

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

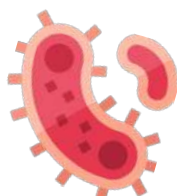
Autumn/Winter, 2019

**Public health nurses are Registered Nurses who work with children/tamariki (and their families/whānau) around identified health 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/health-services/public-health-nursing-service-phns/](http://www.cdhb.health.nz/health-services/public-health-nursing-service-phns/)

## School exclusion

Many illnesses are infectious, meaning they can be spread easily from one person to another.



To stop sickness from spreading, it is important for you to keep your child at home when they are ill, and not let them go to school or an early childhood education centre. How long they should be home depends on what illness they have.

When your child catches an illness, there will be an incubation period before they show symptoms. Some illnesses are infectious before symptoms show; some are infectious even after symptoms have disappeared.

The Infectious Diseases table on the HealthEd website describes the symptoms and exclusion periods for some common childhood illnesses: [www.healthed.govt.nz/resource-table/table-infectious-diseases](http://www.healthed.govt.nz/resource-table/table-infectious-diseases)

It's also available to download as a poster: [www.healthed.govt.nz/resource/infectious-diseases-0](http://www.healthed.govt.nz/resource/infectious-diseases-0)

For free health advice, ring Healthline on 0800 611 116.

## Sparklers

Fun, fresh and easy to use, Sparklers is an initiative that features 50+ activities teach children things they can do to stay calm, manage worries, be kind and feel good.

Family/whānau will find resources so they can help children manage big emotions and feel good.

Visit: [allright.org.nz/sparklers/kids](http://allright.org.nz/sparklers/kids) for our favourite kids books, resources and parenting tips.

## Smiling Mind

Smiling Mind is a not-for-profit web and app-based meditation program developed by psychologists and educators to help bring mindfulness into your life.

Visit [www.smilingmind.com.au/smiling-mind-app](http://www.smilingmind.com.au/smiling-mind-app) for more information.

# Measles

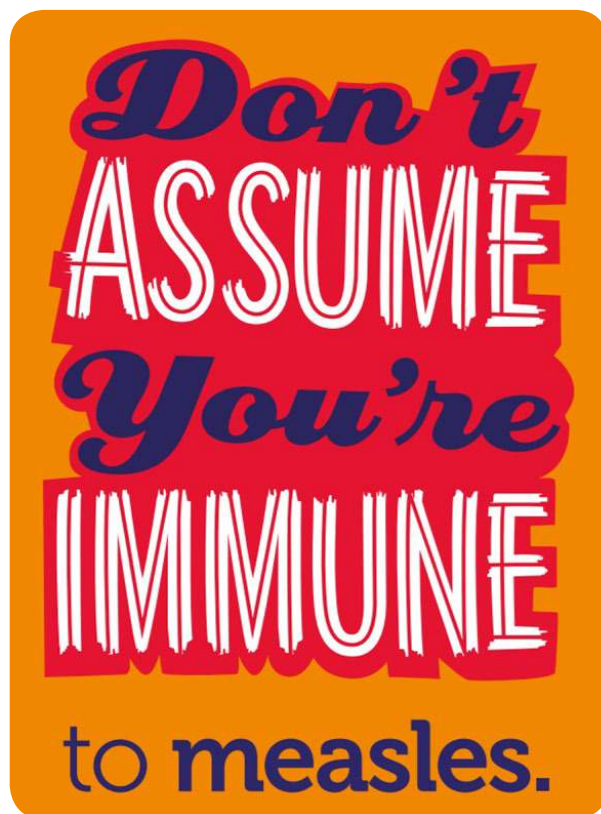
- Measles is highly contagious – and easily preventable. It affects children and adults.
- 2 doses of the measles vaccine provides the most effective protection for yourself, your family and the wider community. After 2 doses of the measles, mumps and rubella (MMR) vaccine, more than 95% of people are protected from measles.
- Measles is highly infectious and spreads easily from person to person through the air, via breathing, coughing and sneezing.
- If you catch measles you are infectious 5 days before and until 5 days after the rash appears.
- Anyone with measles needs to be isolated from the time they become ill until 5 days after the rash has appeared. Isolation means staying at home and staying away from things like school, work, sporting competitions and social events.
- Children usually look and feel quite unwell and miserable with measles. They are most unwell during the first day or two after the rash appears.
- The illness usually starts 10-12 days after you've been exposed but can take 7-18 days.

