



Healthy Hints for Tots

He kōrero hauora mō kā mokopuna

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 and use parts in your own newsletter. Previous newsletters are available at www.southerndhb.govt.nz/pages/newsletters/

Reminder – this newsletter is now only available electronically. If you know of anyone who would like to receive this newsletter, please reply with their email address and we will add it to our mailing list.

Raumati

Summer



Summer, from December to February, is known as raumati. One tradition holds that Te Rā (the sun) and Hine Raumati (the summer maid) had a child (Tānerore) who has been credited in some stories with the origin of the haka.

The saying 'Te haka a Tānerore' (Tānerore's war dance) refers to the shimmering of the hot air during summer. The heat haze and shimmer of summer can be represented in haka and waiata by the quivering of hands.

For more information about Tānerore visit the Ministry of Education's website [here](#).

We Want Your Feedback

We are interested in your feedback on this newsletter. We would like to know how useful this newsletter is at your Early Childhood Education Centre, how you share the newsletter and what improvements could be made. We will email out a survey in addition to the newsletter. If you complete the survey, you can go in the draw to win a \$50 Paper Plus voucher so keep an eye out for the survey in your emails.

How to be Sun Smart

Slip, Slop, Slap and Wrap

Along with Australia, New Zealand has the highest rate of skin cancer in the world. Sunburn and too much sun during childhood and adolescence are the major causes of skin cancer later in life. Around 90% of skin cancers are potentially preventable. Here are some key tips for protecting you and your family from the sun:

SLIP into some protective clothing and into some shade.

- Especially between 10am and 4pm when the ultraviolet rays are most fierce.

SLOP on some sunscreen before going outdoors.

- Put sunscreen on any skin not covered by clothes.
- Use a SPF30+ broad-spectrum sunscreen. Apply thickly 15 minutes before going outdoors. Reapply sunscreen 15 minutes after the first application to ensure complete coverage, then reapply every two hours, and after physical activity, swimming or towel drying.
- Avoid using sunscreen on babies under one year of age (it is best to keep them out of the sun). If there is a risk a baby could get sunburnt, apply sunscreen on areas of skin not able to be protected by clothing. If their skin reacts, do not continue to use.

SLAP on a hat with a brim or a cap with flaps.

- More people get burned on the face and neck than any other part of the body, so a good hat is important.

WRAP on a pair of sunglasses.

- Choose close fitting, wrap-around glasses.
- Children's eyes are easily damaged by UVR and exposure to UVR early in life can cause a predisposition to eye problems later on.

Take care of your sunscreen by

Keeping sunscreen out of direct sunlight and heat. Discarding it if it is past the "use by" date or if it has been in a bag or glove box where it has been hot.



SLIP



SLOP



SLAP



WRAP



SHADE

For more information on sun safety visit www.sunsmart.org.nz

Meningococcal Disease

Meningococcal Disease is a rare but serious infection which can affect anyone, although babies, children under 5-years-old, teenagers and young adults living in halls of residence or flatting are at greater risk.

