

# KIDS HEALTH NEWS

Kids Health News now available on MidCentral Website. Here are two links for finding the Kids Health News newsletters:

[www.midcentraldhb.govt.nz/Publications/Newsletters/KidsHealth/](http://www.midcentraldhb.govt.nz/Publications/Newsletters/KidsHealth/)  
[www.midcentraldhb.govt.nz/HealthDisability/HospitalAndAssoc/ChildHealth/](http://www.midcentraldhb.govt.nz/HealthDisability/HospitalAndAssoc/ChildHealth/)

*Guest Editorial by Quit Smoking Service: Marilyn McKay, Ruth Thompson, Fay Selby-Law and Pam Owen, MDHB*

## PARENTAL SMOKING PRIORITY ISSUE



One of the roles of working in Tobacco Control (Smoke free) over the years, has been to promote smoke free environments and in particular, smoke free homes and cars.

Because smoking has been part of society for so long, people can forget the impact it has on our children. A lit cigarette could be described as a little toxic waste dump on fire. Two-thirds of the smoke from a cigarette is not inhaled by the smoker, but poisons the air around them – often the air that children are breathing.

It is ironic that we strap our children into car seats, put bike helmets on them, tell them about stranger danger – then go and smoke around them! Because of the small volume of air in cars, the concentration of tobacco smoke can be particularly high, reaching 25 times higher than found in a smoker's house.

Children have smaller more delicate lungs than adults, therefore they are in greater danger when they breathe in other people's smoke. Secondhand smoke causes a range of childhood diseases including half of asthma, bronchitis and wheezing cases in young children. It may also cause poor lung function, slow lung growth, middle ear infection and glue ear. Exposure to secondhand smoke increases the risk of sudden unexpected death in infancy (SUDI) of which around 50 New Zealand children die each year. Over the past year (July 2009 – June 2010), there have been 230 paediatric admissions to Palmerston North Hospital for asthma. Of these, 73% were aged five years or under. For the same period, 284 have been seen for glue ear with 60% aged 4–8 years of age.

Nationally, Local Authorities have been implementing Smoke free Parks as part of denormalising smoking. This is part of a strategy to prevent the uptake of smoking amongst young people. The Action on Smoking and Health (ASH) Year 10 survey conducted annually shows fewer young

people are taking up smoking and there has been a huge increase in those living in a smoke free home.



About ten years ago, MidCentral Health were one of nine DHB's contracted by the Ministry of Health to provide a Quit For Our Kids programme. Parents remain one of the Ministry of Health's priority groups around tobacco control. It is important that all health professionals working with children, ask parents/caregivers about their smoking status. Assistance for those wanting to have a quit attempt is available through the hospital Quit Smoking Service, the 0800 Quit Line or through General Practice and the Primary Health Organisation. Heavily subsidised Nicotine Replacement Therapy can be provided by all these services.

## BREASTFEEDING

It is often said that breastfeeding is natural. But it doesn't always come naturally. Being able to recognise effective breastfeeding and knowing their baby is getting "enough" breast milk is important for mums and their family or whanau. It is therefore important that mother's have support from their partners, family or whanau, health practitioners and communities. This is especially so in the early days while breastfeeding is being established.

Breastfeeding community services are available for advice and support for the mum, partner and family or whanau. It is always good to involve everyone as each person can have a role in assisting the mum to become confident in breastfeeding.

Some of the community services available include Lead Maternity Carers (LMC's), Midwives, Tamariki Ora and Plunket Well Child Providers, Community Health Workers and the Family GP Team.

There is also La Leche League which provides mother-to-mother breastfeeding support. Visit the La Leche League website [www.lalecheleague.org.nz](http://www.lalecheleague.org.nz) or check your phone book for local numbers.

The Women's Health Unit at Palmerston North Hospital has a Lactation Consultancy Clinic Monday to Friday from 8am to 4.30pm.

Palmerston North Maternity Resource Centre phone (06) 355 5230 and Feilding Maternity Resource Centre (06) 323 7770 are open for advice Monday to Friday also.

These are just some of the breastfeeding supports available.

For further information and community breastfeeding supports, visit the New Zealand Ministry of Health (MOH) website [www.breastfeeding.org.nz](http://www.breastfeeding.org.nz)

*by Margaret Fisher IBCLC Lactation Consultant, Child Health, MCH*



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## INVITATION

to a free  
**CHILD HEALTH FORUM 2010**

presented by MidCentral DHB  
facilitated by  
Community Paediatric Service

**Wednesday, 22 September 2010 @ 5.30pm**

**Life Church, 590 Featherston Street, Palmerston North**

For full programme email:  
[jan.clarke@midcentraldhb.govt.nz](mailto:jan.clarke@midcentraldhb.govt.nz) or download

[www.midcentraldhb.govt.nz/NewsEvents/PublicEvents/Latest/310810-MDHBCHF.htm](http://www.midcentraldhb.govt.nz/NewsEvents/PublicEvents/Latest/310810-MDHBCHF.htm)

## IMMUNISATION UPDATE

Vaccinator update November 8th from 1pm to 5pm at Caccia Birch House. Registration forms available from Deb Winiata at Central PHO at Health on Main.

Campaign for immunisation with posters supporting "Up To Date Before It's Late" and the launch of the 0800 JABS 4 U at the NIR. Immunisation rates are still below 90%. It is our aim to achieve this by July 2011. Please remember to discuss immunisation, as we are missing opportunities.

**Deborah Winiata, Clinical Practice Facilitator-Immunisation, Compass Health**

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## LANGUAGE DEVELOPMENT

It all begins in infancy. From birth until around six months, babies make a great deal of noise. They squeal, squeak, growl, yell, and give us raspberries. And they coo. Cooing is basically the production of what will later become vowels (a, e, i, o, and u).



