

Well Child Health Promotion

Newsletter Term four



CHILD HEALTH TEAM

Ngā Kura Hauora

What's on this quarter?

October

1-31 Health Literacy Month www.healthliteracymonth.org

5 World Teachers Day <https://en.unesco.org/commemorations/worldteachersday>

15 Global Hand washing Day <https://globalhandwashing.org/global-handwashing-day/about-ghd>

16 World Food Day www.greeningtheblue.org/event/world-food-day

November

12 Health Hui for Early Childhood, Te kōhanga Reo and Pacifica staff. Tuesday 12th November 5:00-7:30pm
Salvation Army Hall, Tait Drive, Greenmeadows, Napier.

12 World Pneumonia Day <https://stoppneumonia.org/world-pneumonia-day/>

14 World Diabetes Day www.diabeteshelp.org.nz/index.php?page=world-diabetes-day

December

7 National Safe Sleep Day-Te Rā Mokopuna <http://sudinationalcoordination.co.nz/safe-sleep-day>

18 International Migrants Day <https://www.un.org/events/migrantsday>

Measles

Measles has now arrived in Hawke's Bay after spreading around NZ in recent months. Measles is a highly contagious disease and one in four people who catch it will be admitted to hospital. The best protection against measles is immunisation. Children should be immunized at age 15 months and 4 years. Any child who has missed an immunization can get a free catch-up. See your GP. You can contact your Public Health Nurse for advice.

<https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/measles>

<https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/measles/2019-measles-outbreak-information>

October is Health literacy month:

www.healthliteracymonth.org

You might be interested to see the place of Health Literacy as a component of the curriculum in Finland:

What is Health Literacy?

The ability to

gain access to,

understand and

use information

to make

healthy choices.

http://www.euro.who.int/en/countries/finland/news/news/2019/9/health-literacy-counts-as-academic-competence-in-finnish-schools?elq_cid=2115534&x_id=003C000001ymVHJIA2

Protecting Children's Ears

Carol Brosnan. Ear Nurse Specialist

Who needs to keep water out of their ears?

- **Children with a perforation (hole) in the ear drum** as this allows water into the middle ear. Keeping water out of the ear helps to prevent infection and helps it to heal.
- **Children prone to ear canal infections** should keep water out of the ears as moisture can cause infection.
- **Children who get sore ears** should keep cold water out as it causes discomfort.
- **Children with grommets** can generally swim in clean lakes, sea and cold chlorinated pools without ear protection. They should not dive below the surface or jump in as this forces water into the ears. Heated pools should be avoided or ears protected. Ears should be protected against soapy water and shampoo as they can carry bacteria from the body. Showering is preferred. If a child's grommets become infected water protection should be used from then on as they will be more susceptible to it.
- Children with these conditions should not swim at all if ears are discharging but may swim with protection once ears are dry.



How do you keep the water out?

- Silicon ear plugs purchased from the chemist are the best way to keep water out. These can be moulded to fit into the whole bowl of the ear and should be used with a waterproof bathing cap or headband to hold them in place.
- Blue tack softened by rubbing between fingers may be used in the same way as ear plugs but must be kept clean and discarded if contaminated with ear discharge.
- Showering with a shower cap is advised.
- When washing hair place cotton wool smeared with Vaseline into the bowl of the ear to prevent water getting into the ear.



Silicon ear plugs White silicon ear plug moulded into the bowl of the ear. Swim cap to be pulled over the top to hold in place.

Myopia



This generation of young people is showing higher levels of short-sightedness (myopia) than any other generation before. However, it isn't just the inconvenience of needing a pair of glasses that has eye care professionals and the World Health Organisation concerned. Myopia comes with more serious side effects such as increased risks of cataracts, glaucoma, macula issues and more.

We used to believe that myopia was an issue that was mainly genetically based and the environment played only a small role. We now know that the opposite is true and a child's environment is crucial in trying to avoid the onset of myopia. Outdoor play is considered an important factor in avoiding the onset of myopia and this has been backed up by evidence-based medicine. However, one of the main offenders is the onset of the digital age. We don't have any evidence to say that computers in schools cause issues as often in this environment children get lots of variety in their visual world. They look up to the whiteboard, to their teacher and also when they collaborate with their class mates. It's when they go home and are allowed to spend significant amounts of time on devices without breaks that we feel problems are more likely.

