

BEYOND EDUCARE

AUGUST
2026

ON *this* MONTH

Service event/item ----- 0

AROUND THE COUNTRY

World Breastfeeding Week ----- 1-7

Dental Health Week ----- 3-9

National Aboriginal and Torres Strait Islander

Children's Day ----- 4

International Day of the world's Indigenous

People ----- 9

National Science Week ----- 15 - 23

"The important thing is not to stop questioning. Curiosity has its own reason for existing."

— Albert Einstein



WORLD BREASTFEEDING WEEK – AUGUST 1-7

World Breastfeeding Week is a time to recognise the importance of breastfeeding and the support families need along the way. The 2026 theme, “Breastfeeding for a Sustainable Start in Life: Strengthen What Works,” highlights the value of building on the care, knowledge and support systems that help mothers and babies thrive.

NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER CHILDREN'S DAY – AUGUST 4

Children's Day is a special time to celebrate the strengths, culture, identity and future of Aboriginal and Torres Strait Islander children. It is a day for families, communities and early learning services to come together and honour the important role that culture, connection to Country, family and community play in each child's life. Families are encouraged to talk at home about respect, culture, belonging and the importance of listening to and valuing Aboriginal and Torres Strait Islander voices.



*This artwork is called **Learning from Country** by Tovani Cox. Tovani Cox is a proud Bunuba, Gija, Karajarri, Yawuru and Miriwoong women from the Kimberley region of Western Australia.*

“This artwork celebrates the strength, curiosity and voice of Aboriginal and Torres Strait Islander children. It reflects the idea that every child has the right to be heard and to lead their own journey through life...”

Learn more and join in this national celebration led by SNAICC – National Voice for our Children. **Find out more here**

**SAFE ON SOCIAL | safeonsocial.com/blog**

The **Safe on Social** blog provides practical, up-to-date guidance to help families understand the online world children are growing up in. Covering topics such as social media safety, privacy, AI, deepfakes and emerging digital risks, the blog supports parents and carers to have informed conversations at home and make safer choices online.

Families are encouraged to explore the blog for helpful advice on supporting children's wellbeing, safety and confidence in digital spaces.

This is important for families with younger children who may not be using the internet or social media themselves yet. Many children already have a digital footprint because photos, videos and personal moments are shared online by adults. Resources like Safe on Social help parents think carefully about privacy, consent, image sharing and how to protect children's identity and wellbeing before they are old enough to make those choices for themselves.

ONE BOWL CORN AND ZUCCHINI FRITTERS

TOTAL TIME 30 min | MAKES 25 fritters

INGREDIENTS

- 1 1/2 cups (180 grams) spelt flour (or plain wholemeal flour)
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon bicarb soda
- pinch of salt and pepper
- 2 eggs
- 1 cup (250 ml) milk
- 1/2 cup (60 grams) tasty cheese, grated
- 1/2 cup (75 grams) parmesan cheese, grated
- 1/2 cup chopped fresh herbs (we used dill, mint and basil)
- 3 cups (375 grams) corn kernels
- 1 cup (150 grams) grated zucchini (approx. 2 zucchinis)

METHOD:

Place the flour, baking powder, bicarb soda, salt and pepper into a large bowl and whisk to combine creating a well in the centre. Add the eggs and milk and whisk to create a smooth batter. Add the tasty cheese, parmesan, herbs, corn and zucchini and whisk to combine.

Heat a large fry pan over low-medium heat and add a drizzle of olive oil to grease. Ladle 1/4 cup measurements of the batter onto the fry pan.



Cook for 2-3 minutes or until bubbles begin to appear on the surface of the fritter and the edges begin to set. Carefully flip the fritters and cook for another 2-3 minutes. Or until the fritters are golden and bounce back to touch.

Place the cooked fritters onto a plate lined with kitchen paper and continue frying until no batter remains. Serve the fritters warm or cold. Freezer friendly.

Enjoy x

Recipe and image from mylovelylittlelunchbox.com.

Focus Article: Why Wonder Still Matters

As children move through the school years, their questions often become bigger, deeper and sometimes more challenging. Why do people believe different things? How does the internet work? What happens inside the human body? Why do we need rules? What would happen if we did it another way?

