

EARLY START  
PROJECT

# Early Start Newsletter

## Inside this issue:

Healthy Hamburgers	2
Bubble mix and play Dough recipes	2
Caitlyn's Diary	3
Moving from a cot to a bed.	3
Kindy or pre-school	3
Measles	5
Toilet Training woes with Aunt Sally	6

## Car Seat Safety

By law in New Zealand all children under five need to be restrained in the appropriate seat for their weight and height. There's quite a bit to think about. So here's what you need to know.....

There are three different types of car seats

*Stage One:* The Infant Capsule. Your child should be in this rear facing seat from birth until they are 9kg.

*Stage Two:* If you have a convertible restraint, this will be used from birth until your child is 18 kgs. If you have a forward facing restraint, your child can use it between 9 - 18 kgs.

*Stage Three:* The Booster Your child can use a booster seat when they have out grown their forward facing restraint. Keep your child in a booster until they are 26kg or 145cm tall.

Remember the safest place for your child is the back seat and never place a rear facing restraint in the front seat if there are airbags.

If you are buying a second hand car seat, there are a few things you need to look out for .....

Don't buy a restraint that has been involved in a crash and check the seat for any signs of damage as this won't be safe in an accident.

Check the seat for a use-by date. Child restraints have a safe-life of 5-10 years and shouldn't be used past this.



Not every seat fits every car, so try before you buy.

Second hand seats should also have New Zealand approved safety markings and come with all parts. Phew that's a lot to look out for!!!

Of course you could always hire your seats from Plunket. If you chose this option, Stage one car seats cost \$45-\$60 for seven months and stage two car seats cost \$45 for six months.

You will also need to pay a \$45 bond which you will get back when the seat is returned.

For more info ask your Family Support Worker or to hire a car seat, phone Plunket on 379 9266.

## Check it out

- New competition
- Check out Caitlyn's woes
- Are you moving baby from a cot to a bed—get some hints.
- Lots more

## Win Win Win!!!!!!!

Well the title may be a little exaggerated but we do have a new competition this time.....and maybe we might be able to find a couple of little prizes.

We want to see all your

## Wonderful Prizes

families from the eyes of your children.

So be imaginative ... how about getting your kids to draw pictures of your family (it doesn't matter what you all look like). If they are a little small for

that how about getting them to decorate a frame. You could get your Family Support Worker to take a couple of photos for you. Anyway have lots of fun and if you need a hand with paper or other crafty things ask your FSW. Have fun!!!!

## Early Start New Letter

## Healthy Hamburgers

For these delicious burgers you will need ...

1 Packet of burger buns or smaller buns for children.

Healthy filling options:

Lettuce Beetroot Egg Cheese  
Tomato Gherkin Ketchup  
Grated Carrot Low fat mayonnaise  
Mustard Cucumber Herbs  
Mince Patties (See recipe)

### DIRECTIONS:

1. Prepare your choice of fillings.
2. Prepare mince patties (see recipe)
3. Grill burger buns until lightly toasted.
4. Cook mince patties
5. Assemble your burgers and enjoy!

MINCE PATTIES (makes 8 patties)

### INGREDIENTS

500g low fat beef mince  
1/2 onion finely chopped  
lightly beaten egg  
1 Tablespoon soy sauce  
2 cloves crushed garlic  
1 Tablespoon tomato ketchup  
Optional—finely chopped herbs

### DIRECTIONS:

1. Combine all ingredients in a large bowl.
2. Shape the mixture into patties (The kids may like to help with this)
3. Fry in a little vegetable oil for 5 minutes, flip and cook for a further 5 minutes Until nicely browned & cooked through.



## Bubble Mixture

Now that the weather's getting warmer, it's a great time to get outside and enjoy some lovely home made bubbles. Here's the recipe...

1 Tablespoon sugar

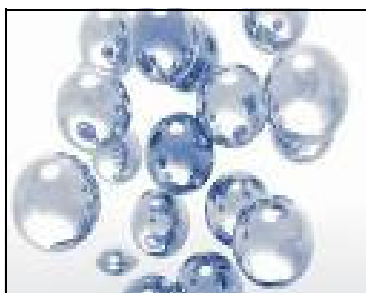
3 Tablespoons boiling water

Stir to dissolve sugar then add

9 Tablespoons liquid detergent

Set aside to cool and set.

Enjoy!!!



## Play Dough

This home made play dough is a hit with kids of all ages. Here's the recipe for the cooked version. If you would prefer the recipe for uncooked play dough, your Family Support Worker will be able to help with this.

2 cups flour

1/2 cup salt

2 Tablespoons cream of tartar (You can find in the Baking section at the super-market).

2 Tablespoons cooking oil

2 cups water

Food colouring/glitter (optional)

Mix the flour, salt and cream of tartar together in a saucepan. Slowly add the water, food colouring and oil. Mix to form a smooth paste. Cook very slowly until the dough comes away from the sides of the saucepan. Remove from the pot and knead for 2-3 minutes. Store in an air tight container. If the dough becomes sticky, add more flour.

## Caitlyn's Diary

Well what's been happening...time goes so quick that I can't believe its over half way through the year. My study.. Remember I enrolled at Poly, well its heaps harder than I thought but I love it!! Learning lots and lots and best of all I don't feel old. There are lots of others older than me, and grannies too.