Good advice for proper management of the use of digital devices is often termed 'Visual Hygiene'. Some basic tips that all children and teenagers should be adhering to include;

- 20/20/20 rule. When on a device have a 20 second break every 20 minutes and look 20 metres away or further
- Once an hour have at least a 5 minute break.
- Always obey the Harmon Rule. No device or text within the Harmon distance from their eyes. This is the distance between a child's elbows to the middle knuckle of their hand.
- No digital device use up to 90 minutes before bedtime.

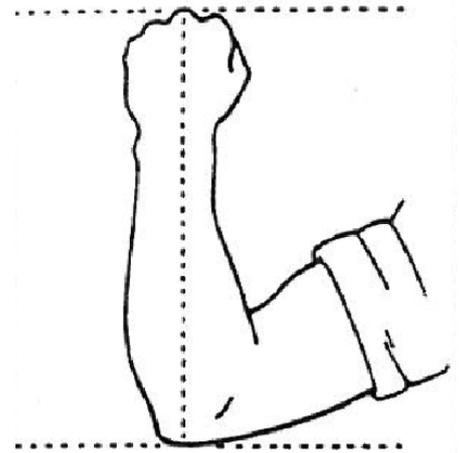


Figure 2. Harmon Distance [3]

<https://medium.com/mykidsvision/what-is-myopia-management-4b080174d7e1>

HAKIHAKI

GUTU PAPALA

Po'u mai le aoga

IMPETIGO

School sores



Prevention: Wash skin daily with soap and water. Keep fingernails short and clean. Cover sores with plasters. Use your own towel. Eat fruit and vegetables every day. Drink water.



Early signs

Blisters on exposed parts of body, such as hands, legs and face

Blisters burst and turn to a sore with a yellow crust which gets bigger each day

The sores are itchy



What to do

Go to the doctor for advice and a prescription

Check and wash sores every day

Cover sores with a clean cloth or plaster

Keep your child's nails short and clean.

Try to stop them scratching the sores

Wash and dry hands before and after touching the sores

If it gets worse

See a doctor if:

- sores are near the eye
- sores last more than 1-2 weeks
- sores become red, swollen and have pus
- your child has a fever

If left untreated this can lead to serious illness.

How is it spread?

Pus, blood or other fluid from the sores touching other skin



Keep kids safe from the sun

Kai haumarū ngā
tamariki i te rā

When outdoors, remember to:



SLIP

your child into some shade.
Me noho koe ki wāhi whakamarumarū.

and



your child into loose fitting, cool clothes. Select tops with collars and sleeves that reach the elbow and bottoms that go down to the knees.
Me mau kākahu ringa roa.



SLOP

on some sunscreen before taking your child outside. Put it on any skin not covered by clothes.
Me pani kirīmi ārairā.



SLAP

on a hat with a wide brim or cap with flaps. You may need to tie it on. Wear a hat yourself as children like to copy you.
Me mau pōtae ārairā.



WRAP

Hats shade eyes but sunglasses can provide additional protection if they meet the standard. This can be found on the label.
Me mau mōhiti ārairā hoki.



Cancer Society of New Zealand





Free health hui

For early childhood, Te Kōhanga Reo and Pasifika staff

Tuesday 12th November 2019

5:00pm - 7:30pm

Salvation Army Hall, Tait Drive, Greenmeadows, Napier

Tēnā koutou, talofa lava, malo e lelei, kia orana, welcome .

Come along for an evening of presentations and informative health displays.

Light refreshments will be provided between 5–5:45pm.

