



PUBLIC HEALTH ECE NEWS

MARCH 2019, Issue 28

THIS ISSUE:

- CELEBRATE WORLD ORAL HEALTH DAY
- CONTROLLING THE SPREAD OF ILLNESS AT YOUR ECE
- IMMUNISATIONS FOR 4-YEAR-OLDS
- HAND, FOOT AND MOUTH DISEASE
- IS YOUR CENTRE CATERING FOR SPECIAL DIETARY NEEDS?
- IDEAS FOR HEALTHY LUNCHBOXES
- INFANT FEEDING IN NEW ZEALAND – NEW RESEARCH
- SAFE MEDICINE USE
- HE TAONGA TE TAMAITI – EARLY LEARNING STRATEGIC PLAN 2019-29
- SMOKEFREE VEHICLES

Greetings – Kia Ora – Malo e lelei – Talofa lava – Ni hao - Kia orana - Faka’alofa lahi atu - Bula vinaka - Malo ni - Halo ola keta – Mauri - Fakatalofa atu

We encourage you to share the health and wellbeing information in our newsletter with staff, parents, families/whānau and caregivers. Please feel free to use sections in your own newsletters, post on notice boards, copy and distribute, or email to parents. Electronic copies of this newsletter and previous newsletters are available to download on our website <http://www.midcentraldhb.govt.nz/Publications/AllPublications/pages/default.aspx?page=1&sort=Modified&query=Public+Health+News#>

CELEBRATE WORLD ORAL HEALTH DAY

World Oral Health Day is on the 20th of March each year. It is an international day to celebrate the benefits of a healthy mouth.

This year the theme is “Say Ahh – Act on Mouth Health”. The day provides an opportunity to promote oral health and the importance of looking after oral hygiene for everyone, old and young. The campaign highlights associations between certain oral diseases and other diseases such as diabetes, cardiovascular disease, respiratory disease and some cancers.

Tips for a healthy smile include:

- Brush twice a day with a fluoride toothpaste.
- Have regular dental check-ups - free dental care is available for 0-17 year olds - call 0800 Talk Teeth 0800 825 583.
- Choose healthy foods and drinks: healthy eating = healthy teeth, for drinks mild and water are best.
- Lift your child's lip every month to check for signs of tooth decay (holes).



CONTROLLING THE SPREAD OF ILLNESS AT YOUR ECE

With the first issue of the year it is good to remind ourselves of the basic steps we can take to prevent the spread of infectious diseases at early childhood centres.

Infectious diseases such as Norovirus can spread through ECE centres very rapidly. This is because of the close contact between people in the ECE environment and the under-developed hygiene habits of children. The spread of disease can not only have an impact on the ECE and the children and staff that attend but also whānau at home and even sometimes the wider community.

There are several steps that ECE staff can take to prevent the spread of illness:

- Encourage and supervise children to wash and dry their hands after using the toilet, after blowing their nose, after playing with animals, and before they eat. Hand-washing is the best way of preventing the spread of many diseases.
- Isolate children and send them home ASAP when illness symptoms develop. Send ill staff home straight away.
- Keep children and staff away from the ECE while they are sick. No-one suffering from diarrhoea or vomiting should attend an ECE centre. Use your "Infectious Diseases" cards (see below) to enforce the relevant exclusion requirements.
- Ensure thorough cleaning is carried out on a regular basis with an effective cleaner in accordance with a comprehensive cleaning schedule and procedure.
- Ensure your ECE has comprehensive infection control procedures in place (that staff can easily follow) for managing body fluid spills, soiled laundry, washing sick or soiled

children, disease outbreak management and animal care.

- Maintain an up-to-date immunisation register for children and staff.

To protect those who attend ECE, children and staff suffering from vomiting and/or diarrhoea should not attend ECE until they have been free from symptoms for 48 hours, unless the vomiting is known to be caused by a non-infectious condition, such as car sickness.

Make sure your ECE has, and uses, the Ministry of Health "Infectious Diseases" resource available here or by contacting David Hillary on 06 350 9110, david.hillary@midcentraldhb.govt.nz The cards and posters give excellent guidance on various illnesses and the ECE/school exclusion requirements.

Our Health Protection Officers and Public Health Nurses can provide expert advice on how to prevent the spread of infectious diseases in ECE, infection control procedures and can assist if you think you may have an outbreak of illness – call them on 06 350 9110.



