



Early Start Project Newsletter



Keep on moving!!!

In Winter it's not as easy to just go outside with the kids...however you do need to keep moving! Some of the advantages of keeping moving include: keeping fit, improve blood circulation, keeping warm, if you are healthy hopefully you won't get sick as often, it improves your mood, can help you sleep and is great fun for everyone!!!

So try some of our ideas for keeping up the heart rate: **Go to an inside pool for a swim** play balloon volleyball inside, **try a music and movement class**, try running round the local park-like a child does with I'll race you to the next tree, **Use the couch cushions for an obstacle course**,

put on gumboots and raincoats and splash in puddles

and if you do put on DVD's put on active ones, get off the couch and do them with your children!

Colouring Competition!



Do you like winning stuff? Getting something for free??

Who doesn't!!!!

Well we have a great colouring competition for kids. It is open for all children and has

3 categories:

Under three year olds

Three-five year olds

Over fives.

Just get your child to colour in the picture, then give to your Family Support Worker.

(please do write

name and age of child and your Family Support Workers name on the back)

The prize will be a family pass to one of the city council swimming pools...a great day for everyone!

Early Start Project

Issue 10

Winter 2008

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Yummy Cottage Pie!!!



Serves 4-5 people

Ingredients:

- 1 Onion, peeled and diced
- 1 Carrot, peeled, halved and sliced
- 2 tbsp Parsley, freshly chopped
- 550g can Wattie's Just Add Hearty Savoury Mince Simmer Sauce
- 500g bag Wattie's Golden Heart Potato Pom Poms
- Celery Stalks, finely diced
- 500 g Lean Beef Mince

Directions:

Heat a dash of oil in a frying pan and brown the beef mince in 2 batches. Set aside.

Gently cook the onion, carrot and celery in a dash more oil until tender, but not brown. Add the Wattie's Just Add Hearty Savoury Mince Simmer Sauce and stir until hot.

Return the mince to the pan with the parsley and stir to combine. Turn into an ovenproof dish and cover with the Wattie's Golden Heart Potato Pom Poms.

Bake at 200°C for 25-30 minutes or until golden and hot.

Winter Woes...

Yea It's winter, the snow, the hail, the rain, the freezing winds what fun lying by the fire reading a book, eating chocolates, drinking coffee! – sounds lovely - and then reality sets in.

Wet washing piled up, bored kids, high power bill, no fire wood left and we still have a least 2 months to go.

Don't pull your hair



out!

Let's look at some **options or survival techniques:**

A bit of planning can help. Watch the

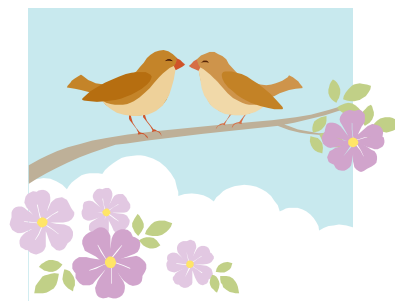
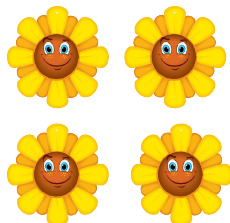
weather...if it's fine hang out that pile of clothes, the sheets, the towels etc early and get them in before it gets cold.

The bored kids.. maybe it's time to think about pre-school, using the libraries story times and baby times (free and warm), the local playgroups and music groups are another way of cheap entertainment. You might get a bit of adult company too.

Keep warm... paying a little extra on the power bill during the warmer months can help with the higher

bills in the winter (maybe a plan for summer).

Hang in there... dream of those lovely warm summer nights they aren't far away and if you need any ideas or some to accompany you to a new group get your friendly FSW to come along.....



Adult Eyes Only!!!!

We all know winter is a cold time, time to snuggle up and keep warm.....so it's a good time to check your contraception is up to date and working well!!!

GPs many have cheaper rates for contraception for under 25 year olds, and the Family Planning Clinic on Washington way is free for under 22 year olds.

If you are not planning another baby, and need effective contraception talk to your Family Support Worker about it.

