

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

Spring 2023/Summer 2024

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

Hearing and Vision checks for Preschool Children

Key points about hearing and vision checks for preschool children

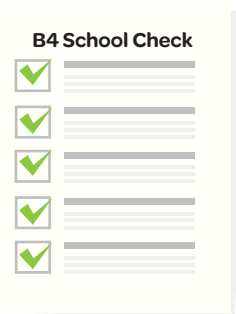
- › Your child's hearing and vision will be discussed with you at various Well Child checks before your child turns 4 years of age
- › The eighth and final Well Child check is called the B4 School Check and happens when your child is 4 years of age
- › If you have concerns about your child's vision or hearing at any time, take your child for an assessment
- › If your child does have a hearing or vision problem, finding it early is good for their learning and development



What hearing checks does my preschool child need?

Your child will have a hearing check as part of their B4 School Check. (Either in a clinic setting or at preschool/kindy)

You will get the results of this screening in the mail or your child will bring them home with them. The information you receive explains the results of the screening and how your child can get a further assessment, if they need it.



What if my child doesn't have their hearing screened when they are 4 years old?

If your child doesn't have their hearing screened at 4 years of age, it's important they have this screening in their first year at school. This screening picks up most hearing problems. If your child missed their screening, contact your child's school to make sure the vision hearing technician screens your child on their next visit.

www.kidshealth.org

Sparkly Summer

Here at Te Mana Ora, we are huge fans of our friends at Sparklers. Sparklers is designed to support tamariki with their physical, mental, spiritual, and social hauora. You could try using a Sparklers activity to start/end your day or at a staff hui. Using mindfulness can create a space for you to breathe in your day with a sense of calm.

Alongside our Sparklers friends we have recently aligned many ECE friendly Sparklers activities to Te Whāriki. This means you are easily able to pick out your Sparklers activities for the day (or week) and work into your reporting.

You can find all the wonderful ECE-friendly Activities using the filter Activity Type on the Sparklers activity page. We acknowledge that the use of Te Whāriki may look different for each of you and we encourage you to adapt each activity in a way that is reflective of your setting. You can also filter activities that Sparklers have recently aligned to the ECE curriculum.

This summer is a great time to get outside with your tamariki and get involved in some activities. You may like to trial Energy Rollercoaster, to help pay attention to how energy levels influence hauora. We also love Favourites in the Natural World. to help tamariki feel the positive emotions associated with the outdoor environment. Remember, if you're heading outside this summer to Slip, Slop, Slap and Wrap. Sparklers loves seeing how you use their activities! Share your photos and stories of using Sparklers to hello@sparklers.org.nz or email them to laura.brown@cdhb.health.nz, we'd love to see Sparklers in use.

These activities are also a great addition to your newsletters. You could turn to Sparklers at Home which has something for all whānau. We love them all! Tamariki may enjoy the Outdoor Activities over the Spring and Summer months.

To keep in touch with Sparklers make sure you sign up for their weekly newsletter, where you can find out the latest about Sparklers and wellbeing. Stay connected with Sparklers and other kaiako through the 'Sparklers for Teachers' Facebook group. You can also check out the 'Looking After You' tab for some fun ways to look after your own wellbeing throughout summer.

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■ **Sparklers**

www.sparklers.org.nz

hello@sparklers.org.nz



Be safe – be SunSmart

New Zealand sunlight can have high levels of ultraviolet (UV) radiation. UV radiation can cause skin and eye damage. You can protect yourself and your children by being SunSmart. Learn how to keep safe while still living life in the sun.

Learn how to be SunSmart

Protect yourself when you're outside from September to April, especially between 10 am - 4 pm.

Protect yourself all year round when you are:

- ✧ In the mountains
- ✧ On the water
- ✧ Around reflective surfaces like snow, ice, concrete and sand
- ✧ Or have a health condition (such as an autoimmune disease, organ transplant recipients), or taking medicines (such as antibiotics) that make you sensitive to the sun.

Slip on clothing

Slip on clothing that covers as much skin as possible, such as a top with a collar and long sleeves, trousers, or long shorts or skirts. Fabrics with a tighter weave and darker colours will give you better protection from the sun.



Slip into shade

Slip into the shade of a leafy tree, building or shade sail. Plan your outdoor activities for early or later in the day when the sun's UV levels are lower.



Slop on sunscreen

Slop on plenty of broad-spectrum, water-resistant sunscreen of at least SPF 30. Children need to use enough sunscreen to adequately cover their head, neck, limbs and the front and back of their body. Apply 20 minutes before going outside and reapply every two hours, or after being in water or sweating.



Slap on a hat

Wear a hat with a wide brim or with flaps covering the ears and neck. More people are sunburnt on the face and neck than any other part of the body.



Wrap on sunglasses

Choose close fitting, wrap around style sunglasses. Not all sunglasses protect against UV radiation, so always check the label for the sun protection rating.



www.sunsmart.org.nz

Sleep Hygiene for Kids

Sleep hygiene is a collection of habits and behaviours that promote good sleep. Sleep is vital for children. Many sleep struggles are caused or made worse by poor sleep hygiene. When practicing sleep hygiene, remember that consistency is key. Sleep strategies take time and repetition to be effective.