IMMUNISATIONS FOR 4-YEAR-OLDS

Recently parents and whānau may have seen a TV advert "Immunisation, it's one less worry" (worrying about your kids is a full-time occupation). Protect your whānau, immunise on time is the message. The B4 School Check for 4-year-olds is a timely opportunity to ensure that children are up-to-date with their immunisations before entering the school environment.

If your child is behind with their immunisations your primary healthcare nurse/provider can plan a catch-up schedule. Check your child's Well Child Tamariki Ora book for their immunisation record and when their vaccinations are due, or phone their healthcare provider.

Pain at the time of vaccine injections is a common concern for parents. Many children and parents find the experience manageable and relatively pain-free; however, for others injections cause some anxiety. Here is some handy advice for parents/whānau at vaccination time:

Some techniques that may help you and your child prepare for the immunisations include:

- telling your child about the vaccination process in advance;
- discussing comforting/distraction techniques with your GP practice/healthcare provider before the appointment (i.e. bring a favourite toy, book, game, etc);
- providing distraction to suit the child at the injection time;
- avoiding anxiety-provoking language, excessive reassurance and false suggestions about pain;
- ensuring your child is held upright using a 'comfort hold', not restraint; and
- having relaxation strategies for yourself if you become anxious, such as abdominal breathing, or engaging the assistance of another family member.

Remember, if your child experiences pain or fever after a vaccination, ask your GP or pharmacist for advice. Alternatively call Healthline on 0800 611 116.

HAND, FOOT AND MOUTH DISEASE

What is it?

Hand, foot, and mouth disease (HFMD) is a common viral illness in infants and children that appears most often in warm weather. It can be confused with chicken pox and cold sores. It is also often confused with foot-and-mouth disease of cattle, sheep, and pigs (although the names are similar, the two diseases are not related and are caused by different viruses).

How does a person become infected?

Anyone can get HFMD, but it is most common in children under 10. Infection is spread from person to person by direct contact with discharges from the nose and throat, blisters, or the faeces (poo, tutae) of infected people.

What are the symptoms?

HFMD is usually a mild illness where symptoms appear about 3 to 5 days after a child is infected and usually last for 3 to 7 days. Children are contagious ("catching") for around 7-10 days.

Mild fever is usually the first sign of hand, foot and mouth disease. After the fever a child may develop other symptoms:

- painful red blisters on their tongue, mouth, palms of their hands, or soles of their feet
- loss of appetite
- a sore throat and mouth
- a general feeling of weakness or tiredness.

What is the treatment?

The only medicine recommended for hand, foot and mouth disease is paracetamol.

Most blisters disappear without causing problems. In the mouth, however, some may form shallow, painful sores that look similar

to cold sores. If your child's mouth is sore, don't give them sour, salty or spicy foods. Make sure they drink plenty of liquids to avoid getting dehydrated.

Call Healthline 0800 611 116 if you are unsure what you should do.

Will a child need time off ECE?

Children should be excluded until any blisters have dried up. If blisters are able to be covered and the child is feeling well they will not need to be excluded. You can contact a Public Health Nurse on 06 350 4560 or 0800 153 042 for further advice.

How can a child avoid the getting HFMD?

- Frequent hand washing helps decrease the chance of becoming infected.
- Staying away from others who have the disease and not sharing toys during the infection also helps prevent the disease.



IS YOUR CENTRE CATERING FOR SPECIAL DIETARY NEEDS?

When catering for special diets, organisation is essential to help ensure the food is nutritious and safe, with as little restriction as possible. It is important to carefully consider menu and recipe planning, training and monitoring of staff and the prevention of cross-contamination.

Check out Fuelled4life – you can download their latest summer menu with special dietary options here.

The new sample menu is aimed to be flexible to meet the needs of your service and can help cater for one or more common food allergies and intolerances. It features:

- Lunch and snack ideas with dairy-free, egg-free, gluten-free and nut-free options
- Seasonal Fuelled4life recipes with modifications for special diets

- Tips to manage allergies and intolerances in early learning services
- Food substitutions and key nutrients to ensure children are getting the nutrients needed for growth and development
- Menu planning advice
- Contacts for further support, i.e.

The Heart Foundation offers nutrition programmes in early learning services. Please contact your local Heart Foundation Nutrition Advisor for more information.

IDEAS FOR HEALTHY LUNCHBOXES

Make sure your children have a good breakfast and go to ECE with a healthy pack of food and drink for the day.

