

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/

Within the Māori world there are many Atua/deities associated with summer.

One of the brightest stars in the night sky, Rehua is also known as Antares. Rehua is identified with the summer hence the saying

Rehua whakarui takata: a reference to the exhaustion that is caused in the summertime

Te Haka a Tānerore (Tānerore's war dance)

Tama-nui-te-rā (the sun) and Hine Raumati (summer maiden) had a child called Tānerore who has been credited in some stories with the origin of haka. The heat haze and shimmer of summer can also be represented in haka and waiata by the quivering of the hands.

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**

The Healthy Hints for Tots was first produced in 2013. The name changed to He kōrero hauora mō kā mokopuna in 2016.

Since that time a range of topics have been covered from Summer Sun Protection to Whooping Cough and Immunise your Child on Time Everytime. Items such as what to include in the children's lunch box, whether butter is better or margarine and Helping Children to Grow their own Vegetables. Items such as Liquid Lollies discussing sugary drinks, the Importance of Play for Learning, through to A Good Night's Sleep. Smokefree has been a recurring theme as has Dental Health as well as Child Seat Safety, Water Safety and Lead in Soil.

From 2018 the publication will be available electronically hence the importance of providing your email address. Thanks to all those who have already provided their email addresses.

Be Water Wise – Keep Kids Safe Near Water

As the weather gets warmer and summer is with us, it is important to remember water safety when enjoying our kiwi lakes, rivers, beaches and pools. It is also good time to be reminded of "inside" home water safety around baths, showers and other water related household items too.

Supervise at all Times

Water represents a hazard for children. It is important to supervise children well, and be mindful of "safety first" as parent or caregiver when children are around water. Some supervision tips are:

- Supervise without distraction, watching while on the phone, mowing the lawns, hanging washing, cooking dinner etc will not keep a child safe.
- Always have children within sight and within reach.
- At home make sure that pools are fenced and gates are never left open. Know your water dangers both indoors and outdoors at home.

Facts

- A child can drown in as little of four centimetres of water.
- Puddles, fish ponds, nappy buckets, baths and toilets are just as dangerous for pre-school children as a swimming pool or spa.
- The time it takes for babies and children to get into trouble is seconds. It takes about 1 minute of a child to fall into water and drown.

Public Pools

An outing to the local swimming pool is a great way to cool off during summer, it's lots of fun for all members of the family and is great exercise.

Points to remember:

- In a public pool children under 8 must be actively supervised by an adult 16 years or older.
- Children under five should have an adult eg Mum or Dad with them at all times.

Make sure your child learns to swim and becomes confident in the water.

Rivers, Lakes and Beaches

In New Zealand we are so fortunate to have some awesome beaches, lakes and rivers.

Many families frequent our rivers, lakes and beaches during summer – swimming, boating and water-skiing etc. Always remember to supervise children and when in a large group have adults take turns at actively watching children, often everyone can be casually watching but may not see a child getting into trouble when in the water.

Tips:

- One adult should not watch a large group of children, or children doing different water activities. Split the responsibilities amongst the adults.
- Older children should not be given the responsibility of watching younger children as they are often enjoying the water and may not realise the speed or signs of a younger child in trouble in the water.
- Have an adult spotter for water-skiers at all times.
- In a boat children always must wear a life jacket which must be of the correct size for the child.
- Check marine and local weather conditions before you go in the water.

Enjoy the summer, have safe supervised fun for children around water. Be water wise, Water Safety New Zealand – www.watersafety.org.nz



SUDI (Sudden Unexpected Death in Infancy)

SUDI (Sudden Unexpected Death in Infancy) is a term which refers to the unexpected death of an infant through unintentional suffocation and previously unidentified illnesses in the babies affected.

SUDI is preventable and the risk factors for our babies can be significantly reduced. 'PEPE' is a framework developed by SUDI prevention advocates. It is based on the best available evidence about how to prevent SUDI:

Place baby in their own bed, if co-sleeping is desired, consider placing baby safely in a wahakura (woven bassinet for infants) or pepi pod.

