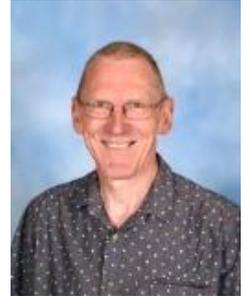


Chaplain's Spot

'10 things every child needs'

A newborn baby's brain size is 25% of an adult, growing in 3 years, to 90%. Children are flooded with new experiences impacting brain development. We have an amazing opportunity to shape growth and form healthy lifetime habits. **Here are 10 helpful hints.**



- **1. Encourage Interaction:** The more interactions a child has, the healthier their development will be.
- **2. Offer Physical Affection:** Physical affection communicates love to young children, which in turn fosters positive emotional growth.
- **3. Provide a Stable Relationship:** Children in a stable relationship learn faster, feel better about themselves, make friends more easily.
- **4. Maintain a Safe, Healthy Home:** Creating a safe and healthy home environment allows maximum growth with minimal risk.
- **5. Develop Strong Self Esteem:** A strong sense of self is the foundation for healthy development in young children.
- **6. Engage in Conversation:** Communicating with them not only shows love, but also encourages development of speech patterns.
- **7. Make Music:** Music offers children an outlet for expression and stimulates brain development, including in language and reasoning.
- **8. Make Reading a Priority:** Reading with children demonstrates a love for books and learning, and is a great way to spend quality time
- **9. Promote Play:** Playing provides children with an outlet for imagination and creativity and fosters healthy brain development.
- **10. Choose Quality Childcare:** The childcare setting can be a very important learning environment for children.

Every parent and caregiver can give what every child needs early in life, providing a future which will be full of possibilities.

Source: 10 Things Every Child Needs DVD, Copyright 1997. Used with permission from the McCormick Foundation.

Alan Silverwood – Chaplain - Pastoral care for our community, Tuesday Thursday Friday. [silverwood.alan.l@edumail.vic.gov.au] **Supporting the School community in emotional, social, spiritual and practical wellbeing.** The Chaplaincy program is funded through Federal Government & Community support including; "Inspire! School Chaplaincy Network", CCCVaT, Great Ryrie Primary School Council and local private and community donations.

Advance notice of coming Chaplaincy events:

Thurs 5 September - Remember & Celebrate Day, for students and parents to reflect on those who have died. Come and create some special memories, peruse resources, books, posters etc.

Thurs 12 September - Meat Tasting event. We will confirm details soon. You just need an hour to eat and provide feedback for us to receive \$1000. You will also enjoy some delicious sorbet.

Sat 5 October – Bendigo Bank BBQ @ Ringwood East market. If you can help on the day for an hour or so, please contact the Chaplain.
