

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

Autumn/Winter 2022

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

Drive Smokefree for Tamariki

An empowering message to promote smoke free cars.

Children are vulnerable to the effects of second-hand smoke, which accumulates in vehicles even when windows are open and reaches much higher levels than other settings. Children have little or no ability to influence smoking or avoid the situation. From 28 November 2021 it became illegal to smoke or vape in vehicles with children under 18 present.

Drive Smokefree for Tamariki encourages whānau and caregivers they can do it with an empowering positive message and practical steps.

Key messages include:

- Go smokefree in your car
- Do it for your kids, do it for your whānau
- Put the smokes out of sight while tamariki are in the car
- Swap your smokes for chewing gum when in the car
- It's about tamariki. Our tāonga. Protecting future generations.

The campaign will work alongside community groups mobilising the message in their region.



Protecting whakapapa, protecting whānau. Drive smokefree for tamariki.

HPA Te Hiringa Hauora – Health Promotion Agency

Toilet training

Most children will be ready to start learning to use the toilet any time between about 20 months and about 3 years. Not all children are ready at the same age. Below are some tips for toilet training your child.

Signs that your child is ready

Your child may be ready to start toilet training when they:

- know when they are wet or dirty
- are beginning to try to do things without your help
- know they want to do a wee and can hold on long enough to make it to the toilet.

Moving your child out of nappies

The tips below are based upon information within the 'Toilet training your child' page in your child's Whānau Āwhina Plunket Book.

Toilet training tips

- Be calm and relaxed when your child starts toilet training.
- Try during summer because there are fewer clothes to take off and it's easier to get washing dry.
- Introduce trainer pants or underpants when your child seems ready, and help them to become familiar with the potty or toilet.
- A small box or stool can help children to climb onto the toilet and help boys be able to wee into the bowl. A smaller toilet seat can also help children to sit on the toilet.
- Take them to the potty/toilet at regular times. Give them enough time to try to go, but try not to leave them on the potty/toilet for too long.
- Reward your child for trying, and when they succeed give them hugs, claps, stories or a star chart.
- Children don't always make it to the toilet in time when they are learning. Keep calm and don't tell them off or punish them if they have an accident.
- Children learn by copying others. Some parents let their children watch immediate family members go to the toilet.
- Teach your child to wash their hands after going to the toilet.



www.health.govt.nz

Tips to keep your home as warm and dry as possible this winter

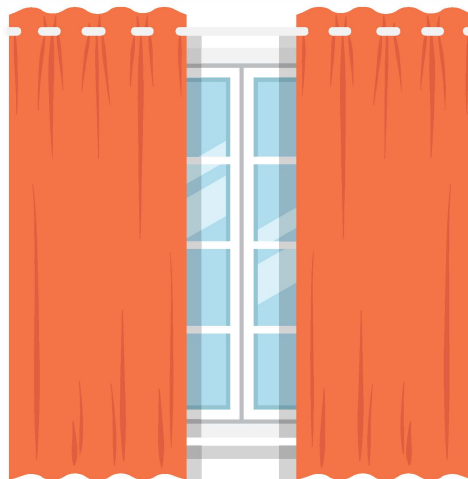
Get rid of dampness

- Air your home on warm sunny days or when there is some wind.
- Use ventilation fans in your kitchen and bathroom if you have them.
- Use a dehumidifier to remove moisture from your home.
- Dry clothes outside in the sun rather than inside, when able.



Stop heat escaping

- Try to seal gaps around window and door frames to prevent draughts. Use curtains and door snakes to keep the heat in.
- Take advantage of the sun by opening your curtains during the day and closing them at sunset.

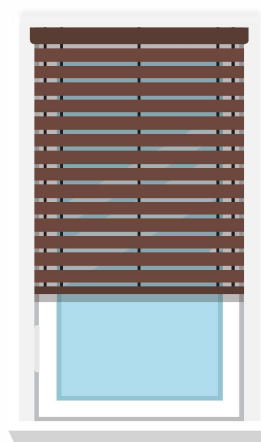
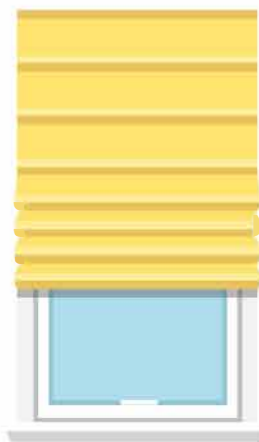
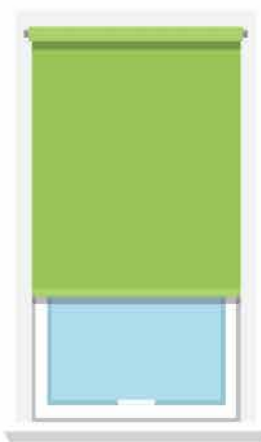


Get good winter curtains

- If you can't afford good curtains you can contact CEA's Curtain Bank, **(03) 3747 222** or 0800 GETWARM, for free recycled, lined curtains.
- You may be able to evenly spread your power bill payments across the year so that there are no surprises. Talk to your power company about how to do this.