Eliminate smoking during pregnancy and protect baby with a smokefree whānau, whare and environment. The wider whānau can also provide support to mum by also becoming smokefree.

Position baby flat on their back to sleep.

Encourage and support mum to breastfeed.

The mission of Public Health South is to promote the Southern Pepi Pod Programme where pods are available to our most at risk whanau. Email the team at pepi-pods@southerndhb.govt.nz for more information.

www.healthed.govt.nz/resource/keep-your-baby-safe-during-sleep



Summertime Party Food!

Four fun and healthy ideas to take to parties or shared lunches!

Fruit Wands

Try using kiwifruit, pineapple (fresh or canned) or watermelon

Method:

1. Slice fruit 1cm thick
2. Use cookie cutters to make shapes in the fruit, or cut into cubes
3. Put fruit shapes onto a skewer or popsicle stick



Sandwich Dumplings

Ingredients:

- 4-8 slices wholemeal or wholegrain bread
- Margarine
- Sandwich filling – try cheese and carrot, marmite and cheese, peanut butter

Method:

1. Spread margarine onto bread
2. Spread desired topping on bread
3. Use a circle cutter to make into rounds
4. Fold in half and press down edges with a fork



Pineapple has high amounts of B vitamins and vitamin C important for boosting immunity.

About 1/2 cup of diced pineapple is one serving – choose unsweetened or in juice if canned.

Pita Chips and Dip

Ingredients:

- Pita bread or tortilla wraps
- Herbs and garlic

Dip:

- 1 cup natural yoghurt
- 2 tablespoons herbs
- 1 tablespoon lemon juice
- 1 teaspoon garlic (optional)

Method:

1. Cut pita bread or wraps into four quarters. Spray/ spread over a tiny amount of oil and sprinkle each piece with herbs and garlic (optional)
2. Bake at 180°C on an oven tray for 5 minutes, then flip pita chips over for another 5 minutes



Home-made Popcorn Bags



Method:

- 1. Place 1 Tablespoon of popcorn kernels into a small brown paper bag
- 2. Fold over the top edge twice
- 3. Microwave on high for 1-2 minutes or until popping stops

(Warning – hot for little hands)''

Immunisation is the best way to protect your family from 13 serious diseases. It's free in New Zealand for all babies, children and young people until their 18th birthday. (HPV immunisation is funded for all aged 9-26 years; MMR immunisation is funded for all born from 1 January 1969.)

Immunisation works by helping your child develop antibodies to fight disease. It saves millions of lives around the world every year.

Immunisation protects your family against chickenpox

One dose of the vaccine is free for the following people from 1 July 2017:

Children turning 15 months of age (ie, children born from 1 April 2016)