- Children can be fussy about their meals. Try to involve your children in making up their meals or packing their lunch boxes.
- Let children select what they want to have, of course with your guidance, let them pack it themselves. Chances are that they will eat it.
- Try different things to keep lunches interesting like sandwiches, roti, wraps, pita bread, fruit bread, muffin splits, egg fried rice, stir fry vegetables etc.
- Cut sandwiches into different shapes and sizes using a knife or biscuit cutter.
- Boiled eggs, pieces of cheese, avocado mashed with lemon juice, fruit pieces are healthy choices for snacks. To stop fruits going brown, add lemon juice to cut-up fruit like apples, bananas, avocado and pears. This will give them a little Vitamin C as well, which is so important to build their immunity.
- Encourage children to drink just plain clean water, and not any fizzy, flavoured or sweetened juice or drinks. Water is the best drink for your child.

- During hot weather you can freeze a small bottle of water (to act as icepack) and put it together with their lunches to keep the meat, egg, milk, yoghurt cold and safe until lunch time. The frozen water will melt by then and can be used as a drink.
- Home cooked and packed meals and snacks can be much healthier and cheaper than buying pre-packed products.

Check out Fuelled4life for some healthy lunchbox and snack inspiration here.



INFANT FEEDING IN NEW ZEALAND – NEW RESEARCH

A report released late 2018 summarises research from the Growing Up in New Zealand study, New Zealand's largest longitudinal study of child development, on how closely families follow the national food and nutrition guidelines when feeding their infant children.

The work was developed in collaboration with the Ministry of Health and will contribute to the 2019 review of the Food and Nutrition Guidelines for Healthy Infants and Toddlers (Aged 0-2).

What are the Food and Nutrition Guidelines for Healthy Infants and Toddlers (Aged 0-2 years)?

The New Zealand Ministry of Health's Food and Nutrition Guidelines for Healthy Infants and Toddlers (Aged 0-2 years) were published in 2008 and detail the types of food and nutrition that support health and development for this age group.

How was the research done?

The researchers looked at Growing Up in New Zealand data (about the children at different ages - in pregnancy and at six weeks, nine months and 31 months) alongside 13 indicators of infant feeding. These indicators included things like whether children were breastfed and how long for, the age at which solids were

introduced, fruit and vegetable intake and whether salt or sugar was added to foods. This helped them to see whether infant feeding guidelines were followed over the first year of life.

What did the research find?

The research found that there was high adherence (80% or more) to five of the 13 infant feeding indicators considered during the project. It also found that some feeding guidelines were followed more strongly than others. For example, 80% or more of the children were eating iron rich foods at least once daily at nine months old, and were not having any extra sugar or salt added to their meals. But adherence to other guidelines was less. For example, more than 60% of infants were not eating fruit or vegetables twice or more daily at nine months old. By the same age, more than half of infants had tried foods high in sugar or salt - such as lollies, chocolate and chips.

The full report is available to view on the Ministry of Social Development's website here.

A Ministry of Health healthy eating resource for babies and toddlers 0-2 is available here or from David Hillary 06 350 9110 david.hillary@midcentraldhb.govt.nz.

SAFE MEDICINE USE

Each year, hundreds of children are treated in emergency departments in New Zealand hospitals after finding and ingesting medicine, or after accidentally being given the wrong amount. Most of the poisonings occur in the home environment. Learn more below on how to keep children safe by practising safe use, storage and disposal of medications.

Store Medicines Safely

Here are five simple tips for safe medicine storage at home and on-the-go:

- **Choose a Safe Spot:** Walk around your house to find the safest place to keep your medicines. The location should be up high and out of the sight and reach of young children. Use child-resistant latches for extra protection.
- **Lock the Child-Resistant Cap:** Always relock the child-resistant cap on a medicine bottle. If the bottle has a locking cap that turns, twist it until you hear the click or cannot twist anymore. And remember, child-resistant does not mean childproof, and some children will still be able to get into medicine given enough time and persistence.
- **Put Medicines Away:** After locking the child-resistant cap, it's important to always put medicines back in their safe storage location. Curious children act fast, so never leave medicine out on a kitchen counter or at a sick child's bedside, even if you have to give it again in a few hours.
- **Remind Guests:** Ask family members, house guests, and other visitors to keep purses, bags, or coats that have medicine in them up and away and out of sight when they are in your home.
- **While travelling:** While staying with family or friends or at a hotel, find a safe storage place that is out of sight and reach of young children, like a high cabinet. If you're in a hotel room, try the passcode-protected room safe for safe storage.