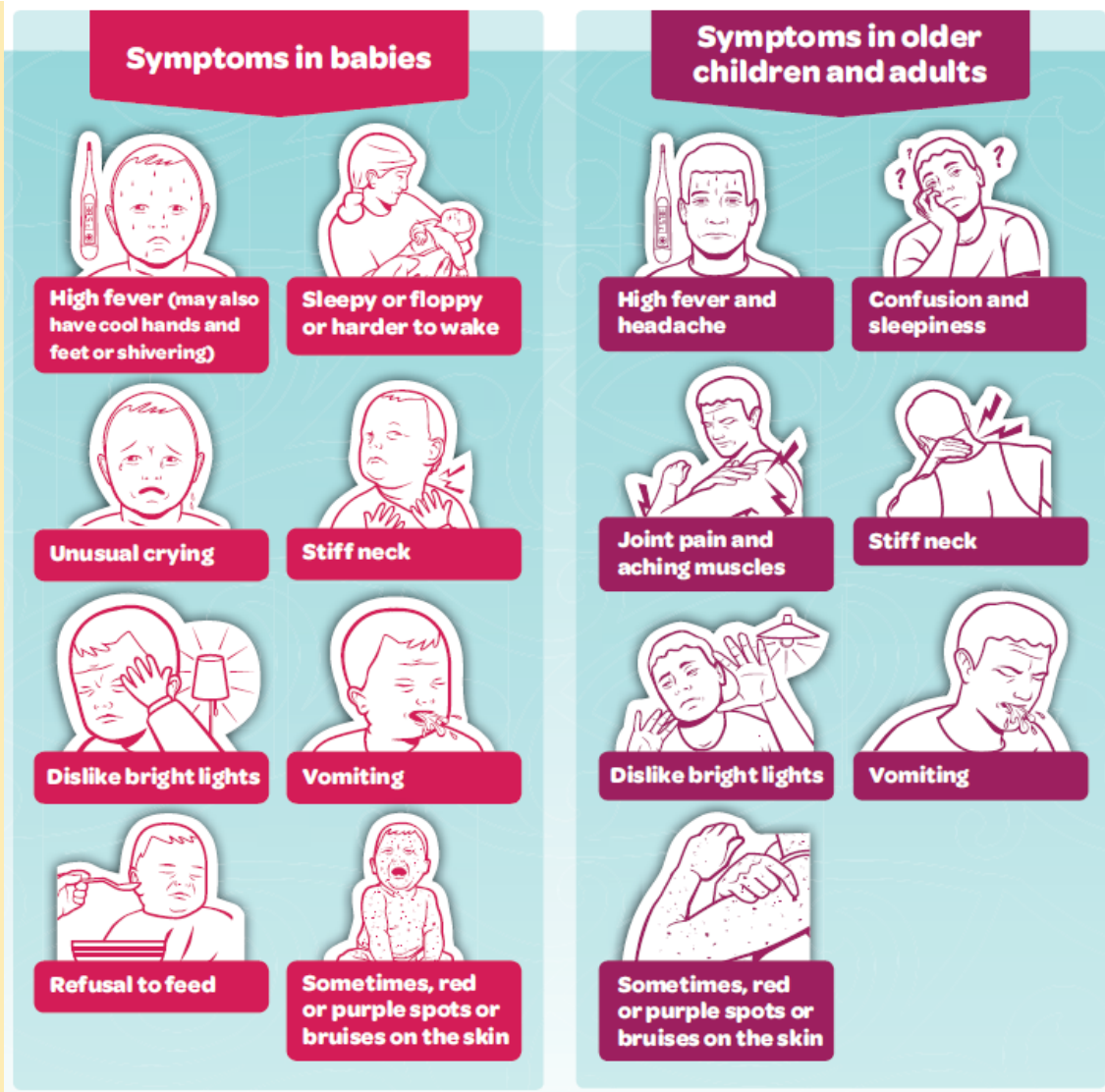
We encourage everyone to 'look out for loved ones', be aware of the signs and symptoms of invasive meningococcal disease, and seek help if you're not getting better.

Symptoms include (not all symptoms may be present):

- looking 'really unwell' and getting worse
- fever
- a skin rash (reddish purple blotchy spots or bruising from bleeding into the skin)
- headache, nausea and neck stiffness, irritation by bright light.

Illness may develop slowly over one or two days, or may develop quickly over just a few hours. Early treatment with antibiotics is very important. At the start of the illness, meningococcal disease can look like influenza (flu) or a cold, but it can then become worse very quickly.

If you are concerned that someone has meningococcal disease call your GP, Healthline (0800 611 116) or an after hours centre and arrange to have them seen urgently. If you cannot get an appointment, take them to the Emergency Department at your nearest hospital or call 111.



Meningococcal disease is spread in a similar way to the common cold – by coughing and sneezing. Usually the bacteria sit harmlessly in the back of healthy people's noses and throats and are not passed on to others. The bacteria don't survive for long outside of the body, so it is difficult to spread the disease between people. Covering your sneeze or cough, and regular washing and drying your hands, can help reduce the spread of bacteria.

Vaccines for meningococcal disease are available but they are not free. Talk to your doctor or nurse about what vaccines are available and the cost of being immunised. The vaccines do not protect against all types of meningococcal disease and none of the vaccines are long lasting. Even if you or your child have been immunised in the past you may no longer be protected.

There has been recent media interest in vaccination for some kinds of meningococcal disease but a community wide meningococcal vaccination programme in Southern DHB is not indicated at this time.