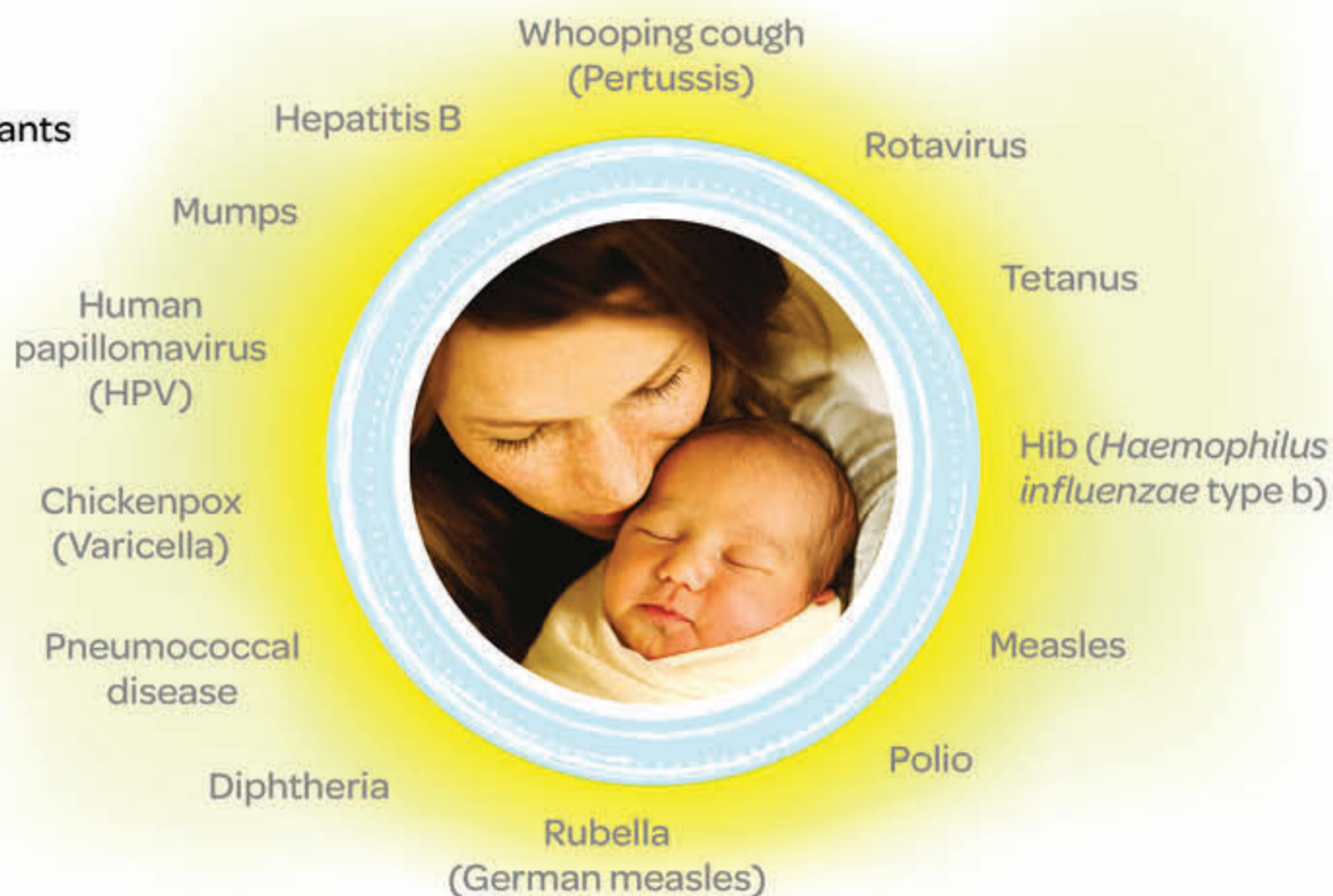
Children turning 11 years of age from 1 July 2017 who have never been infected with or previously immunised against chickenpox

Immunise your child on time – it's their best protection

For further information visit www.immune.org.nz or www.immunise.govt.nz or speak to your family doctor or practice nurse.

What does immunisation protect against?

Immunisation helps protect babies and infants against serious diseases.



www.health.govt.nz/resource/childhood-immunisation

Filtering your drinking water



Early Childhood Centres are required to provide an ample supply of potable drinking water (Licensing Criteria for Early Childhood Education and Care Centres 2008, HS21). Potable means water free of bacteria/parasitic and chemical contamination.

Most New Zealand community drinking water supplies are considered to be safe to drink so don't need any additional treatment. However some Centres choose to have a point-of-use device (e.g. activated carbon filters). This is like a mini treatment plant. It can be used to treat the whole building, or it can put on the end of a tap for treating drinking water only. You will find that point-of-use devices vary in quality. It is important they are regularly checked and adhere to the manufactures operating and maintenance instructions (e.g., filters used at high flow rates or switching suddenly from off to on can dislodge material that has previously been removed from the water).

Before buying a point-of-use device, ensure that you get a written statement that states clearly what the device **will** achieve and what it **will not** achieve in the way of water purification. The device should provide some way of indicating when it will no longer function effectively. Check that the device has been tested to AS/NZS 4348: *Water/Supply – Domestic Type Water Treatment Appliances – Performance Requirements* and complies with AS/NZS 3497: *Drinking Water Treatment Units – Plumbing Requirements*.

