

# KIDS HEALTH NEWS

This is a publication for frontline health professionals, where specific child/tamariki health information is brought together from a variety of sources. Our goal is to encourage consistent messaging, communication and collaboration across the range of child/tamariki healthcare services.

Kids Health News is now available on MDHB website: [www.midcentraldhb.govt.nz/Publications/Newsletters/KidsHealth/](http://www.midcentraldhb.govt.nz/Publications/Newsletters/KidsHealth/)



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## COMING EVENTS

### WELLCHILD TAMARIKI ORA EXPO

*The WellChild Tamariki Ora Expo will be held on Friday 11 March 2011 at Barber Hall, Waldegrave Street, Palmerston North. Open to the public from 10am-3pm.*

The Expo offers a valuable opportunity to increase the public profile of health and other services for children. It is an initiative of the WellChild Tamariki Ora Forum. If you would like to register for a stall please contact Nigel Fitzpatrick, Public Health Services, ph 350 9502, email: [nigel.fitzpatrick@midcentraldhb.govt.nz](mailto:nigel.fitzpatrick@midcentraldhb.govt.nz)



### FAMILY HEALTH EXPO

*Friday 18 March 2011, Horowhenua Hospital. Open to the community 10am-3pm.*

Jointly organised by Levin Maternity Unit, Levin Early Years Hub, Central PHO and Public Health. Come and be the smiling face of your service. A great opportunity for making it easier for whanau to access your services. To book a space please contact: [jane.stojanovic@midcentraldhb.govt.nz](mailto:jane.stojanovic@midcentraldhb.govt.nz)



**Guest Editorial**  
by Wendy Fraser, Senior Clinical Social Worker, Child Adolescent & Family Mental Health, MCH and Di Thomas, Incredible Years Co-ordinator, Special Education, MOE

## THE INCREDIBLE YEARS PROGRAMME

Incredible Years is an exciting initiative to help prevent and reduce conduct problems in young New Zealand children. The Incredible Years parenting programme series, developed by American Dr Carolyn Webster-Stratton, has been consistently researched over 30 years across countries and ethnic groups. Her findings continue to demonstrate a strong evidence base for the effectiveness of the programme. Currently, Professor David Fergusson (Otago University) is heading a research programme to evaluate the programme's effectiveness for NZ cultures, particularly for Maori.

In 2009 the Ministries of Health, Education and Social Development committed to Incredible Years as the intervention of choice for young children with conduct problems, requiring the development of interagency partnerships to deliver the programme. The Werry Centre facilitate training nationally, with the Ministry of Education, Special Education (GSE) leading it, locally supported by MCH Child, Adolescent & Family Mental Health Service and NGO community services.

The Incredible Years programme consists of parent training, teacher training and child training programmes. The current focus for our local

interagency team is the 14-18 week BASIC Parent Programme. Support groups of approximately 16 parents of children aged between 3-8 years, meet every week for 2½ hours in order to build strong, positive relationships with their children to prevent and reduce conduct problems and promote their social, emotional and academic competence.

In 2011, across the MDHB region there will be around 15 Incredible Years programmes offered in various townships. Referrals are made to the 'Incredible Years team', rather than to a particular agency and are co-ordinated centrally. Receipt of a referral means the parent has consented to the referral being made, not that they will be automatically accepted onto the programme: this is decided during an interview with the facilitators. When a parent is on the programme, there is an expectation that referrers will remain involved and act as a key link for the facilitators, who in turn will keep referrers in the loop via weekly emails.

More information is available through The Werry Centre: [www.werrycentre.org.nz/509/Incredible\\_Years\\_Programmes](http://www.werrycentre.org.nz/509/Incredible_Years_Programmes). If you have any questions or enquiries, or require a referral form, please contact Incredible Years Co-ordinator Di Thomas on: [di.thomas@minedu.govt.nz](mailto:di.thomas@minedu.govt.nz) or phone 350 9859.

## THE "BRUSH IN" PROJECT

An oral health pilot project "Brush In" is underway at Taitoko Kindergarten in Horowhenua. The idea came from a series of meetings held about improving oral health organised by the Levin Early Years Hub last year. The pilot, launched on 17 August 2010, is a collaborative effort by Levin Early Years Service, Public Health Services, Child and Adolescent Oral Health Services and Taitoko Kindergarten.



The aim of the project is to raise awareness about oral health amongst children and their families/whanau and for children to learn about healthy teeth through regular brushing.

The programme is run with the full support of the teachers who oversee the brushing of children's teeth after their lunch time break. Each child receives a named toothbrush with appropriate cover cap and each toothbrush is stored in a special container to prevent cross infection. The toothpaste is provided and toothbrushes are replaced on a regular basis.

The project is a simple evidence based low cost way to make a difference to the oral health of young people.