<http://www.healthinfo.org.nz>

www.health.govt.nz



Oral Health

Healthy teeth = a healthy smile. Follow these five steps to protect your child's teeth:

1. Brush teeth twice a day

By about 3 years of age your child will have their first set of teeth - 20 'baby' teeth. These teeth will help your child eat and speak well. Healthy baby teeth usually mean healthy adult teeth too, so it's important you look after your child's first teeth.

Look after your child's first teeth by brushing them twice a day - after breakfast and before bed. You may find it easier to stand behind your child and gently tilt their head back as you brush. Use a small toothbrush with soft bristles and a smear of regular-strength fluoride toothpaste.



Brush your child's teeth for 2 minutes:

- all around the inside surfaces, where the teeth meet the gums, and also the top chewing surfaces
- on the front of the teeth, brushing in tiny circles all around the outside surfaces, close to the gums

Teach your child to spit out the left-over toothpaste after brushing. Don't rinse with water, because a small amount of fluoride toothpaste left around the teeth will help to protect them.

2. Have regular dental check-ups

3. Lift the lip every month to check for signs of tooth decay (holes)

4. Choose healthy snacks

5. Drink water or milk

www.health.govt.nz



Helping children dealing with traumatic events

- Spend time together doing things they enjoy
- Encourage play
- Try to understand their feelings
- Respect/recognise their needs
- Be a positive role model in managing your own emotions

Things we model for our kids, whether we realize it or not:

- how we handle mistakes
- how we deal with frustration
- how we solve problems
- how we take care of ourselves
- how we apologise and repair
- how we ask for help
- how we 'speak up' for ourselves and also for others
- how we navigate conflict



- how we approach differences
- how we care for animals
- how we care for the environment
- how we listen

Brainwave Trust: <http://brainwave.org.nz>

Learning through play

Physically active play can help children to:

- develop large muscles, strength and balance
- develop flexibility and coordination including hand-eye coordination



- develop skills such as throwing, catching, hopping, skipping, climbing and balancing
- develop an awareness of space, such as over/under, in front/behind, on top/beneath, inside/outside
- develop mathematical concepts such as long/short, big/small, wide/narrow
- be confident in controlling their bodies and learn their limits
- learn to cooperate and share
- understand that physical activity is fun and can release tension.

Education.govt.nz

Enhancing your ECE settings healthy food and drink environment

Need some help promoting healthy eating and water as the drink of choice among your tamariki, whānau and staff?

Look no further! The Ministry of Health have a Healthy Food and Drink Toolkit for Early Learning Services. Community & Public Health as part of the Healthy Active Learning initiative are tasked with promoting the toolkit in Canterbury and can offer support with ideas and advice. Download the toolkit from <https://www.cph.co.nz/wp-content/uploads/HALToolkitELS.pdf>

One engaging way ECE settings provide a healthy kai environment is through edible gardening. Edible Canterbury provide inspiring hands-on workshops each year targeted at ECE settings and schools. Due to COVID the Term 1 gardening workshop took a different format this year. Instead, four smaller afternoon workshops were held at different community gardens. The workshops highlighted some wonderful work being achieved and covered topics including gardening for small spaces, food forest design, and Autumn: the start of the food garden year. If you are interested in future workshops, check out their social media page: <https://ediblecanterbury.org.nz/keep-in-touch/>

Also, on the Edible Canterbury website is the Educators Garden Resource Directory: <https://ediblecanterbury.org.nz/egdr/>. It has a comprehensive list of local organisations, programme providers, lesson plans and more.

Express Your Whare Tapa Whā together

The Sparklers Team have developed this below wall display activity drawing on Mason Durie's Te Whare Tapa Whā model of health. Adaptable for Early Childhood settings it offers a creative and simple way to explore together as tamariki, whānau and staff the pou that make up our health and wellbeing – taha tinana, taha hinengaro, taha wairua, taha whānau and whenua. Use one of the templates provided or make up your own!

The activity information and associated resources can be accessed on the Sparklers website: <https://sparklers.org.nz/activities/your-whare-tapa-wh%C4%81-wall-display/>

The Sparklers Team love to see, hear and share about how Sparkler activities are being used. You can provide them feedback directly at <https://sparklers.org.nz/contact/> or email Laura at laura.brown@cdhb.health.nz and she'll pass it on.