## First symptoms can include:

- a fever
- a cough
- a runny nose
- sore and watery 'pink' eyes
- sometimes small white spots on the back inner cheek of your mouth.

## Day 3–7 of illness:

A blotchy rash which tends to start on your face, behind the ears, before moving over your head and down your body. The rash lasts for up to a week.



## What to do:

If you think your child might have measles, see your family doctor or call Healthline on 0800 611 116 for advice as soon as possible. Make sure you phone your doctor before visiting and tell them if you think your child might have measles.

## Prevention:

The best protection against measles is the free MMR vaccine. You need 2 doses of measles-containing vaccine to be fully immunised.

If you're unsure of your vaccination status you can check your Well Child/Tamariki Ora or Plunket book, or contact your General Practice team.

## References and for more information:

- [www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/measles](http://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/measles)
- [www.cph.co.nz/wp-content/uploads/med0144.pdf](http://www.cph.co.nz/wp-content/uploads/med0144.pdf)
- [www.kidshealth.org.nz/measles](http://www.kidshealth.org.nz/measles)

# Headlice/kutu facts & wet combing

## What to look for:

- Small red/brown or grey insects and tiny whitish eggs attached to the hair shaft close to the scalp (the eggs are easier to see than the louse).
- Tickling feeling in the hair, unusual itching/scratching of the head and neck.
- Small red marks on the scalp, neck or behind the ears (head lice bites). Discuss insecticide treatment options with your public health nurse, pharmacist or doctor.

## Headlice treatment:

### Option 1: Dimethicone

- New – Dimethicone 4% lotion has recently been funded and is now available on prescription.
- Free – For children under 13, the doctor's appointment and head lice prescription should be.
- Gentle – Dimethicone is not absorbed through the skin. It works by suffocating the eggs and lice.
- Effective – Studies show dimethicone can be more effective than other prescribed lice treatments.

head lice comb isn't essential when using dimethicone, but it will help remove dead lice and eggs after treatment.

### Option 2: Wet combing



- Make your child comfortable and let them read their favourite book or watch their favourite programme or movie.
- Comb or brush out knots with an ordinary comb. Put lots of conditioner through wet or dry hair.
- Start at the scalp and go all the way down to the hair ends.



- Comb conditioner through hair, using an ordinary comb.



- Change to a fine-tooth head lice comb and comb sections of your child's hair.

For more information, visit [www.kidshealth.org.nz/head-lice](http://www.kidshealth.org.nz/head-lice)

# SKIP Tips app

Have you signed up for the SKIP Tips app yet? It's a handy, free parenting guide to the tricky bits of parenting under-fives.



## Why SKIP Tips?

It's free to download, and it's designed by parents for parents. Flick through lots of simple, helpful things to try for all the behaviours most parents find stressful - like toileting, tantrums, fighting and more.

Available now for Android and iPhone.

With SKIP Tips, you can:

- Look up problems
- Get simple tips that really work
- Set challenges to keep yourself on track
- Look up problems
- Get simple tips that work.

## Italian Egg and Baked Bean Scramble

Ingredients:

	2 serves	4 serves
Eggs	2	4
Cheese, grated	½ cup	1 cup
Breadcrumbs	½ cup	½ cup
Trim milk	½ cup	1 cup
Baked beans	1 x 420g can	2 x 420g can
Salt and pepper	To taste	

1. Preheat oven to 180°C
2. Beat egg in a small bowl. Add cheese, breadcrumbs, milk, salt and pepper.
3. Grease an ovenproof dish. Place baked beans on the bottom of the dish.
4. Top with egg and cheese mixture.
5. Bake for 30 minutes.