It is envisaged that with the support of family/whanau, that early oral hygiene practices will be established and that this will be reflected in the reduction in the number of caries (tooth decay). It is hoped that other early childhood providers will pick up the "Brush In" project or similar project once evaluated.

**Pauline Brown, Health Promoter, Public Health Services**

# WAYS TO RAISE A THANKFUL CHILD

While children may not show outward appreciation or thankfulness much before age three, like other values you want to instill in your child, you can start nurturing the idea of gratitude even in your child's first year.



- Keep gifts reasonable. As tempting as it is to shower your child with gifts, there are two important reasons not to. First, as children grow, it can be challenging to teach gratitude if they receive everything they ask for. Secondly, a lot of gifts are overwhelming for small children.
- Look for ways to be involved in community giving with your toddler. Between two and three, you can begin to talk with your toddler about how he can help others. For example, collecting foods for a local food bank.
- Show thankfulness to your children. It's easy to forget, but important to do.
- Prompt children to use thankful words. Thankfulness is a complex idea. It will be a while yet before your child truly "gets" it. But reminding children to say "please" and "thank you" (beginning at about 18 months) is a good start.
- Read books about what it means to be thankful. Books help children make sense of new ideas.
- Involve children in writing thank-you notes. Involve your toddler in showing thanks in age appropriate ways.
- Think about what it means to be thankful in your family and culture. Share stories about gratefulness that are drawn from your family history, community and culture.

Source: [www.zerotothree.org](http://www.zerotothree.org)



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

# INJURY PREVENTION



This Christmas holidays, make sure that children are safely restrained in the correct child car seat before setting off.

"Child passenger injuries are a leading cause of death and hospitalisation for children in New Zealand, with 16 child deaths

a year and about a classroom-full (23 kids) admitted to hospital every month," said Ann Weaver, Director of Safekids New Zealand.

But, correctly using and installing child car seats can reduce the risk of death by 70% for infants, 54% for toddlers, and reduce the need for hospitalisation by up to 69% for children four years and younger.

Booster Seats, or car seats for school-age children, can reduce the risk of serious and life-threatening injuries by up to 52%.

Child car seat clinics show that these are often fitted incorrectly.

## TRAVEL TIPS AND REMINDERS:

- Use the right child car restraint: Rear-facing for babies and toddlers; Forward-facing for pre-schoolers.
- School-aged children are safer in a booster seat until they're 148cm tall.
- Car seats and booster seats makes kids sit higher, giving them a better view.
- Visit Plunket (or their website) for information on hiring child car seats or booster seats and correctly fitting carseats.
- Kids under 12 years old are safer in the back seat, away from front airbags and on the left hand side.

For tips and information in keeping kids safe on the road, at home and at play, visit [www.safekids.org.nz](http://www.safekids.org.nz)

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



# SEXUAL ASSAULT AND TREATMENT SERVICE

Sexual abuse is a common and serious condition with long term detrimental effects. In 2008 a collaborative approach involving Police, ACC and Health Services worked towards a local solution to provide the victims of actual or alleged sexual abuse access with a coordinated response and approach by Police, medical assessment and treatment services and victim support.

This led to the development of a Sexual Assault and Treatment Service (SAATS) which is provided through the Southern Cross Specialist Centre. This service addresses the acute and non-acute medical (including injury), psychological, and forensic (where indicated) requirements of the victim. The aim of the service is to identify and prevent any further or escalating issues, expedite the recovery of the affected victim, and ensure that all forensic and medico-legal requirements are met.

Referrals to the service may come through Police, General Practice, or victims may self refer. Referral may also be received by local counsellors and related support services.

To access the service during the day, for both acute and non-acute for all ages, please ring 953 2498 or send through an electronic referral to SXHOSPPS. Acute cases after hours need to be referred via the Police.

# IMMUNISATION UPDATE

Well done to all the immunisation providers and advocates for immunisation! The MidCentral region has achieved 90% fully immunised children at two years. We need to continue to maintain and improve this percentage due to the Ministry of Health target being 90% for 12 months to the end of June 2011.

This has been achieved by a commitment from you all, whether it be by vaccinating a child or having that critical conversation with a family to discuss the benefits of vaccines versus the risks of common childhood diseases. Our key message continues to be around timeliness for these events.

Please continue to advise parents about:

**0800 JABS 4 U (0800 522 748)**

This line is available to check on a child's current status, refer to the outreach service or to seek advice on immunisation queries.

**Deb Winiata and Vicki Rowden, Immunisation Co-ordinators,  
Central PHO.**

Phone: 354 9107 Fax: 354 6107  
Email: [deborah.winiata@compasshealth.org.nz](mailto:deborah.winiata@compasshealth.org.nz)  
[vicki.rowden@compasshealth.org.nz](mailto:vicki.rowden@compasshealth.org.nz)