You can find further information about meningococcal disease on the Ministry of Health [website](#).

Six things that your children need from

you:

Love and Warmth – How do you show them you love them every day?

Talking and listening – Have you said clearly how you expect them to behave? Have you listened to them and asked them how they feel?



Guidance and Understanding – Does your child understand why that behaviour is not okay? Do they see how their behaviour has affected others?

Limits and Boundaries – Is my child capable of doing what is expected or am I asking too much for their age?

Consistency and consequences – Do I behave in the way I want my child to behave? Do I respond in the same way each time I see this behaviour?

A Structured World – Does day to day life have enough routine that they know what to expect? Do they have freedom to explore safely and make their own choices?

For more parenting tips for under five year olds visit the S.K.I.P. website

<https://whanau.skip.org.nz/>

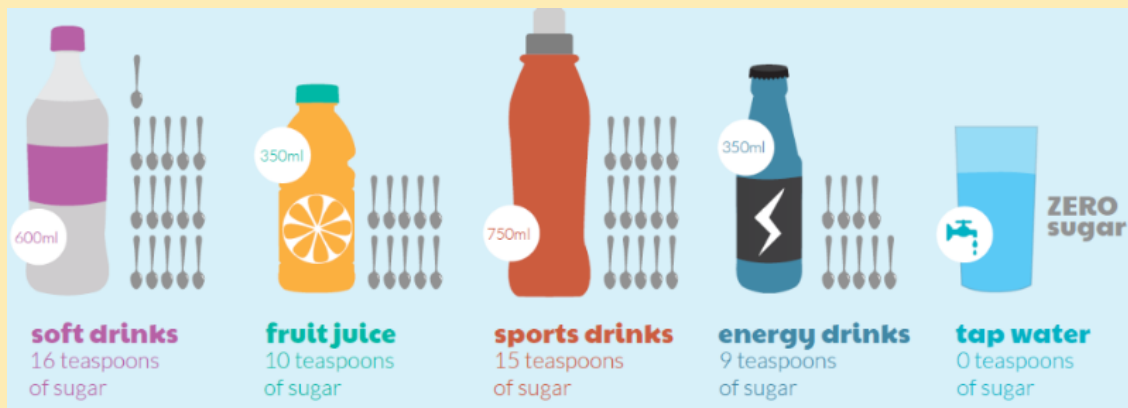
Ko Te Wai Māori Te Mea Pai - Water is the Best Choice



Consuming too many high sugar drinks contributes a large amount of excess energy without any nutrients, leading to unhealthy weight gain and poor oral health in our tamariki. Currently one third of NZ children are overweight or obese, and in our Southern region 40% of 5-12 year olds experience tooth decay.

It is not about making our children follow a no sugar diet, but a low sugar diet; one that follows our dietary guidelines, including limiting soft drinks, juice and flavoured milk and instead choosing water and milk every day. Children need plenty of water to keep their bodies working, especially when they are active or in hot weather. So with summer coming up make sure to keep water readily available.

Milk is a great source of nutrients and energy for busy toddlers. Children under 2 years need full fat (blue top) milk as they need extra energy; however after 2 years it is recommended they change to a low fat (green or yellow top) milk. A glass of milk (250ml) is one serving out of the 2-3 dairy serves that our toddlers need each day



Tips for making water the best choice:

- Get tamariki to make some creative posters promoting water in your centre and at home.
- Encourage children to have a water bottle.
- Have cold water in the fridge at home.
- Add fruit to glasses of water or water dispensers – try slices of orange, lemon, strawberries or kiwifruit!

Contact Public Health South for:

- 23L plastic water dispensers to borrow for an event.
- Sugary Drinks Kit to demonstrate sugar content of popular drinks.
- Posters and other resources.

For enquiries contact Ellyn on 03 211 8500 or ellyn.robertson@southerndhb.govt.nz.

