

Early Childhood Education Centre (ECEC) Newsletter Public Health Nursing Service

Spring/Summer 2021-22

Public health nurses are Registered Nurses who work with children/tamariki (and their families/whānau) on any health-related concerns. Public health nurses have access to health resources, information and provide a free, mobile and confidential service.

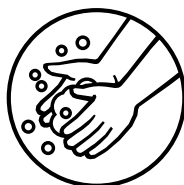
This newsletter is available on our website via this link: www.cdhb.health.nz/phns

Protect Against COVID-19

Protect yourself and others from COVID-19

- Maintain a safe distance from others.
- Wear a mask in public, especially indoors or when physical distancing is not possible.
- Choose open, well-ventilated spaces over closed ones.
- Clean your hands often. Use soap and water, or an alcohol-based hand rub.
- Get vaccinated
- Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
- Stay home if you feel unwell.

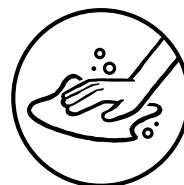
For more information on Alert Levels, travel, health, wellbeing and vaccines, visit www.covid19.govt.nz



Wash your hands with soap and water often (for at least 20 seconds). Then dry.



Cough or sneeze into your elbow or by covering your mouth and nose with tissues.



Clean and disinfect frequently touched surfaces and objects, such as doorknobs.



Don't touch your eyes, nose or mouth if your hands are not clean.



Put used tissues in the bin or a bag immediately.



Stay home if you feel unwell.

For updates and more information on keeping yourself safe, visit Covid19.govt.nz

New Zealand Government

Unite
against
COVID-19

PROTECT_A4_20/03

Be sunsmart this summer

For the best protection, use all five SunSmart steps:

1. Slip on covering clothing

Choose clothing that covers as much skin as possible, for example, thin long-sleeved tops.

2. Slop on SPF 30 (or higher) broad-spectrum, water-resistant sunscreen

Apply a generous amount of sunscreen to

clean, dry skin at least 20 minutes before you go outside. Reapply sunscreen every two hours or after swimming or excessive sweating.

3. Slap on a hat

Choose a broad-brimmed, hat which shades your face, nose, neck and ears.

4. Seek shade

Use trees, built shade structures, or bring your own (such as a sunshade tent)! Shade reduces UV radiation, but it can still reach you via reflection, so make sure you use shade in combination with other sun protection measures.

5. Slide on some sunglasses

Sunglasses and a broad-brimmed hat worn together can reduce UV radiation exposure to the eyes by up to 98%. Sunglasses should be worn outside during daylight hours.



Healthy eating

Eating a wide variety of healthy foods is essential for normal growth and development.

The best way to do this is for the whole family/whānau to eat the same meals. It's easier to eat healthy meals and snacks if healthier foods are in your house. Here are some ideas to help you:

- Eat meals together as a family.
- Make sure your child eats breakfast every day. It's a great way to start the day. Good breakfast choices include grain cereals such as wheat biscuits and porridge, whole-grain toast, fruit and milk.
- 2–5 year olds should aim for at least 2 servings of vegetables and 2 servings of

fruit each day. Children over 5 years should try to have at least 3 servings of vegetables and 2 servings of fruit each day.

- Choose whole-grain breads.
- Encourage increased water intake, you can do this by adding a few slices of oranges or lemon to the water if taste is an issue.
- It's also a good idea getting children involved in meal preparation and cooking. Teaching children about healthy food encourages health eating habits.



Kura Kōhungahunga – Health Promotion Stories from Early Childhood, Community and Public Health

Wellbeing Stories of 'Me ako tonu/Keep learning'



Your time,
your words,
your presence



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.



'The Five Ways of Wellbeing' is one empowering framework for supporting our wellbeing. Examples of all five ways can be found here: mentalhealth.org.nz/five-ways-to-wellbeing

Here are some ideas for us to 'Me Ako Tonu/Keep Learning' one of the five ways. We can start with **Learning** about Wellbeing itself.

