

# He kōrero hauora mō kā mokopuna Healthy hints for tots



This newsletter aims to provide health information and tips for the early childhood community in Otago and Southland. Use it as you wish – copy and distribute information to parents and whānau, use parts in your own newsletter. Electronic copies of this and previous newsletters are available at [www.southerndhb.govt.nz/pages/newsletters/](http://www.southerndhb.govt.nz/pages/newsletters/)

**Ka taki te wharauora. Ko kā karere a Kana.**  
*If the shining cuckoo cries. It is the messenger of spring.*

In hearing the cry of the pīpiwharauora waita acknowledging and welcoming this manu have been sung. Some speak of the piri wharauora as being a bird from Hawaiki that has guided many on their journey to Aotearoa.

**E te manu tēnā koe. Kua tae tēnei ki te mahanatanga. Kua puawai ngā rākau katoa.**  
*O bird greetings to you*

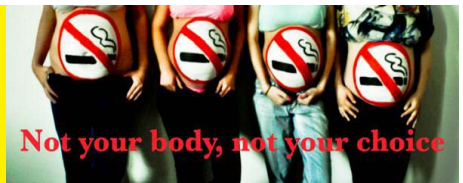
The warm season appears and all the trees have blossomed.

## News!

From 2018 this publication will no longer be available in a printed version. For those that don't receive it electronically you will need to provide us with your email address to: **Clare.Vanderlem@southerndhb.govt.nz**

## Celebrate Fresh Air This Spring

Get those Little Lungs into nature. WIN a Garden Pack (Judge's Choice) or an Activity Pack (People's Choice)



To celebrate spring and promote Smokefree environments we are running a new Facebook competition. All you have to do is create a Smokefree environments message for your community. Be as creative as you like!!

## BE IN TO WIN!

- Create a Smokefree environments message for your community.
- Email it in to us at [health.promotion@wellsouth.org.nz](mailto:health.promotion@wellsouth.org.nz) by 29th September.
- Visit the "WellSouth Community" Facebook page between 2-14 October and 'Like' your photo.
- Leave a comment for a BONUS entry!



Voting closes 5pm 14 October. Most votes wins the Activity Pack, so ask your community to vote for your picture. This competition has been developed by the Little Lungs – Pūkahunuku Iti team to promote Smokefree spaces. For further information contact: [www.littlelungs.co.nz](http://www.littlelungs.co.nz)



# Teach kids to grow their own vegetables!



It's that time of year again! Spring is a great time to start planning or maintaining your vegetable garden. Growing vegetables is not only fun for kids, but also makes eating vegetables affordable and right at your doorstep!

Getting children involved in growing vegetables doesn't have to be difficult. If you don't have a vegetable garden, try using a bucket or even the bottom of a milk bottle. Children will be fascinated at digging, planting, watering and getting their hands dirty.

Choose veges that will grow quickly at this time of year to keep children interested (see list below). Visit [tuigardening.co.nz](http://tuigardening.co.nz) for a planting calendar. Research suggests that children are five times more likely to eat salad when they have grown the vegetables themselves.

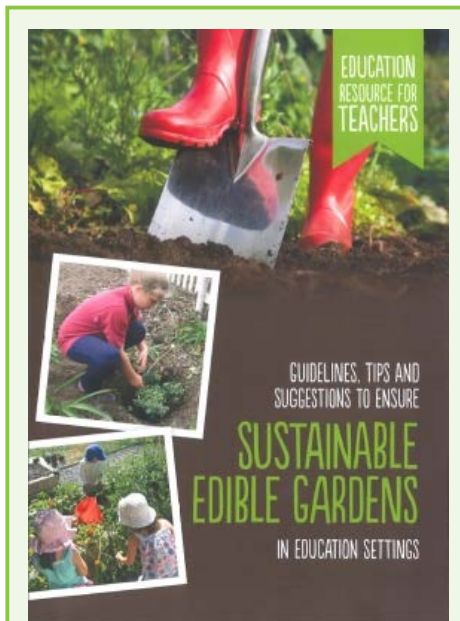
Not only will they learn about different vegetables and how they grow, they will be outside in the fresh air getting active. Children who spend more time playing outside are more likely to be physically active than those who play indoors, and less likely to spend time on screens. Most importantly, getting children involved and enjoying growing their own vegetables will allow them to develop life-long skills to having a healthy lifestyle.

## Best veges to grow with kids

Spinach, lettuce, radish, leeks, broccoli, cabbage, cauliflower, silverbeet, celery and spring onions are all good 'beginner' crops. You could also try carrots and potatoes.

## Growing tips

- Plant little and often for a good supply of vegetables
- Try planting seedlings for a quick process
- Start seedlings indoors
- Try growing vegetables from old scraps e.g. potatoes
- Choose vegetables children are likely to eat
- Make sure crops are in a sunny, sheltered spot
- Remember to be patient, and have fun!



