

Well Child Promotion

Term 2 Newsletter.

WellChild/Tamariki Ora Services in Hawke's Bay

Well Child Tamariki Ora programme is free to all New Zealand whānau/families for tamariki/children up to five years.

Local services are delivered by:



1. Free WellChild Tamariki Ora services including B4SC, immunisations and breastfeeding support.
Te Taiwhenua o Heretaunga Tamariki Ora Services.
Free phone 0508 TAMARIKI (0508 826 276)
2. Plunket provide free services for all Hawke's Bay children and their family/whānau.
Phone 06 8705009 Email hawkes.bay@plunket.org.nz
3. Wairoa Kahungunu Executive ki te Wairoa Charitable Trust provides free and confidential Tamariki Ora services in Wairoa to whānau and tamariki aged 0-5: 06 8386835
4. In Hawke's Bay the B4SC is delivered by Primary care i.e.: Practice nurse for your Doctor, Well Child Tamariki Ora nurse and Independent Practitioner nurse who will visit in the homes.
Cath Hedley is the Hawke's Bay B4SC Coordinator contact details: 06 8341815
cath.hedley@hbdhb.govt.nz

<http://ourhealthhb.nz/health-services/hawkes-bay-maternity/well-child-tamariki-ora-providers/>

Flu season



One in four New Zealanders catches flu each year.

Influenza, "the flu", can be anywhere. It is easy to catch through coughs and sneezes. Influenza is much worse than a cold. Some people are more likely to get very sick when they have the flu. They are young children, babies, pregnant women and older people. Also, people with some illnesses like asthma or diabetes. Some people with flu need to stay in hospital for a while. A few people die from flu.

Many people don't know they have had the flu as they do not feel ill. But they can still pass it on and make other people very sick.

The best way to protect yourself is by having a flu shot every year. The flu shot helps your body protect itself from flu. You protect yourself, your family and people around you if you have a flu shot. **Flu shots are FREE for people 65 years old and over.**

Flu shots are FREE for women who are pregnant.

Flu shots are FREE for anybody under 65 with diabetes, most heart or lung conditions and some other illnesses.

A flu shot is FREE for children under 5 who have had a stay in hospital for asthma or other breathing problems.

Ask your doctor or nurse about a flu shot today. It may be FREE for you.

Encourage your whanau who can get a free flu shot to see their doctor or nurse.

Being fit and healthy won't stop you getting the flu.

You can't get flu from the vaccine.

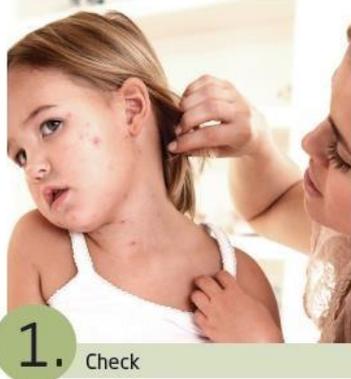
You need to get a flu shot every year before winter for best protection.



Clean it, Cover it, Treat it, Love it - keeping our tamariki skin healthy.

CHECK SKIN EVERY DAY

Check skin every day.



1. Check



2. Clean

Handwashing is the best way to prevent spread of germs.



3. Cover

Cover cuts and sores with plasters to stop germs spreading.



4. Eat well

A variety of fruit, vegetables.



5. Sleep well

Allows body to relax and grow.

These are the key messages being promoted in Hawke's Bay early childhood centres, primary and secondary schools, to reduce the number of skin infections seen in children and thereby reducing hospital admissions. Public Health Nurses working in HB schools and pre-schools have completed a comprehensive skin training and have the clinical support of Paediatrician Doctor Phillip Moore.

Simple hygiene messages are the key to the programme and include good hand washing, keeping fingernails short and clean, covering sores and having skin checked if there is no improvement.