From six months to about 10 months, they produce somewhat more complicated sounds called babbling. First, they practice their vowels more precisely, starting with the round, back vowels (oo, oh, ah...) and working their way to the unrounded front vowels (ee, eh, ay...). The first consonants are h, m, and b, which can be combined with the vowels to make syllables. Soon, they add p, t, d, n, w, f, v, and y. A little while later, they add k, g, and ng. Then they start adding s and z. It takes a little longer for babies to get sh, ch, j, and the infamous th sounds. The very last sounds are l and r. Keep in mind that they can understand far more than they can pronounce.

Mothers and fathers play a huge part in forming a child's language. Even if children are "preprogrammed" in some way to speak language, they need to learn a specific language from the people around them. Parents typically adjust their speech to fit the child's level.

Parents should have conversations with their children as a way to develop language and understanding. These types of conversations are known as 'protoconversations'. This interaction is invaluable in both language and overall healthy development.

Mother	Child (one year old)
Look! (getting child's attention)	(The child touches the picture)
What are these? (asking a question)	(The child babbles, smiles)
Yes, they are doggies! (naming the object)	(The child vocalises, smiles, looks at mum)
(Mum laughs) Yes, doggies! (repeating)	(The child vocalises, smiles)
(Laughs) Yes! (giving feedback)	(The child laughs)

From approximately 12 to 18 months, babies enter the one word stage. Each word constitutes a sentence all by itself. By 12 months, most babies can produce 3-4 words, and understand 30 to 40. By 14 months, the number of words understood jumps to 50 to 100. By 18 months, most toddlers can produce 25 to 50 words on their own, and understand hundreds.

Between 18-24 months (approximately), we see the beginnings of two word sentences - daddy shoe, baby shoe, gimme ball, want more.

Three year olds can speak in four word sentences and may have 1,000 words at their command. Four year olds are great askers of questions, and start using a lot of wh- words such as where, what, who, why, when (learned in that order). They can handle five word sentences, and may have 1,500 word vocabularies.

Five year olds make six word sentences and use as many as 2,000 words and 6-7 year olds use up to 6,000 words.

Adults may use as many as 25,000 words and recognise up to 50,000 words!

This article is just a small look at some of the stages of language development. Of particular importance is for parents to engage their babies and wee children in conversations to allow their language and understanding to develop. Early correction of pronunciation and correct grammar will allow these young learners an easier pathway into our English language, which remains one of the more challenging languages to learn. Patience, repetition and consistency will help these learners develop a good language repertoire.



Source: Dr. C. George Boeree 2003

Gabrielle Scott, Co-ordinator, Child Development Service, MCH

## INJURY PREVENTION - FIRE LIGHTING

Children who light fires can be helped. 98% of children who undertake the Fire Service programme cease this behaviour. The programme works with children who like to play with fire. It is free, confidential and voluntary (unless there is a court order).

Kerry O'Keefe is a Fire Risk Management Officer based in Palmerston North and can be contacted on (06) 350 6604. He spoke recently at the WellChild/Tamariki Ora Forum explaining that children do not always realise the extent of the problem they may create. For example, a young child can start a fire in the bedroom and think they've solved the problem by closing the door and doing something else. He

spoke of how children under five can go and hide rather than fleeing a fire.

Older children can light fires without realising the extent of the damage they will cause - but most will respond to a fire education programme that explains the injuries caused by fire, and works with parents to reduce access to matches etc.

As well as this programme, Kerry also stressed the importance of having working fire alarms and a fire escape plan that all the children practice.

**Nigel Fitzpatrick, Health Promotion Advisor, Public Health Services, MCH**



### KEY DATES

1-30 Nov

5+ A Day Promotion Month

[www.5aday.co.nz](http://www.5aday.co.nz)

25 Nov

"White Ribbon Day" International Day for the Elimination of Violence Against Women

[www.nzfamilies.org.nz](http://www.nzfamilies.org.nz)

## NEW WEBSITES

Mother's Mental Health: [www.mothersmatter.co.nz](http://www.mothersmatter.co.nz)



2008 and 2009 Pacific Child and Youth Health Reports are now up on the Epidemiology Service website. <http://dnmeds.otago.ac.nz/departments/womens/paediatrics/research/nzcyes/pacific.html>

Rheumatic Fever: [www.maoritelevision.com/Default.aspx?tabid=349&pid=212&epid=12188](http://www.maoritelevision.com/Default.aspx?tabid=349&pid=212&epid=12188)

Well Child Newsletter: The latest Well Child Newsletter is available to be viewed on the Ministry of Health's website: [www.moh.govt.nz/moh.nsf/indexmh/childhealth-wellchildservices-resources](http://www.moh.govt.nz/moh.nsf/indexmh/childhealth-wellchildservices-resources)

[www.birthright.org.nz](http://www.birthright.org.nz): Supporting one Parent families. New office hours - Monday and Friday 9am-4.30pm. Birthright's Open Door Tuesday morning. Each Tuesday 9am-10.45am. Birthright (Central), 294a Church Street, Palmerston North. Phone: (06) 357 3509.



## CHANGE IN PROVISION OF WELL CHILD TELEPHONE ADVICE

Ring PlunketLine on 0800 933 922 if you have child health and parenting questions or queries. For example, questions about parenting, crying, sleeping, your child's growth, development, behaviour, immunisation, breastfeeding, nutrition, oral health, safety or want to know more about the Well Child/Tamariki Ora programme.

Call Healthline on 0800 611 116 if you need advice about a child of any age who is unwell or hurt, or has any symptoms of sickness. Healthline also provides a full range of telephone triage and health advice for children over five and adults.

Both services are available 24 hours and are free to callers, including from a mobile phone.