These questions may come during homework, on the way to sport, while watching the news, or just as you are trying to get dinner organised. Sometimes they are easy to answer. Sometimes they are not. But behind every question is something important: your child is thinking, connecting ideas and trying to understand the world.

School-age children are still natural researchers. They test ideas, look for patterns, challenge information and begin to form their own opinions. When they build something that keeps falling over, they are learning about design, balance and persistence. When they ask how a machine works, they are exploring systems and technology. When they question fairness, rules or relationships, they are developing empathy, reasoning and social understanding.

Curiosity is one of the foundations of lifelong learning. Children who feel safe to ask questions are more likely to think critically, solve problems, make mistakes, try again and explore new ideas. These skills matter not only at school, but in friendships, sport, hobbies and everyday life.

As adults, it can be tempting to answer quickly, correct immediately, or search online for the answer straight away. Sometimes that is helpful. But children also benefit from having time to think things through, make predictions and explain their own ideas.

Instead of giving a quick answer, you might say:

“I wonder what you think?”
“How could we find out?”
“What evidence do we have?”
“What do you notice?”
“What might happen if we tried it another way?”
“Where could we look for reliable information?”

These responses show children that their thinking matters. They also help children slow down, reflect and see themselves as capable learners. Of course, there will still be times when children need clear information, guidance and facts. But curiosity grows when children are given space to explore, question and take part in the learning process, rather than simply being told the answer.

Families can support curiosity in everyday moments. Cooking can become a chance to talk about measurement, temperature and change. Gardening can lead to conversations about insects, weather, food and sustainability. A walk, bike ride or trip in the car can spark questions about maps, buildings, animals, transport, clouds or shadows. Even watching a movie or reading a book together can open discussions about choices, feelings, fairness and different points of view.

You do not need special equipment to encourage curiosity. Children often learn through ordinary materials and real-life experiences: cardboard boxes, tools, recycled items, water, magnets, torches, books, maps, nature, technology and conversations.

It is also helpful to let children see that adults are still learners too. Saying “I’m not sure, let’s find out together” teaches children that not knowing is not a failure. It is the beginning of discovery. This helps children feel confident to ask questions, change their thinking and learn from new information.

Curiosity also supports language and communication. When children explain their ideas, ask questions and talk through problems, they practise using words to describe, compare, reason, persuade and reflect. These conversations help build confidence and critical thinking.

Most importantly, curiosity helps children stay connected to the joy of learning. When children feel that their questions are welcomed, they are more likely to stay engaged, motivated and open to new ideas.

So, the next time your child asks a tricky question, take a breath. You do not need to have all the answers. Sometimes the most powerful response is to pause, wonder and explore together.

Because every big idea starts somewhere — often with a curious child, a thoughtful question and an adult who was willing to listen.



For more information on managing disappointment follow the QR code.

See link via QR code
Retrieved from raisingchildren.net.au

REST AND RECHARGE

Busy days, learning, friendships, sport and play all take energy. Sleep gives children’s bodies and brains time to rest, grow and recharge, helping them manage emotions, concentrate and enjoy the day ahead. Families can support healthy sleep by keeping bedtime routines calm and predictable, turning screens off before bed, and allowing time to wind down. Small habits like reading together, dimming lights and keeping wake-up times consistent can make a big difference to children’s wellbeing.



HEALTH & SAFETY: Dental Health for the Whole Family

Dental Health Week is a helpful reminder that caring for teeth and gums is an important part of every family's health and wellbeing. As children grow older and become more independent, it is still important for families to support healthy dental routines at home.

School-age children are often losing baby teeth and gaining adult teeth. This makes dental care especially important. Adult teeth need to last a lifetime, and healthy habits during the primary school years can help prevent tooth decay, gum problems, pain and avoidable dental treatment.

Good oral health is a whole-family routine. Children learn from the adults around them, so brushing together, choosing water, limiting sugary snacks and drinks, and making dental visits a normal part of family life can all help children understand the importance of caring for their teeth.

Parents should continue to help and supervise their child's brushing until they are about 8 years old. Before this age, children generally lack the fine motor skills and wrist coordination needed to clean all the surfaces of their teeth and gums effectively. Older children may still need reminders, encouragement and occasional checks to make sure they are brushing well.