Public Health Nurse Contact details:

Flaxmere: 06 879 9440

Napier: 06 834 1815

Wairoa: 06 838 7099

Waipukurau: 06 858 9090

Winter months and glue ear

With winter months upon us children under five tend to have more problems with their ears. For most children, they are short lived problems. But in some cases ear infections and glue ear can cause hearing loss. If tamariki/children cannot hear well, they may find it difficult to learn.

Glue ear is a condition where the middle ear which is usually filled with air is filled with a glue like fluid. Glue ear usually gets better without treatment however if you think tamariki/children in your Centre may have glue ear look for the following signs:

- not always listening/hearing instructions
- difficult behaviour
- often having an ear ache
- constant “runny nose”

During winter months it is advised to keep your Centre warm and well ventilated. Heat it adequately to prevent colds and chest infections, which can contribute to Glue Ear.

Simple nose blowing helps prevent glue ear. ECEC staff can help by prompting tamariki to blow their nose when necessary.

Who to contact if concerned:

HBDHB Vision and Hearing Technicians, Ear Nurse Specialist and Public Health Nurses.

Flaxmere: 06 879 9440

Napier: 06 834 1815

Wairoa: 06 838 7099

Waipukurau: 06 858 9090

<https://www.healthed.govt.nz/resource/ear-infections-earache-and-glue-ear>

Child Healthy Housing Programme

Some of the tamariki in your pre-school may have poor health or low rates of attendance because they live in cold, damp, mouldy houses. The DHB can help! If you have families that have poor quality housing / low incomes / sick children then please phone the Healthy Housing Programme on 06 879 9440 or 027 704 8908.



Baby Teeth Matter

Looking after your child's baby teeth can help ensure their adult teeth come through healthy and strong.

Key messages

- Baby teeth are important and necessary for the health of permanent teeth.
- Under five year olds need to have their teeth brushed by an adult
- Brush baby teeth twice a day with fluoride toothpaste
- Water is best
- Everyone should be using fluoride toothpaste



<https://www.health.govt.nz/your-health/healthy-living/teeth-and-gums/caring-baby-teeth>

Your baby is eligible for free check-ups from an oral health service. It's important to enrol your child with the service as early as possible, so that you can arrange the first check-up. To enrol with a service or to make an appointment phone them on **0800 TALK TEETH (0800 825 583)**



The Tooth Fairy is back on a screen near you!

Safekids Aotearoa

For tamariki/children under five one of the leading causes of avoidable child injury mortality involves children as passengers in cars.



Incorrectly fitted car restraints are a major issue in Aotearoa New Zealand however data indicates that when correctly installed and used, child safety seats can significantly reduce the risk of death or injury.

Suggested guidelines to share with whānau/family contemplating on buying the correct restraint.

- Infant restraint: birth up to 1 year of age.
- Convertible (baby to child) restraint: birth to approximately 4-5 years of age
- Front-facing child restraint 1 year to approximately 4 years of age
- Booster seat: from approximately 4 to 10 years of age
- **Children under 148 cm should be seated in the correct restraint.**

Safekids Aotearoa in partnership with the NZ Transport Agency, have helpful fact sheets to support any safety messages in the community.

<http://www.safekids.nz/Safety-Topics/Details/Type/View/ID/1/Car-Seats>
<https://www.nzta.govt.nz/assets/resources/factsheets/07/docs/07-child-restraints.pdf>

B4SC

The B4SC team would like to take this opportunity to thank you all very much for the wonderful support you provide to families engaged with your services. The B4SC highlights how supportive these environments are for children and how appreciative families are to have the advice of you as professionals. The Strengths & Difficulties Questionnaire for Teachers and Parents (SDQT&P) is a valued part of the B4SC as this highlights for the parent and clinician the child's behaviour in the home and ECC environment. Please contact Cath Hedley should you wish to discuss the B4SC process further. Attached is a You Tube clip on how the B4SC process was for two families.

[Daniels Story](#)
[Cornelius Story](#)

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Contact details

How to contact the Hawke's Bay Child Interagency and Breastfeeding support group

michele.grant@hawkesbaydhb.govt.nz