**Sustainable Edible Gardens Resource for Teachers** is available from Public Health South. If you would like a copy contact Elyn Robertson, Health Promotion Advisor *elyn.robertson@southernhb.govt.nz* or 03 211 8620

## Easy Carrot and Orange Salad

**Time to prepare:** 10 minutes

**Servings:** 4

This colourful salad will brighten up any dinner plate. Kids will love the sweet combination of orange, carrot and sultanas.

### Ingredients:

- 2 carrots, grated
- 2 oranges
- 2 spring onions, finely sliced
- 1/4 cup sultanas
- 1/4 cup sunflower seeds, toasted

### Method:

1. Place grated carrot in a bowl. Peel skin from the oranges and gently squeeze a little orange juice into the carrot. This will be the dressing for the salad.
2. Chop the oranges finely and add them to the bowl.
3. Add spring onions, sultanas and sunflower seeds. Mix well.

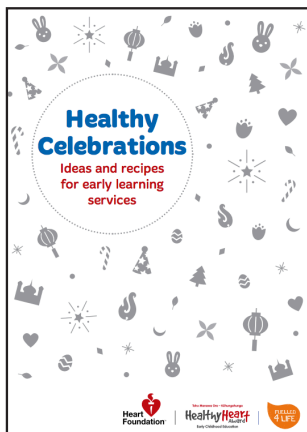


Recipe from: <http://myfamily.kiwi/foods/recipes>

## Celebrate the healthy way!

Get your copy of "Healthy Celebrations" a new Heart Foundation resource which provides practical recipes and ideas on how to incorporate healthy eating and physical activity into celebrations in your centre.

Follow the link to download a copy before your next celebration.  
<http://www.learnbyheart.org.nz/index.php/resources>



## Fun ideas for vege gardeners

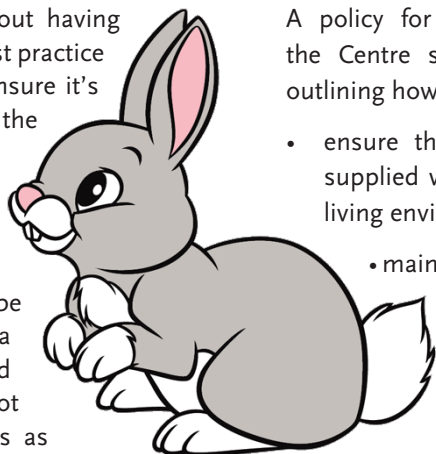
- Get children to create signs for the vegetable garden, plant names and information about the vegetables
- Celebrate gardening milestones such as planting and harvesting
- Use your veges as a reward
- Plan what meals you can make with your home-grown veges
- Give your child their own part of the garden to grow veges



# Keeping Animals

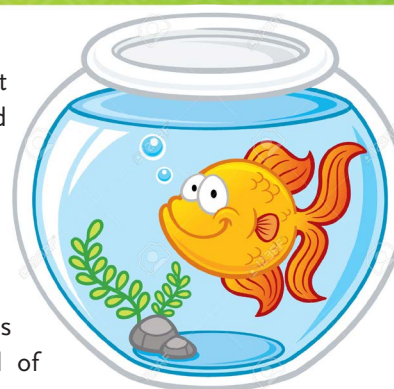
You may already have, or be thinking about having animals at your Centre, so here are some best practice tips from the Health Protection Team to ensure it's a good experience for everyone, including the animals.

Think about how you can keep the animals clean, healthy, and restrained to avoid injury to either the children or the animal. The type of animals that are considered to be suitable to keep at a Centre include guinea pigs, rabbits, mice, rats, fish, frogs and tadpoles, lizards and small birds. It's not advisable to keep dogs, chickens and cats as their faecal material may contaminate the play area.



A policy for keeping animals at the Centre should be developed outlining how the Centre will:

- ensure that the animals are supplied with a good, healthy living environment;
- maintain living conditions to a high standard of cleanliness;
- store animal food so that it is clearly distinguishable from human food;
- ensure that children having had contact with animals immediately wash their hands with supervision; and
- quarantine sick animals away from children.



Turtles are known to carry the bacteria, *Salmonella*. However this risk can be managed appropriately through close supervision of children when handling turtles, ensuring hands are washed after handling, and preventing access to the tanks contents.

There is a requirement under the Animal Welfare Act 1999 to ensure that the physical, health and behavioural needs of animals are met. Under this Act the onus of care lies with the owner or person in charge of an animal to ensure these needs are in accordance with both good practice and scientific knowledge.

Reference: Ministry of Health: *Environmental Health Protection Manual*; *Early Childhood Education and Care Centres*: April 2016

## Whooping cough for tiny tots

### WHOOPING COUGH AND INFLUENZA

#### Protect baby and you

Whooping Cough (Pertussis) is a highly infectious disease which causes coughing fits and can lead to pneumonia and even brain damage.