Please RSVP as soon as possible:

Helen August — Helen.August@hbdhb.govt.nz or 027 230 9224

or Natalie Hawaikirangi — Natalie.Hawaikirangi.hbdhb.govt.nz or 027 305 8379

Programme

Time	Subject	Speaker
5:45pm	Introductions	Cameron Ormsby — Health Protection Officer
5:50pm	Skin Programme	Linda St George — Nurse Educator, Child Health Team
6pm	ECEC website	John Adams — Health Promoting Schools Facilitator, Child Health Team
6:10pm	Immunisation registers	Fiona Jackson — Immunisation Coordinator, Population Health
6:20pm	Infection control	Glynn O'Rourke — Health Protection Officer, Population Health
6:30pm	Spotting the sick child	Sharon Payne — Nurse Practitioner, Emergency Department
6:40pm	Infectious Diseases	Karyn Cardno — Team Leader, Child Health Team
6:50pm	Vision	Niall McCormack — Optometrist

Sport Hawke's Bay Active Families Early Years

Children between the age of 3-5 and their whānau can access our Active Families programme if they feel their lifestyle would benefit from increased physical activity or improved nutrition. Self-referrals are accepted via www.sporthb.net.nz/activelifestyles or referrals can be made through Early Childhood Teachers/Centres. Programme includes a variety of free activities including FREE swimming lessons at either Napier Aquatic Centre or Swim Heretaunga. For more information go to our website or Facebook Active Families Hawke's Bay.



Green Prescription
ACTIVE FAMILIES
Rongoā Kākāriki, whānau korī, whānau ora
EARLY YEARS

Do it for your kids!

Sport Hawke's Bay supports young children and whānau to make healthy lifestyle changes.

CRITERIA

- 3-5 years old
- Whānau wanting a healthy lifestyle change

OUTCOMES

- Increased motivation to exercise
- Improved nutrition
- Improved FUNdamental skills
- Increased confidence to try other activities
- Improved child interaction
- Weight management
- Reduction in inactive behaviours, e.g. computers, TV, etc.

OUR PROGRAMME INCLUDES:

- Monthly Coordinator visits
- Goal setting
- Resource toolkit
- Whānau focused activity sessions
- Physical activity sessions
- Water confidence sessions
- Healthy cooking sessions

SPORT HAWKE'S BAY

For more information visit www.sporthb.net.nz or phone (06) 845 9333

Safe Sleep

Every year, too many New Zealand babies die suddenly during their sleep.

Capsules and car seats/restraints should not be used as a place for your baby to sleep in when they are not travelling, as this can increase the risk of sudden unexpected death in infancy (SUDI). [Find out more on the Health Education website](#)



New Zealand transport has released new educational videos to inform whānau/families of key information about infants sleeping/travelling in their capsules in Te Reo Māori and English.

<https://www.youtube.com/watch?v=8XQPirV7VpE>.

1737

NEED TO TALK?



1737

**free call or text
any time for
support from
a trained
counsellor**

We're here. **Free call or text 1737 any time, 24 hours a day.** You'll get to talk to (or text with) a trained counsellor. Our service is completely free.

- Are you feeling anxious or just need someone to talk to? Call or text 1737
- Are you feeling down or a bit overwhelmed? Call or text 1737
- Do you know someone who is feeling out-of-sorts or depressed? Let them know they can call or text 1737

Whatever it is, we're here.

Free call or text 1737 any time.

FIVE WAYS TO WELLBEING
INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE & YOU WILL FEEL THE BENEFITS



CONNECT
TALK & LISTEN. BE THERE. FEEL CONNECTED

BE ACTIVE
DO WHAT YOU CAN. QUALITY COUNTS. YOU DO. MOVE YOUR BODY

TAKE NOTICE
REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

GIVE
YOUR TIME. YOUR WORDS. YOUR PRESENCE

KEEP LEARNING
EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF

Mental Health Foundation
0800 111 111
www.mentalhealth.org.nz

Child Health Team contact details

Well Child Health Promoter: michele.grant@hbdhb.govt.nz

Vision Hearing Technicians: 06 8799440 or 068341815

Ear Nurse Specialist: 06 8799440 carol.brosnan@hbdhb.govt.nz

Talk to your Public Health Nurse (PHN)

Healthy Housing: 068799440 or 0273338327