Caitlin's Diary

Well if you remember Nate had just "left" the house for a few days after a drunken performance. He came back once his hang over had finally gone and said that he wanted us to stay together.

When I saw Nate I found all I wanted to do was scream hysterically at him but I was able to contain myself (just). All I could see was little Buffy's face with tears streaming down it, which was the result of our last meeting.

Nate made us a coffee and we sat down at the kitchen table, just as Buffy ran into the

kitchen, she stopped suddenly when she saw Nate was there, and with all the tact of a 5 year old she said "what are you doing here".

Nate looked embarrassed and said he had just come to talk to me. Buffy sat down next to me but I asked her to go and watch her Dora DVD which she did, reluctantly.

I think Buffy's reaction said more than anything I could have. Nate asked how Joey was, I said



that he had been bit unsettled but was just starting to settle back into a routine now.

Nate asked if he could come back, I said that I would like him to get some counselling and we needed to work on this. Nate promised not get drunk and bring all his mates home again. He

told me he was struggling to know what to do now Joey was here and he felt "useless" most of the time.

I told Nate I would think about things and txt him

What happens next to Caitlin?

As you all know Caitlin is a made up character...so what will happen next in the story?

If you want to have your say tell your Family Support Worker, or text which option you would like to happen to 027 5678 158. The option

with the most votes will be the one that we will run with.

Option one: Nate and Caitlin Break up. They get shared day to day care of Joey.

Option two: Caitlin and Nate give it another go, and they both attend counseling to-

get her.

Option three: Nate gets a great job offer in Australia and wants to take the job, but it will mean leaving his family...

Another Option????

Christmas is coming....(Aarrhhh!!)

Remember last year's stress at Christmas? Well it could be all different this year. It's less than 6 months to go., and is a total of about 20 weeks away. If you start saving 5 dollars a week now you will have \$100 by Christmas. Why not try a Christ-

mas club at your local supermarket? They can be good value. Or if you are an early shopper buy small gifts now when they are on special, or lay by at your favorite shop. Lots of services offer budget advice so ask for help early if you think you need it.

Remember loans are very expensive, and you will end up paying a lot more.



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Nurture the baby Early Atawhaitia Nga Pepe

Dry Skin? Read On.

Dry skin often happens in winter, but here are a few tips:

Have short baths and showers- long ones will dry out your skin more. Afterwards put moisturizer on straight away after drying.

Try exfoliating before putting on moisturizer.

Avoid smoking, and don't overdo the alcohol and caffeine these will age you and suck you dry!

Drink plenty of water and eat fish (tinned is fine) and nuts (not necessarily together!) to keep your skin, hair and nails looking good.

Use gentle soaps and make sure you wash them off your skin well- any soap left on your skin will dry it out.

Use plenty of moisturizer- unperfumed sensitive skin ones work well (even from the supermarket).

See your GP if you get any red itchy, or worrying rashes.

Dear Aunt Sally

Dear Aunt Sally,

It's winter and my 3 and 4 year olds seem to go crazy in the house. They have watched every Wiggles, Dora, and Disney DVD, have heaps of toys, but still get destructive in the house!!

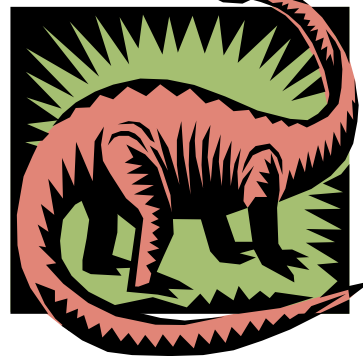
HELP!

From a desperate Mum.

Dear Desperate Mum,

Yes Children can get very destructive in the house es-

pecially over winter. Remember though that just because it is winter does not mean you should not go outside. Your children will need trips out. Maybe preschool or a playgroup would be a good option, and will give you a break. Winter can be a great time to be a child again yourself with building



My children turn into dinosaurs in winter!

ports in the lounge! The one key is that it doesn't matter how good the DVD or toys are, nothing can be substituted for you! They will want to play with you more than anything...and that may mean

you watch the DVD with them.

Love Aunt Sally.