» Create a Routine

Humans are creatures of habit. A consistent bedtime routine lets your child's body and mind know that it's time to settle down and prepare for sleep.

The actual routine can be specific to your child, but it should last around 20 minutes and consist of three to four quiet, soothing activities such as putting on PJs, brushing teeth, a warm bath, and reading. Bedtime routines provide children with a sense of familiarity and comfort, which acts in direct opposition to the uncertainty of insomnia.

» Set a bed time

A sleep schedule works with your child's natural biological clock to promote dozing off with regularity. Bedtimes are most useful when they're consistent, so try to keep the same bedtime on weekends as on school nights. Altering bedtimes during the weekend will make it more difficult for kids to maintain their normal weekday schedules.

» Implement a Screen Curfew

The ubiquity of screens makes this rule hard to implement, but it's well worth it. Mobile devices, TVs, and tablets emit a type of [blue light](#) that suppresses melatonin, a hormone that promotes sleep. Children may be particularly vulnerable to the effects of light

from screens.

Screen time also stimulates the brain, making it harder to wind down for sleep. Electronic devices should be kept out of the bedroom and ideally not used within one hour of bedtime.

» Get Exercise

Physical activity is proven to help people of all ages fall asleep faster and stay asleep. Most children need at least one hour of exercise per day. Just make sure to avoid vigorous activity within two hours of bedtime. Otherwise, your child may feel wound-up and find it harder to fall asleep.

» Avoid Scary or Violent Content

Feeling scared or worried is a common reason kids can't sleep. So it's no wonder that scary or violent movies, TV, video games, and even books in the evening are linked to sleep disturbances in children. If your kiddo likes the gory or spooky stuff, save it for the daytime.

» Caffeine

Caffeine is a stimulant that can both make it harder to fall asleep and reduce the quality of sleep. In addition to the usual suspects like soda, coffee, and energy drinks, watch out for more discreet sources like tea, decaf coffee (which still has trace amounts of caffeine) and chocolate. Even small amounts of caffeine can have a big impact in a little body. Don't let your child consume caffeine within six hours of bedtime, or preferably, avoid it all together.

www.sleepfoundation.org

Teeth

Tips for a healthy smile

- ✓ Start brushing the baby teeth as soon as they come through the gums.
- ✓ Brush twice a day with a smear of fluoride toothpaste and a soft brush.
- ✓ Choose healthy, tooth friendly foods.
- ✓ Avoid giving sugary drinks and snacks.
- ✓ Encourage water to be your child's first drink of choice.
- ✓ Lift the Lip every month to check for signs of tooth decay.
- ✓ Enroll your child at a dental clinic and have regular dental check-ups.

NZ dental association



Children 0 - 5 years old

Use a small, soft toothbrush with a half-pea sized amount of fluoride toothpaste, or less if they only have a few teeth.



Children 6 years old & over

Use a soft toothbrush with a pea-sized amount of fluoride toothpaste.

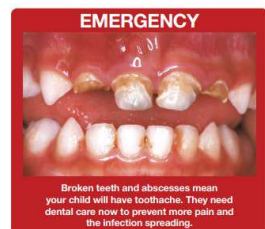


www.kidshealth.org.nz

Lift the Lip

to check for tooth decay

Early identification helps prevent or stop the progression of tooth decay.



Child Development and Play

Freely chosen play is when a child decides and controls their play following their own instincts, imagination, and interests. They play without being led by adults. There's no right or wrong way to play. Freely chosen play improves children's health, well-being, and development, as well as the cognitive, physical, social, and emotional well-being of children and young people. Through play, children learn about the world and themselves.

Low cost play ideas

Play absolutely does not have to cost a lot. Kids rarely need materials to play. They need something to manipulate, which doesn't necessarily mean they need toys. The best materials are open-ended materials, which means that the same object can be used in lots of different ways and by lots of different age groups.

The best example of open-ended materials that are fantastic for play are natural materials. Petals, leaves, sticks, dirt, sand, and water; they're everywhere, they're free and they provide your children with a huge variety of opportunities for play. For example: A stick can be a digging implement, a microphone, it can also be used to build with, jump over, or measure with. It is an open-ended material which can be used in lots of different ways. If we're thinking about man-made objects, some of the best toys are balls. Babies all the way through to 10- and 12-year-olds can play amazing games with balls.

Cardboard: Recycled containers, boxes and tubes can be used for all sorts of things.

Strips of fabric or scarfs too can be used for dress-ups or to dance with, and when combined with strips of fabric or scarf can be used to make a cubby house or other structures. You can go and have a picnic with it. They can be all sorts of things for all sorts of people and all sorts of play. The more children need to use their imagination to think about how they're playing, to problem solve, try a new way, to use their bodies, use their minds, or connect with somebody else; the more development is happening in their brains and across their whole body.

www.healthykids.org.nz

