



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 whanau 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.

Matariki

Ngā mata o te Ariki Tāwhirimatea The Eyes of the God Tāwhirimatea

The sighting of the star cluster Matariki known also as Pleiades in the months of June/July marks the beginning of the Māori New Year.

This is a significant time that is both acknowledged and celebrated both locally and globally and is recognised by indigenous people throughout the world.



Matariki is a time of reflection, a time to acknowledge tīpuna (ancestors) and those who are not with us today. Matariki can be used as a time for planning goals and aspirations for the coming year.

For more information about Matariki please go to <https://mch.govt.nz/nz-identity-heritage/matariki>

Celebrate World Breastfeeding Week

1-7 August 2018

- Breast milk is all babies need until they are around six months old.
- It helps to protect babies against bugs, colds, infections and allergies.
- It protects against babies dying suddenly in their sleep (SUDI) and helps them to feel safe.
- Breastfeeding protects mum too! It may also reduce the risk of some cancers and bone disease.
- It helps mum to feel close to baby, saves time and it's free!



We know that although breastfeeding is natural it sometimes doesn't come naturally so it's important that mothers know what to expect and have support from their partners, families and whanau. Successful breastfeeding makes a positive contribution to the health and wider wellbeing of mothers and families/whanau.

Support women and whanau of your early learning centre by creating a comfortable environment for mums to feed their babies, and knowing where mums can get breastfeeding support in your area. The Southern District Health Board website has a list of breastfeeding support services for the Southern district:

https://www.southerndhb.govt.nz/files/22406_2018042090253-1524171773.pdf

The Big Latch On!



Join thousands of women worldwide to celebrate World Breastfeeding Week! The Big Latch On is a time for whanau to get together to feed your babies and celebrate breastfeeding. Find an event near you to enjoy a cuppa and a chat with other mums while finding out more about local services in your area.

When: Friday 3 August or Saturday 4 August at 10.30am.

Where: Currently events will be held in Invercargill, Dunedin, Oamaru, Balclutha, Gore and Queenstown.

Head online to <https://www.womens-health.org.nz/programmes/breastfeeding-activities/big-latch-on/> to find an event near

you! Keep checking as events may get listed closer to the time. If you can't find the event you are looking for call Ellyn Robertson (Health Promotion team at Public Health South) for more information on 03 211 8620.



Timely Reminders for Winter Ills

In the last couple of months, Public Health South has received a large number of reports of gastroenteritis (diarrhoea and vomiting), likely viral in nature, from across the community (i.e. in childcare centres, schools, rest homes, hospitals and the general population).

In the period 1 April to 26 June, the average number of notified outbreaks is double, with 20 compared to an average of 10 for this period. We are also receiving a number of informal reports in addition to this.

It's a timely reminder to put infection control measures in place immediately if you are seeing a higher number of children and adults absent with vomiting and diarrhoea at your centre. Contact Public Health South for more information about managing outbreaks.

It may also be a good opportunity to remind parents and caregivers to keep sick children at home while they are unwell AND for at least 48 hours following vomiting or diarrhoea. This is to prevent the spread of illness to others.

Centres are required to have a space where a child who becomes unwell while attending the service can be temporarily kept at a safe distance from other children (to minimise the spread of illness to others) and returned to the care of a parent or other person authorised to collect the child without delay.

Please also remember to wash your hands OFTEN - especially after going to the toilet, changing nappies, and before preparing or eating food.

For more information about managing outbreaks visit

<https://www.southerndhb.govt.nz/pages/earlychildhood/> or contact your local Health Protection Officer at Public Health South (contact details for Public Health South can be found at the bottom of this email).

Hand Washing

Hand washing is vital for reducing the risk of transmitting all sorts of viruses in the early childhood environment.

Wash hands for 20 seconds. Dry hands for 20 seconds.

Steps for clean hands

1. Wet your hands under clean running water. Use warm water if available.
2. Put soap on your hands and wash for 20 seconds. Liquid soap is best.
3. Rub hands together until the soap makes bubbles.
4. Rub on both sides of both hands ...
5. And in between fingers and thumbs ...
6. And round and round both hands.
7. Rinse all the soap off under clean running water. Use warm water if available.
8. Dry your hands all over for 20 seconds. Using a paper towel is best (or, if at home, a clean dry towel).

Always wash and dry your hands...

Before

- Eating or preparing food.

After

- Playing outside for children
- Having contact with animals
- Going to the toilet
- Changing nappies
- Looking after sick people.



From Ministry of Health Website www.health.govt.nz

Pudding Ideas to Keep the Whole Family Happy

Share these recipes with your whanau and friends this winter. Alternatively use these easy recipes to get tamariki learning and developing their cooking skills. Little ones might like to stir the ambrosia ingredients, while older children can help measure out ingredients for a rice pudding or fruit crumble.

Healthy ambrosia

You can use any combination of fresh or canned fruit for this recipe.

Time to prepare: 5 minutes Serves 6

Ingredients



- 1 kilogram low-fat yoghurt (any flavour)
- 1 small tin pineapple in juice, drained
- 1 tin boysenberries, drained
- 1/2 cup grapes, halved
- 1 cup marshmallows, chopped

Method

1. Gently stir all ingredients together in a serving bowl.
2. Chill for about 2 hours and serve.

Fruit crumble

A family favourite. Use any fresh, canned or stewed fruit you have on hand.