It is caught by close contact with others, sometimes an apparently healthy person. Babies less than 12 months of age, particularly those less than six months of age, have the highest risk of hospitalisation and death from whooping cough. Whooping cough starts off like the common cold, with similar symptoms - runny nose, sneezing, slight fever and a dry cough. This can progress to coughing fits and sometimes vomiting. The "whoop" sound is caused by a gasp of air through a narrowed throat.

The coughing fits may not be so obvious in babies but some become so sick they need to go to hospital for oxygen therapy and to have mucous removed by suction. In some cases they can die.

The whooping cough booster immunisation is so important for infant protection that pregnant women are recommended to have one every pregnancy. It always comes combined with tetanus and diphtheria

immunisation (Boostrix), and it doesn't matter how recently a pregnant woman had her last tetanus/diphtheria immunisation.

Whooping Cough immunisation in each pregnancy protects both mother and baby as protection crosses the placenta and covers the baby in the vulnerable first few months. For optimum protection, it is also important for babies to receive their 6 week,

3 month and 5 month immunisations on time.

Influenza vaccination is also recommended in each pregnancy to protect mother and baby and this immunisation can occur during any trimester of pregnancy.

For further information visit [www.immune.org.nz](http://www.immune.org.nz), [www.immunise.govt.nz](http://www.immunise.govt.nz) and [www.fightflu.co.nz](http://www.fightflu.co.nz)

**Protecting baby starts in pregnancy**

Get immunised while pregnant. It helps protect baby from the serious effects of whooping cough and influenza.

It's free, recommended, and has a proven safety record.

**Talk to your midwife, nurse or doctor today.**

More info at [immunise.govt.nz](http://immunise.govt.nz) and 0800 IMMUNE (466 863).

### Protect your baby – Key Messages

1. Enrol with a midwife and general practice – as soon as you know you're pregnant
2. Get immunised during pregnancy – against whooping cough and influenza
3. Immunise baby on time – at 6 weeks, 3 months and 5 months

# A Good Night's Sleep

As little as one hour less sleep over a few nights can have a significant negative effects on a child's ability to concentrate and learn.

Psychologists at Israel's Tel Aviv University ran some fascinating experiments with the sleeping patterns of nine to 12 year olds. For the first nights sleep the children slept according to their normal patterns, but for the next three days half of the group had one less hour sleep per night while the other half had one more hour sleep.

After as little as three days, significant differences were found in the children's reaction times and in their morning fatigue. The researchers concluded that even modest sleep deprivation can have negative effects on a child's ability to learn. Of greatest interest was the fact that the children who slept longer than their usual pattern of sleep not only did better than sleep-deprived kids but also improved on their own performance.

There is no disputing that children today are sleeping less than children did a decade ago. Many are travelling further to school and schools are setting more homework. Parents find out that giving in to a child's demands to stay up late can result in a tired and angry child the next day. But this new research suggests the risks are much greater- that even slight sleep deprivation can lead to lower grades and unfulfilled academic potential.

## SO HOW MUCH SLEEP DO CHILDREN OF DIFFERENT AGES NEED?

Average needs can be summarised as they are in the following chart, but a far better method is to observe your own children. Over a two week period, keep track of the

hours they sleep and note the difference in their behaviour, moods, health and wellbeing.

And remember, some children need significantly more sleep than is indicated in this chart.



## WARNING SIGNS OF A SLEEP DEPRIVED CHILD:

- Crankiness / bad moods
- Temper Tantrums
- Tearfulness
- Easily frustrated
- Difficulty concentrating
- Day-time sleepiness
- Irritability
- Hyperactivity

## Baby teeth are important!

Your child's baby teeth are important for the following reasons:

- They help them chew their food well
- They help them speak clearly
- They hold the space in the jaws for the permanent teeth that are growing under the gums
- They give children the confidence to smile and this helps them to build friendships and raises their self-esteem.

Baby teeth are just as prone to decay as adult teeth. In 2015 over 40% of New Zealand 5 year olds had experienced decay (MoH

data 2015). Establishing good oral health habits early can be the start of a healthy smile for life!

Set a good example by brushing your own teeth twice a day. This will help to keep your child enthusiastic and motivated. They will learn to love the feeling of a clean mouth and their bright, shiny smile. Remember they will need your assistance to brush well until they are around 8 years old. Use just a smear of regular strength fluoride toothpaste to help keep the teeth strong.

Encourage your child to drink water or plain milk only and keep sugary snacks to occasional treats only (less than once a week).

Follow the above simple tips and your child's baby teeth will be

healthy, strong, shiny and will impress the Tooth Fairy!



Like us on facebook and be in the monthly prize draw!

Talkteeth - Southern