## TRY THESE GREAT SANDWICH IDEAS...



# Giving paracetamol safely to babies and children

## What is paracetamol?

It is a medicine to help reduce pain and make children with fever feel better.



- It will not cause drowsiness or cause your child to sleep.
- It can be used for children and babies over three months old.
- Younger babies must see the doctor.

## Where should I keep paracetamol?

Like all medicines, keep in a high place out of reach and out of sight by children.

- The most common cause of poisoning is by children helping themselves.
- It does not need to be chilled: do not keep it in the fridge.
- It should have a child-resistance cap – ask your pharmacist.

## Things to remember

- Ask questions if you have concerns.
- Keep all medicines out of reach and out of sight of children.
- Check if it is still needed before each dose.
- Know the right dose to give and check the strength.
- Wait at least 4 hours between doses, and give no more than 4 times in 24 hours.
- If someone else has been caring for your child, ask if they have been given paracetamol, how much and when.
- Check other medicines given, they may have paracetamol in them.

## Does my child need it?

- Only give paracetamol if it is necessary.
- Use if your child needs pain relief.
- Use if your child feels very hot (temperature over 38°C and is miserable).
- It is not recommended to routinely give paracetamol before or after regular vaccinations.

## What is the correct dose?

- The dose depends on your child's weight and the strength of the paracetamol.
- Weigh your child, then check the dosing table.

## Dosing Table

Child's weight (kg)	Strength:	
	120mg/5mL	250mg/5mL
5kg or less	Ask doctor	Ask doctor
6.5kg	4mL	2mL
8kg	5mL	2.5mL
10kg	6mL	3mL
15kg	9mL	4.5mL
20 kg	12mL	6mL
30kg	18mL	9mL
40kg	25mL	12mL

## Contact numbers

- Healthline has a free 24 hour health service – 0800 611 116.
- If your child has had too much paracetamol, call your doctor, nurse or the Poisons Centre – 0800 POISON (0800 764 766) immediately.



# BRUSH UP ON HEALTHY TEETH!

**BRUSH TWICE A DAY WITH FLUORIDE TOOTHPASTE**

**These toothpastes have adequate fluoride for your child**

0-6 years old, use a smear on the brush  
6+ use a pea sized amount



**JUST SPIT, DON'T RINSE!**



**These toothpastes contain fluoride BELOW the Ministry of Health recommended levels!**



February 2019

Toothpaste of at least 1000 parts per million (ppm) fluoride is recommended for all ages and should be used twice daily. 1000 ppm fluoride equates to **0.22% sodium fluoride** or **0.76% sodium monofluorophosphate**.



West Coast District Health Board  
Te Pahi Hauora o Waikato o Te Pahi

Canterbury District Health Board  
Te Pahi Hauora o Wairarapa

## Brush Up on Healthy Teeth!

Updated for 2019.

Gives information on which toothpastes for children meet the recommended level of fluoride from the Ministry of Health.

Handout created by Community & Public Health

To order this resource, visit [www.cph.co.nz/resource\\_list.php?mc=103](http://www.cph.co.nz/resource_list.php?mc=103)

**We would love to hear about what you thought of the newsletter, if you have any health concerns or need further information.**

We accept referrals from age 4½ years. Please contact us through our website: [www.cdhb.health.nz/health-services/public-health-nursing-service-phns](http://www.cdhb.health.nz/health-services/public-health-nursing-service-phns)

Or phone us on 03 383 6877 to talk directly to a Public Health Nurse.

Many thanks from the Early Childhood Education Centre Public Health Nursing Service team, Ange, Sue, Anna and Kirstin.