Time to prepare: 10 minutes Time to cook: 30 minutes Serves 6



Ingredients

- 3 cups fresh or canned fruit (about two 410 gram cans, in juice or no added sugar)
- 1 cup rolled oats
- 1/2 cup wholemeal flour
- 1/2 cup brown sugar
- 1/2 teaspoon mixed spice
- 1/2 teaspoon cinnamon
- 100 grams margarine

Method

1. Preheat oven to 200 degrees.
2. Drain fruit and place in an oven-proof dish.
3. To make the crumble topping mix rolled oats, flour, brown sugar, mixed spice, cinnamon and margarine together so it forms a crumb mixture (there should be no big lumps of margarine).
4. Top fruit with crumble mixture.
5. Bake for 20 to 30 minutes until the top is golden brown and crunchy.

Try

- Adding 1/2 cup dried fruit such as sultanas, chopped dates or apricots to the fruit.
- Adding 1/4 cup chopped walnuts or 1/4 cup coconut to the crumble topping.

Fruity rice pudding

This is a tasty milk-based pudding and is perfect as a warming winter dessert. It takes less than 5 minutes to prepare. It takes a while to cook, but is well worth it!

Time to prepare: 5 minutes Time to cook: 60 minutes Serves 4

Ingredients



- 1/3 cup short-grain rice
- 2 cups low-fat milk
- 1 tablespoon honey
- 1/4 cup dried apricots, chopped
- 1/4 cup sultanas

Method

1. Preheat oven to 160 degrees.
2. Put all ingredients in an oven-proof casserole dish and stir to mix.
3. Bake for 1 hour or until the rice has absorbed most of the milk. Stir a couple of times during the cooking.
4. Serve and enjoy.

This dessert is good served hot or cold. Cold rice pudding is a good after-school snack for hungry kids.

Don't forget portions sizes

- 1 serving of rice is 1 cup and pre-schoolers need at least 4 servings of breads and cereals over the day – however that doesn't mean they need to eat 1 cup as half a cup of rice pudding would be plenty, try serving it with fresh fruit.
- Pre-schoolers need 2 servings of fruit everyday – half a cup of fresh chopped fruit, stewed or canned fruit is 1 serving.

Recipes courtesy of <http://myfamily.kiwi/foods/recipes>. Head to My Family Food for more simple and tasty recipes.

Immunisation Certificates for Early Childhood Centres and Schools

New Zealand children receive an immunisation certificate when they have completed their immunisation up to 15 months and again after their 4 year old immunisations.

Parents present a copy of this certificate to the Education Centre (early childhood centres and schools) to record on their immunisation register. This is a safety check in case of an outbreak of a vaccine preventable disease occurring in the centre. Use of the immunisation register is managed by the Public Health Unit.

Immunisation Certificate		
<small>This certificate is required by the Health (Immunisation) Regulations 1995. It is to be shown when a child starts at an early childhood centre, kōhanga noa or primary school.</small>		
Child's family name <input type="text"/>		
Child's first name <input type="text"/>		
Birth date <input type="text"/>		
<small>Vaccinator to complete information on early childhood immunisations, according to the National Immunisation Schedule. (Not confident about record of all doses required to be fully immunised, either give necessary dose(s) or record as 'not fully immunised'.)</small>		
<input checked="" type="radio"/> Fully immunised to 15 months <input type="radio"/> Not fully immunised		
<small>If not fully immunised, tick boxes for diseases where either all doses of vaccine given, or laboratory proven infection/immunity.</small>		
Rotavirus <input type="checkbox"/>	Pertussis <input type="checkbox"/>	Pneumococcal <input type="checkbox"/>
Diphtheria <input type="checkbox"/>	Hb <input type="checkbox"/>	Measles <input type="checkbox"/>
Tetanus <input type="checkbox"/>	Hepatitis B <input type="checkbox"/>	Mumps <input type="checkbox"/>
Varicella <input type="checkbox"/>	Polio <input type="checkbox"/>	Rubella <input type="checkbox"/>
<small>Vaccinator's declaration I agree that this immunisation information is correct. I have explained what may happen if all immunisations are not given.</small>		
Signature <input type="text"/>		<input type="text"/>
Date <input type="text"/>		<input type="text"/>
<input checked="" type="radio"/> Fully immunised to 5 years <input type="radio"/> Not fully immunised		
<small>If not fully immunised, tick boxes for diseases where either all doses of vaccine given, or laboratory proven infection/immunity.</small>		
Rotavirus <input type="checkbox"/>	Pertussis <input type="checkbox"/>	Pneumococcal <input type="checkbox"/>
Diphtheria <input type="checkbox"/>	Hb <input type="checkbox"/>	Measles <input type="checkbox"/>
Tetanus <input type="checkbox"/>	Hepatitis B <input type="checkbox"/>	Mumps <input type="checkbox"/>
Varicella <input type="checkbox"/>	Polio <input type="checkbox"/>	Rubella <input type="checkbox"/>
<small>Vaccinator's declaration I agree that this immunisation information is correct. I have explained what may happen if all immunisations are not given.</small>		
Signature <input type="text"/>		<input type="text"/>
Date <input type="text"/>		<input type="text"/>

Immunisation records for children who have recently arrived from overseas

If your child has recently arrived or returned to New Zealand, it is very important that we make sure they have received all the immunisations they are entitled to in New Zealand. To do that the practice nurse at your family doctor will need to see and take a copy of their overseas records.

The health care team will then record this information in their records and on the National Immunisation Register (NIR). www.health.govt.nz/our-work/preventative-health-wellness/immunisation/national-immunisation-register

They will then complete a Catch Up Immunisation Plan if your child is not up to date with the New Zealand Immunisation Schedule www.health.govt.nz/our-work/preventative-health-wellness/immunisation/new-zealand-immunisation-schedule

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

Coming up

July 30

International Day of Friendship

August 1 – 7

World Breastfeeding Week

August 21 – 31

Parenting Week

September 1 – 30

**Breathe Better September
Asthma Awareness Month**

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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