Point –of – use Devices Checks and Replacements

When you select a point-of-use device, think about how long it will operate before parts need replacing and how much these parts will cost.

Equipment manufacturers and reputable suppliers should be able to indicate how long the equipment will last with your water supply.

Filters will need regular checking and should be replaced as recommended by the manufacturer.

Filter cartridges such as activated carbon need to be replaced periodically. They will eventually become full of contaminants and must be replaced to prevent contaminants returning to the water.

Reference: Household Water Supplies: The selection, operation and maintenance of individual household water supplies; Ministry of Health/NZ Government/Health Promotion Agency; September 2013; Code HE4602.

For further assistance regarding potable water supplies, contact your local Public Health South Health Protection Officer or Drinking Water Assessor.



take the challenge
switch to water

3 NOVEMBER 2017
National Oral Health Day

**SWITCH YOUR SUGARY DRINKS
TO WATER FOR 30 DAYS.**

New Zealand
Dental Assoc.
www.healthysmiles.org.nz

Welcome to the Switch to Water Challenge!

We need water, not sugary drinks, for hydration. Water is the best drink choice. It is fresh, free and available readily on tap! Water has no sugar, no calories and is non-acidic. By switching sugary drinks to water, you and your child are on your way to becoming healthier.

Some great reasons to switch to water

- Sugary drinks have no nutritional value, they contribute empty calories and replace healthier drink options. They are also extremely acidic, which erodes teeth
- One can of sugary drink per day can lead to 6.5kgs weight gain in a year
- A 600 ml bottle of soft drink contains approximately 16 teaspoons of sugar and a regular 375ml can of soft drink contains about 10 teaspoons of sugar
- Sugar and acid levels in sugary drinks and 'diet' varieties can cause holes in teeth
- Rapid blood sugar spikes after drinking sugary drinks can increase hunger and over-eating
- Water has no added sugar, no calories and is non-acidic. Switching your sugary drinks to water is a great first step towards better health
- Drinking tap water by filling reusable water bottles reduces the amount of plastic bottles that end up in landfill

Let's be SunSmart this Summer!

Sun Protection is needed when the UV Index is 3 or more even on cooler cloudy days. To check the UV Index forecast in your area please go to: www.niwa.co.nz/UV-forecasts You can also check the UV index using the free app uv2Day for iPhones & Android

Hats – broad-brimmed, bucket hats (minimum 5cm brim for pre-school children) or a cap with flaps are best and give protection to the face, neck, ears and eyes. Caps without flaps are not SunSmart.

Clothing – loose, cool clothing is best eg tops with collars and sleeves to the elbow and shorts/ skirts to the knees are recommended. When playing in water Rash tops give the best protection.

Making Use of Shade – use available shade from trees, verandas, umbrellas, gazebos, and shade sails for outdoor activities at peak UV times.

Sunscreen – clothing and a hat is the best protection. Use broad spectrum at least SPF30 sunscreen on areas of skin not covered by clothing. Be cautious about using sunscreen on children under 1. Test it on a small patch of skin first. Use water resistant sunscreen when around water. Do not ask parents to put sunscreen on children before they arrive at your centre in the morning as some sun exposure is needed for Vitamin D early in the day when the UV levels are low.

Apply sunscreen to uncovered skin 20 minutes before going outside. Reapply it every couple of hours if you and the children in your care are outside for extended periods. As with any products that are applied to the skin, the use of sunscreen should stop immediately if you see any unusual reaction.

Store sunscreen in a cool place and keep it below 30°C. Check expiry dates.

For further information please contact: admin@cansoc.org.nz in Dunedin or adminsouth@cansoc.org.nz in Invercargill

www.cancernz.org.nz/early-childhood-sunsmart-pd.module



Slip



Slop



Slap



Shade



OTAGO AND SOUTHLAND DIVISION INC.