Brittany's pregnancy is progressing well, her delightful boyfriend /daddy to be, has decided that he isn't ready to be a father yet. A bit late now I say. Brittany of course was so upset, she cried for a week solid when he



told her, it was made especially bad when Brittany found out the lovely Wayne was now seeing her best friend (now ex best friend). One thing that Brittany did get a bit of pleasure from was that Wayne had his flash car repossessed and now gets around on a bicycle (it's purple). Nate did offer to (accidentally of course) knock him off his bike which also cheered Brittany up a little to but I managed to put a stop to that conversation quickly. Nate, Joey and Buffy are all doing well. Joey is at pre-school for

30 hours and is loving it. I am using most of the time to study but am making sure I get a bit of time for myself which is really nice. Nate got a promotion (and a pay increase) which was great, he is now managing the workshop and really enjoying the role. We are hoping one day we might be able to buy a house. Buffy is busy at school, she is being a bit of a brat at home. I think it may be to do with Brittany and all the attention she has been getting. I'm trying to give her a bit more one on one time which seems to be helping. Well that's about all that has been happening ..I must remember to start planning for Xmas -scary thought aye.....

## MOVING FROM A COT TO A BED

### Health and Safety

#### Moving from cot to bed.

When your child moves from a cot to a bed it is a milestone in their life. There is no precise time to move them but it is normally between their 1st and 3rd birthdays.

The key is to be patient while your child adjusts to the change.

If your child sleeps well in a cot why move them as problems can arise with the move e.g. constantly getting up, falling out of bed or rising earlier in the morning.

#### Reasons to shift

**Your child learns to climb out of the cot:** Move them out when the top rail is level with their chest since climbing out is more possible.

**Your child asks for a bed:** If they are old enough make the move.

**A new baby is on the way:** Change the older sibling into the bed before the baby is born or grows out of the bassinet, as this may add stress to the older child in addition to a new baby in the house.

#### How to make the change

Set up the new bed in the bedroom. Let them play on the bed, put some toys on the bed, and let them have their afternoon sleeps there. Do bedtime stories in the bed. These things will help them adjust to the new bed.

Be patient and maintain the bed time routine presently used.



## Kindy or Pre-school which to choose?

Well the title maybe a little misleading because I don't have an answer but it's worth thinking what you want out of your pre-school or Kindy especially as your child gets near 3 years.

If you have been using the Early Learning Payment this will finish once your child turns 3 years. It may be a good time to check out if your current pre-school is meeting all

your child's needs now he/she is getting older. It also pays to check out with the pre-school if they use the government funded ECE payment, and if there is an **extra charge** on top of this.

Kindergarten is another option for child care once your child turns 3 years. There will probably be one in



your community that's not too far away. Kindy's do vary in hours usually they are full day (8.30—2.30) or sessional (morning or afternoon) to cater for the different developmental needs of 3 and 4 year olds that attend. Kindy's can also be a good way to meet other parents in the neighbour hood and often the children move on to school together which can be a nice experience. It pays to put your child's name on the waitlist before they turn three. But remember it's up to you where your child attends, but do have a good look around before you decide!!!!

# Measles

You may have heard about the recent outbreak of measles in New Zealand and wondered how to protect your child. Here's what you need to know.

## *What is measles?*

Measles is a highly infectious viral disease. The symptoms include a runny nose, fever, cough, loss of appetite, conjunctivitis and a rash (See picture: This is quite a severe rash).



## *How do you catch measles?*

People catch measles by coming in to contact with droplets of saliva and mucous from an infected person. These droplets can travel through the air or they can be passed on by touching a surface infected by these secretions.

It takes about 10-12 days for the symptoms to appear after exposure to the virus.

Many people who contract Measles go on to develop further complications.

## *How can I protect my child against measles?*

The best way to protect your child is to immunize with the Measles Mumps Rubella (MMR) vaccine. In New Zealand, children are usually given the MMR at 15 months and again at four years. These two doses of vaccine are 99% effective in preventing measles.

As there has been a recent outbreak of measles, your Doctor may give your child their MMR jabs earlier than scheduled.

If your child has been in contact with someone who has measles or is overdue for their MMR vaccine, now is the time to get in touch with your GP.

## Dear Aunt Sally

### **Help me Please!!!!!!!!!!!!**

I'm trying to toilet train little Jesse who is now 3yrs 2months but not having much luck. He has heaps of wet and smelly undies but not much going down the loo. All my friends seem to have toilet trained their kids months and months ago what am I doing wrong!!!!

From a very stressed out mum.

### **Dear stressed out mum**

Toilet training can be a stressful time. Before starting toilet training check that your child is ready –this may include the child being able to tell you when he/she is wet and needs changed,

showing an interest in the toilet and being able pull up and down their own pants. A child is usually ready to start toilet training somewhere between the ages of 2 1/2 and 4 years so there is a big age range.

Learning to use the toilet takes time and every child is different. A rough guideline is it can take the child 3-4 weeks before they are usually dry, but expect a few accidents after this time. Make sure you child is comfortable sitting on the toilet or potty and give lots of praise even if your child does not do a wee or poo. Reminding your child to go to the loo, and being really consistent with your method also can help. Remember to talk with your

child's pre-school or Kindy and let them know what your child's toilet-training routine is.

Usually 3-5 minutes is long enough for a child to remain sitting on the toilet. Washing hands after going to the toilet is another important thing to remember.

Toilet training takes time and for more info talk with your well-child provider (e.g Plunket nurse) and they will be able to give you more tips.

It will happen .....and those smelly undies will get less and less—keep smiling.

Aunt Sally