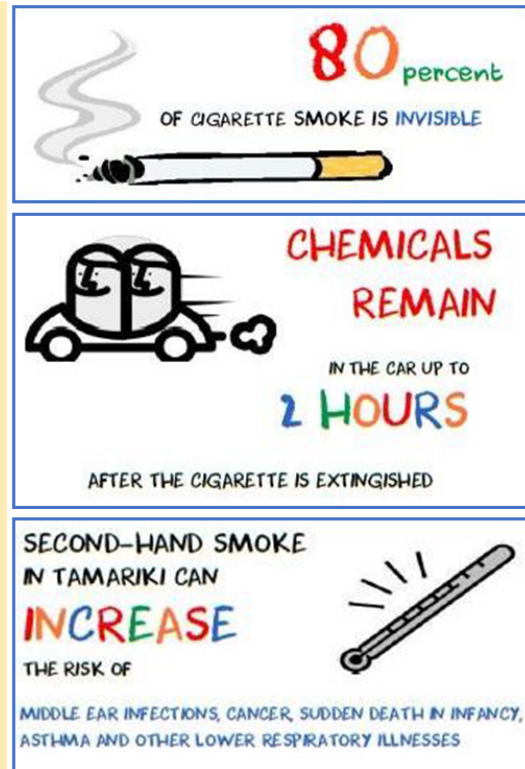
Smokefree Cars for Our Kids

Tamariki are our future, and need healthy environments to grow and thrive. However, every week 100,000 New Zealand children are exposed to harmful second hand smoke in cars.

Associate Minister of Health, Jenny Salesa, recently proposed a ban on people smoking in cars that are carrying children under the age of 18. This is a kaupapa that 9 out of 10 New Zealanders support.

Children are particularly vulnerable to second

hand smoke because of their little lungs, and they are not able to move away from it when inside a car.



Smoking in cars can affect a child's learning development and behaviour; they say it makes them feel "angry, unhappy, and really sick".

Having a smokefree car helps to protect them from the dangers of second hand smoke, and also creates positive role modelling behaviour for our children.



Fresh Air Project

Public Health South and the Cancer Society are working to provide smokefree cafes and restaurants in Southland and Otago. The Fresh Air Project is an initiative supporting hospitality venues to have outdoor dining areas that are totally smokefree and vape-free. Venues are provided with a range of resources and advice on going smokefree. So far business and customer feedback is supportive of smokefree dining.



There are hospitality venues in Dunedin, Invercargill and Queenstown taking part in the Fresh Air pilot, which is running from the 1st of November 2018 to the 31st of March 2019. You can find a participating venue [here](#).

For more information go to <https://freshairproject.org.nz/fresh-air-regions/otago-and-southland/>

Santa Veggie Tray

Here is a healthy recipe idea for a Christmas plate that little ones can have fun helping to prepare.

What you need:

- Red capsicum
- Cherry tomatoes
- Cauliflower
- Cucumbers
- Black olives
- Low fat salad dressing or plain hummus
- Knife
- Chopping board
- Serving tray
- Small round container

Instructions:

1. Start by washing all of your fresh vegetables and lay them onto paper towels to dry.
2. Peel the skin off your cucumbers and then cut them into round slices.
3. Arrange your cucumbers by placing them on the middle of the tray. This will resemble Santa's face.
4. Cut your red capsicum into thin strips and then arrange them into a triangle



Santa

VEGGIE TRAY



on top of the line of cucumber. The idea is to make it look like a Santa hat.

5. Cut the cauliflower into bite size pieces. You want to make enough to create Santa's beard and lining of his hat.

6. Place the cauliflower pieces below the cucumbers forming a beard-like shape. On the opposite side, place cauliflower around the cucumbers to form the white lining of Santa's hat.
7. Add cherry tomatoes around the bottom of Santa's beard. You want this to look like his red suit.
8. Use the olives, a cherry tomato and a strip of capsicum as the eyes, nose and mouth to create Santa's face.
9. Fill a small dish or container with some of the salad dressing or hummus and place it onto the end of the hat. This will serve as the ball on Santa's hat.
10. Serve and enjoy!

Recipe idea inspired by this page on [Pinterest](#).

Coming up

December 3

International Day of Disabled Persons

December 7

National Safe Sleep Day - Te Rā Mokopuna

December 10

World Human Rights Day

Resources



For tools and resources about nutrition, including infant feeding visit the Health Promotion Agency's [website](#).

For any other resources contact Public Health South (contact details below).

Public Health South

Dunedin | Main Block, Level 2, Wakari Hospital, Taieri Road.

Phone 03 476 9800

Invercargill | 23 Forth St. Phone 03 211 8500

Queenstown | Remarkables Park. Phone 03 450 9156



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