As a general guide, families can support dental health by:

- Ensuring children brush twice a day, especially before bed
- Using fluoride toothpaste suitable for their age
- Supervising or checking brushing until children can brush thoroughly on their own
- Encouraging children to spit out toothpaste rather than swallow it
- Offering water as the main drink throughout the day
- Limiting sugary foods, juices, cordial, soft drinks, sports drinks and sticky snacks
 - Packing tooth-friendly lunchbox foods such as cheese, yoghurt, vegetables and whole fruit
- Encouraging children to rinse with water after meals
- Replacing toothbrushes regularly
- Booking regular dental check-ups for children and adults

Lunchboxes can have a big impact on children's dental health. Frequent snacking, sweet drinks and sticky foods can increase the risk of tooth decay, even when children brush each day. Teeth need breaks between meals and snacks so saliva can help protect the mouth and repair early acid damage.

It is also helpful to talk with children about why dental care matters. Rather than focusing only on rules, families can explain that brushing helps keep teeth strong, prevents pain and supports fresh breath, confidence and a healthy smile.

Dental visits are also important during the school years, particularly as adult teeth come through. Regular check-ups can help identify concerns early and give children the confidence to ask questions and take more responsibility for their own oral health. Families may be able to access support with the cost of children's dental care. The Child Dental Benefits Schedule helps eligible children access basic dental services. For children who do not qualify, free or heavily subsidised care may be available through state-based public health clinics, though eligibility rules vary across Australia. If public care is not an option, some private clinics offer interest-free payment plans, while university dental schools and community health services may provide lower-cost treatment options.

This Dental Health Week, families are encouraged to check their dental routines. Are children brushing well before bed? Are toothbrushes ready to be replaced? Has it been a while since the family visited the dentist?



For additional dental resources follow the QR code.

See link via QR code

For more information go to teeth.org.au



SEEDS, SCIENCE AND SUSTAINABILITY

National Science Week is a great reminder that children are natural scientists. They learn by wondering, watching, testing and asking questions. One simple way to explore both science and sustainability at home is by planting seeds.

Planting seeds helps children see how living things grow and what they need to survive. As they water, observe and care for plants, children begin to understand the importance of soil, sunlight, water, insects and time.

Try these simple ideas at home:

- Plant easy-growing seeds such as beans, peas..

- Reuse yoghurt tubs or egg cartons as seedling pots.
- Talk about what plants need to grow: water, sunlight, soil and care.
- Encourage children to draw or photograph changes as the seed grows.
- Use food scraps such as fruit peels or vegetable ends to start a small compost conversation.

These small experiences help children build early science skills while learning that caring for the environment begins with everyday actions. A tiny seed can lead to big conversations about nature, responsibility and sustainability.

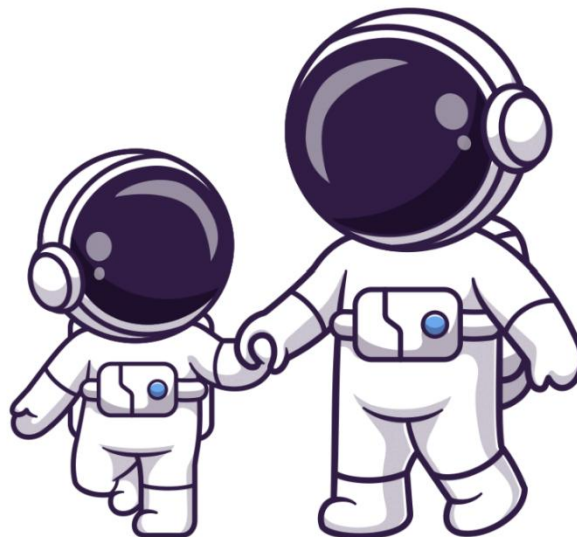
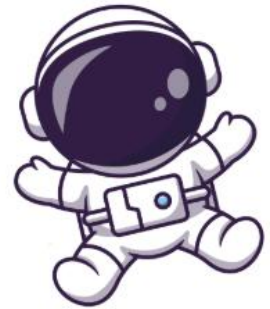




Animal Moves

Get moving by pretending to be different animals! Spend 30 seconds on each animal movement: hop like a kangaroo, crawl like a bear, flap like a bird, stomp like an elephant, waddle like a penguin and stretch tall like a giraffe.

This quick activity helps children build strength, balance and coordination while using their imagination. Families can take turns calling out animals and making up their own moves.



Feedback 
is always welcome

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