1. To **Learn**/check in on how we're doing, we can try this simple starter activity (designed for tamariki, but works for kaiako): sparklers.org.nz/activities/how-am-i-doing/
2. It's never too late to **Learn** about 'Sparklers'- developed in Canterbury for kaiako of kura. Sparklers has heaps of wellbeing activities – sparklers.org.nz/activities
We can filter for 'ECE- friendly activities', and do them with tamariki.
3. We can **Learn** nine new outdoor 'Tiny Adventures' (for under 5s), to download the full pack, visit resources.skip.org.nz and search for 'Tiny Adventures'.

A story about recent Learning – 'Good Kai, Good Wai, Good Cleaning'

The week before August's lock-down, kaiako/ kaimahi from around Ōtautahi came to a workshop to **learn** strategies and tools to promote oral health in under 5s. Presenters included Arun Natarajan (Specialist Paediatric Dentist, Canterbury DHB) and Karli Wyatt (Plunket Whānau Āwhina) and myself.

Here are comments from participants:

- "The facts and figures are horrifying"
- "Being introduced to the [Menemene Mai website](#) was the most helpful"
- "For me, it was gaining the knowledge so I can actively promote oral health in our centre"
- "The most helpful message was to 'Eat well, drink well and clean well, and that teeth need a rest'"
- "I will now confidently approach parents about toothbrushing"

Learning opportunities coming up?

1. **Learning** more about providing a positive food and drink environment in your ECE setting, including your māra kai. Look out for the next Edible Gardening Hui planned for early November, supported by Community and Public Health, working collaboratively with Edible Canterbury ediblecanterbury.org.nz
Or contact Chris.Boyd@cdhb.health.nz
2. www.who.int/publications/i/item/9789240003927 'Doing what matters in times of stress', an illustrated guide with practical skills and techniques to **learn**, from the World Health Organization.
3. **Learn** more about 'Drive Smokefree for Tamariki' to support whānau. From 28 November 2021 it will be illegal to smoke (or vape) in a vehicle carrying children: search for 'HE1802' on www.healthed.govt.nz

Current Immunisation Schedule

The National Immunisation Schedule:

Age	Diseases covered and vaccines
Pregnant women	Influenza 1 Injection annually, at any stage of pregnancy Tetanus/Diphtheria/Pertussis (whooping cough) 1 injection, during the second or third trimester of pregnancy
6 weeks	Rotavirus (start first dose before 15 weeks) 1 oral vaccine Diphtheria/Tetanus/Pertussis/Polio/Hepatitis B/Haemophilus influenzae type b 1 injection Pneumococcal 1 injection
3 months	Rotavirus (second dose must be given before 25 weeks) 1 oral vaccine Diphtheria/Tetanus/Pertussis/Polio/Hepatitis B/Haemophilus influenzae type b 1 injection
5 months	Diphtheria/Tetanus/Pertussis/Polio/Hepatitis B/Haemophilus influenzae type b 1 injection Pneumococcal 1 injection
12 months	Measles/Mumps/Rubella 1 injection Pneumococcal 1 injection
15 months	Haemophilus influenzae type b 1 injection Measles/Mumps/Rubella 1 injection Varicella (Chickenpox) 1 injection
4 years	Diphtheria/Tetanus/Pertussis/Polio 1 injection
11 or 12 years	Tetanus/Diphtheria/Pertussis 1 injection Human Papillomavirus (HPV) 2 injections given at least 6 months apart for those aged 14 and under 3 injections given over 6 months for those aged 15 and older



The COVID-19 vaccine (not a part of the immunisation schedule) is also available free for those 12 years and over. Contact your GP if you wish to be vaccinated.

When to start toilet training

Children are usually ready to start learning to use the toilet between about 20 months and three years old, but not all kids are ready at the same age. It's different for each child depending on their individual development and whānau.

Signs your child is ready:

- Your child can feel when they are wet or dry, and will sometimes tell you.
- Your child is starting to do things on their own without your help.
- They feel like they want to wee and can hold on long enough to make it to the toilet.