Teach Your Children

At a young age, start talking to your children about medicines and how you make medicine decisions for yourself and for them. Many medications in solid form look like sweets so teach young children not to taste pills or lollies if they find them. Be aware of how you describe medications (e.g. 'nice tasting') and never refer to them as lollies or soft drinks. Teach your child that medicine should always be given by an adult. It's important for children to know that they should not take medicine on their own. Parents and caregivers can help make sure they are taking it correctly. Encourage them to tell an adult if other children are getting into medicines.

Use Medicines Safely

Dosing errors (usually giving your child too much medication) often brings children into the emergency department. Here are five simple tips for safe dosing:

- **Know the Dose:** Read all the information on the medicine label and follow the directions. Do not give a child medicine more

often or in greater amounts than is stated on the package even if your child seems really sick. Keep the medication in its original package or container.

- **Measure the Right Amount:** Always measure your child's dose using the dosing device (oral syringe or dosing cup) that comes with the medicine.
- **Use the Right Tool:** If you do not have a dosing device, ask your chemist for one. Do not use household spoons to give medicines to children.
- **Supervise:** Watch and observe your child taking the medicine. Try to ensure they swallow the entire dose.
- **Get Questions Answered:** If you do not understand the instructions on the label, or how to use the dosing device, talk to your chemist or doctor before giving the medicine.

Dispose of Unwanted Medicines

Clean out your medicine cabinet regularly and get rid of unused and expired medicines. Unused or out dated medicine should not be flushed down the toilet or put out in the rubbish. Return them to a pharmacy for safe disposal.



Remember to Be S.A.F.E

Store all medicines and chemicals in their original containers and up high and out of reach of children

Ask your chemist for child-resistant caps on medicines – there may be a small cost

Follow the dose instructions using an accurate dosing device, not household spoons

Ensure you read and understand the safety instruction on the medicine or chemical

IN THE CASE OF POISONING CALL 0800 POISON (0800 764 766)

HE TAONGA TE TAMAITI – EARLY LEARNING STRATEGIC PLAN 2019-29

The Every Child A Taonga - draft strategic plan for early learning is open for consultation until 15 March 2019. This is a chance for whānau, educators and the wider community to have a say on the

future of New Zealand education from 0-5 years old. View the draft plan and complete the online survey here.

SMOKEFREE VEHICLES

New Zealand was one of the first countries in the world to go smokefree in hospitality venues, making them healthier places to work and play. An increasing number of outdoor places like beaches, CBDs, outdoor dining and community events all around New Zealand are going smokefree. The government has now made the decision that New Zealand will join other countries including Australia, England, Scotland, Ireland, South Africa, parts of the United States and most of Canada in banning smoking in vehicles carrying children under 18.

Julie Beckett, Smokefree Health Promoter from the MidCentral Public Health Service said that “this is a welcome step towards protecting our tamariki from second-hand smoke and creating a healthy, Smokefree Aotearoa 2025”.

Children are especially vulnerable to harmful effects of second-hand smoke because of their smaller lungs, higher respiratory rate and immature immune systems. Second-hand smoke accumulates in vehicles, even with the windows open. It reaches much higher

levels than in homes. Under the change, police will be able to stop people smoking in their cars if children under 18 years old are present. Police will be able to use their discretion to give warnings, refer people to stop-smoking support services or issue an infringement fee of \$50.

Vaping will also be included in the prohibition and it will apply to all vehicles both parked and on the move.

To find out more about our Public Health Service work towards Smokefree 2025 click here.



CONTACTS

Public Health Services	Phone (06) 350 4560 or 0800 153 042
MidCentral Health Private Bag 11 036 Palmerston North 4442	Fax (06) 350 4561 Child & Adolescent Oral Health
Health Protection Officers Health Promotion Advisors	Rimu House Community Health Village Palmerston North Hospital Phone (06) 350 8619 or 0800 825 5833
Public Health Unit Community Health Village Palmerston North Hospital Phone (06) 350 9110 Fax (06) 350 9111	Public Health Information Resource Centre
Public Health Nurses Vision & Hearing Technicians Health Information Resource Centre	575 Main St Palmerston North Phone (06) 350 4560 or 0800 153 042 Fax (06) 350 4561 Email public.healthinfo@midcentraldhb.govt.nz
575 Main Street Palmerston North	

QUOTE

“Education is our passport to the future, for tomorrow belongs to those who prepare for it today.”

-Malcolm X

Please email any comments about the newsletter, and ideas for future articles (including health and wellbeing initiatives your centre would like to share) to: louise.allen@midcentraldhb.govt.nz. For any ECE enquiries please phone (06) 350 9110 - we are happy to provide you with information and answer any questions you have.