Early Years Newsletter Term 1 2026

Introduction

Term 1 2026 has officially started and I am looking forward to working with all Smiles 4 Miles registered centres this year!

In term 1 the Smiles 4 Miles program focuses on the Drink Well message which encourages everyone to drink tap water to keep our teeth healthy. The Swan Hill region experiences hot summers which makes water important to ensure all children maintain hydration and promotes good oral health.

This issue will cover the importance of water, ways to encourage water intake for children, and celebrating the services that were awarded for Smiles 4 Miles in 2026!

Why drinking water is so important

Top reasons why tap water is best for your little one.

Encouraging your child to drink plenty of water is vital, not only for their mental and physical wellbeing, but also their teeth.

Put simply, we need water to help our body carry out all of its functions, regulate body temperature and digest food. Water is constantly lost from the body in the air we breathe, sweat and even tears, and needs to be replaced. Not drinking enough fluid can lead to dehydration, which may cause your child to become:

- tired
- unwell
- lose their ability to concentrate and learn

Tap water has the added benefit of fluoride, which helps strengthen teeth and protects against tooth decay.

How much water should your child drink?

The amount of water children need daily depends on their age, how much activity they do, the weather, their diet and health.

It's important to remind children to drink often, but as general guide, children between the ages of one and eight need to drink around four to five cups of water a day.

** This information is courtesy of Oral Health Victoria.*

Early Years Newsletter Term 1 2026

Tips for tapping into water

Easy ways to encourage your child to drink more tap water.

For healthy bodies and teeth your whole family should drink plenty of tap water.

Why? Tap water, in most cases, contains fluoride. This helps ensure strong and healthy teeth. Plus, it's free, and better for the environment than bottled water.

Try these easy ways to encourage drinking tap water at home:
· keep a jug of cold tap water in the fridge
· provide tap water with every meal and snack
· teach your child to help themselves to water
· pack your child's water bottle when you go out so you don't have to buy a drink if you're thirsty
· make fancy ice – look for trays that create ice blocks in all shapes and sizes.

** This information is courtesy of Oral Health Victoria.*

Congratulations to all awarded centres

2025 was a busy year with 19 services awarded in the Smiles 4 Miles program! The awarded services were a mix of kindergartens, Long Day Care centres and Family Day care Providers. Congratulations to all awarded centres and we look forward to awarding more services in 2026.

The services that were awarded include:

- Shine Bright Nyah West Kindergarten
- Shine Bright Swan Hill North Kindergarten
- Shine Bright Kunawaa Kindergarten
- Shine Bright Shamrock Park Kindergarten
- Shine Bright Pye Street Kindergarten
- Shine Bright Woorinen South Kindergarten
- Shine Bright Swan Hill South Kindergarten
- Lake Boga Preschool
- Swan Hill Early Learning Long Day Care
- Young Adventurers- Chapman and Yana street Long Day Cares
- Intereach Family Day Care- Lisa N
- Intereach Family Day Care- Mary
- Intereach Family Day Care- Maryann
- Intereach Family Day Care- Meridith
- Intereach Family Day Care- Tania
- Intereach Family Day Care- Vicki
- Intereach Family Day Care- Kristie
- Intereach Family Day Care- Lisa M

Early Years Newsletter Term 1 2026

Upcoming Local Activities

Activities in the Swan Hill Region for the 0-5 age group

Antenatal Breastfeeding Session

Learn about breastfeeding before your baby is born.

Monday 2nd March 2026

9am -10am

Community Health
125 Campbell Street,
Swan Hill

How to book:
Call Community Health at
5033 9337 to secure your position

BREASTFEEDING GROUP IS BACK FOR 2026

BREASTFEEDING. MIXED FEEDING. BOTTLE FEEDING

When: Starts back Thursday 12.2.26 9.30-11am
Where: Child and Family Hub, 63 McCrae St, Swan Hill

Drop in, have a chat between 9.30am and 11am, Thursdays.

A free community group, with the local Breastfeeding Support Service in attendance to help answer any of your questions.

For more information call Community Health 5033 9337

Introducing solids workshops

FREE WORKSHOP

Come along to learn about introducing solids and ask an Accredited Practicing Dietitian and a Paediatric Occupational Therapist any food related questions.

The workshop will go through introducing solids for infants.

Who: Parents with Infants 5-6 months +
Time: 10.00 am -11.30 am

Location: Family and Child Hub, 63 Mc Crae Street Swan Hill

Dates 2025:

- Friday 13th of February
- Friday 10th of April
- Friday 5th of June

Please contact Robyn or Nicole at Maternal Child Health to book into a workshop on 5032 0300.

Kids Create- Sandwich sushi

***Date:** Thursday April 16th*
***Time:** 10.30 am -11.30 am*
***Location:** Swan Hill Regional Library*

FRESH FOOD SWAP

Opportunity to swap your produce , seeds, seedlings , herbs, and preserves

When: 3rd Saturday of every month (excluding December)

Dates: February 21st, March 21st , April 18th , May 16th , June 20th

Time: 10am -12pm

Location: Swan Hill Regional Library

WHAT YOU CAN SWAP:

- Vegetables
- Herbs
- Fruit
- Flowers / bulbs
- Preserves
- Seedlings
- Seeds
- Honey
- Eggs

All produce brought must be good quality . All preserves must be labelled with ingredients. Seeds, seedlings and bulbs must be labelled.

'This initiative is compliant with the 'Food Act 1984' as there is no sale of food occurring.

Community Health
125 Campbell Street, Swan Hill 3585
Phone: 03 5033 9337
Fax: 03 5036 4561
Email: chreception@shdh.org.au