Toilet training tips:

Encourage your child and try to be positive, calm and patient during toilet training – it may take a while for your toddler to get it right.

Here are some tips to help you and your child with the process:

- start with a calm, relaxed approach
- try toilet training during summer because there are fewer clothes to remove (and it's easier to dry the extra washing)
- introduce trainer pants or underpants when your child seems ready and help them become familiar with the potty or toilet
- kids learn by copying others so if you're comfortable, let your child watch whānau use the toilet
- use a small box or stool so your child can reach the toilet, or use a smaller child toilet seat
- take your child to the toilet at regular times. Give them enough time to try to go, but don't leave them there for too long
- praise your child for trying and again when they succeed. Reward them with hugs, claps, stories or a star chart

- be prepared for when your little one doesn't make it to the toilet in time, and don't scold or punish them
- teach your child to wash their hands properly after going to the toilet, wash for at least 20 seconds and then dry thoroughly.

Bed wetting:

Often your toddler will be dry during the day but still need a nappy at night. It's normal for your child to wet the bed until they are up to five years old – one in ten kids still wet the bed at this age. Being dry at night happens at different ages, and often bed-wetting at older ages runs in the family.

What to do if your child starts wetting or pooing their pants again:

Your child may start to wee or poo their pants again – and this is quite common if there's something new like a new baby in the house. If this happens it's okay, here are some tips to help:

- try to understand what caused it
- change your child in a calm manner. This can be difficult, as it can be a stressful and frustrating time
- remind your child to go to the toilet, as busy kids can forget
- praise them when they go to the toilet
- introduce fun things for when they use the toilet, like being allowed to choose the toilet paper at the shops or a star or sticker chart.



RSV (Respiratory syncytial virus)

RSV outbreaks are more common in the winter months. Almost all children will have had a RSV infection by their second birthday. However, immunity is not complete, and reinfection is common.

RSV is a common respiratory virus that causes respiratory tract infections, including the common cold. Most adults and older children with RSV will experience symptoms similar to the common cold.

However, very young children and premature babies can become very sick and may require hospitalisation. In this age group RSV can cause bronchiolitis (inflammation of the small breathing tubes of the lung) and pneumonia (infection of the lung).

Many children will be able to recover from this illness at home, but some will be admitted to hospital to support their feeding and to be given additional oxygen when that is needed.

Antibiotics are not usually helpful as it is a viral infection.

If you or your child has RSV, the symptoms are:

- a runny nose
- coughing or sneezing
- fever
- wheezing and difficulty breathing
- loss of appetite or difficulty feeding due to breathlessness.



In very young infants, the symptoms may be subtle: irritability or decreased activity may be the only signs your child is unwell.

RSV infections may progress to cause pneumonia and bronchiolitis, especially in infants.

Shortness of breath or rapid breathing could be a sign of pneumonia or bronchiolitis and requires immediate medical attention. Breathing difficulties indicate there is inflammation in the airways caused by the viral infection.

If you are concerned about your baby seek advice from your GP or call Healthline for free on 0800 611 116.

Most people take about 10 days to recover and will get better on their own. Staying home, getting lots of rest and ensuring you drink plenty of fluids can help ease the symptoms.

Some children, particularly young infants, those born prematurely, and children with underlying health issues, will become seriously ill and require urgent hospitalisation.

Hospital treatment for RSV is focused on helping children with their breathing (for example, giving them oxygen) and feeding (for example, administering fluids through a feeding tube).

As RSV is highly contagious, it's important to:

- stay home and stay away from toddlers and babies if you are sick
- anyone who is unwell should stay at home until they are symptom free and feeling well. Your child should not return to childcare or school until they have been feeling well for 24 hours
- continue to use good hand hygiene – regularly wash and dry your hands
- cough and sneeze into your elbow, carefully dispose of dirty tissues
- do not share eating and drinking utensils
- practise physical distancing
- toys which are shared among children should be washed in warm water and detergent at the end of the day, or if they are sneezed on or mouthed.