

ufs baby club news

Issue 3, 2011



Hello Baby Club Members!



Welcome to our new Baby Club members and hello again to our existing members. The festive season is fast approaching and with it comes the warmer weather. In this edition we will focus on the importance of keeping cool in summer and covering up while outdoors.

Don't forget that UFS members receive 25% discount* from 25 November until 24 December 2011.

I would like to take this opportunity to wish you all a wonderful Christmas and a safe and happy new year.

Paula

Baby Club Coordinator



Baby of the Month

Congratulations! Each month a baby's name is selected from our Baby Club database. As Baby of the Month, the winner receives a gorgeous giant teddy bear kindly donated by UFS Dispensaries.



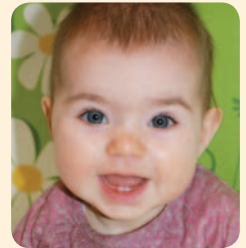
December 2011 Samuel Wearne



January 2012 Faith Dingley



February 2012 Declan Kittelty



March 2012 Hannah Marriott

Photo Sessions. Don't forget to book your free Baby Club photos. Photos are taken every Tuesday between 9.30am and 10.30am, bookings are essential. Baby photos are taken at 6, 12, 18 and 24 months. We also offer photos on CD for \$19.95 **Members \$15.96**. Call **5327 0405** to make your appointment. Baby Club photos resume February 2012.

MCHN Hours

Our Maternal and Child Health Nurse is available in store at our Bridge Mall Pharmacy each Monday from 11.30am to 3.00pm and Wednesday from 9.30am to 1.00pm. *No appointment necessary.*



Immunisation

Immunisation is a simple and effective way of protecting your child against a number of infectious diseases. Sessions are held on the first and third Wednesdays of the month at Girrabanya Centre for Children and their families 11b Steinfeld, Ballarat, from 4.00pm to 5.15pm.

• 7 & 21 December • 18 January • 1 & 15 February • 7 & 21 March

No appointment is necessary. For further information regarding immunisation, please call The Phoenix building on **5320 5850**. Immunisation is also available by appointment from your Maternal and Child Health Nurse at your child's normal development checkups.

Buy & Sell Notice Board

Do you have a pram you no longer need or a highchair you have finished using? Well sell it! Bring in your 'for sale' or 'wanted to buy' notice and put it on the board in the Baby Room. For more details, ask at the Baby Counter.



*** Members Save 25%**

off all regular prices from 25 November to 24 December 2011
Excluding prescriptions, boutique cosmetics, hire and Treloar's Coffee House



Kids in the Kitchen Chicken Dip

Kids love to cook, try this simple recipe with them and they will love it!

Ingredients

- 1 chicken breast (approx 200g)
- 250g cream cheese
- 250g can creamed corn
- 2tbs parsley finely chopped
- 1tbs chives finely chopped

Method

Cook chicken breast in 2 cups of water for approx 10 minutes or until cooked through. Cool chicken for 10 minutes and then shred using 2 forks. Combine chicken and other ingredients in a medium bowl until well combined. Serve with vegetable sticks, pita bread, or dry biscuits. This is great in sandwiches too!



Pregnancy Yoga Now at Studio P&Q

Commencing: Thursday 27 October 2011
Class Duration: 1.5 hours (11am to 12.30pm)
Location: Studio P&Q, Level 1, 719 Sturt St

Casual sessions \$22.00ea

UFS Members \$19.80ea

6 Class Pass* \$120.00

UFS Members \$108.00

Places are strictly limited so book today to avoid disappointment.

**6 Class Pass has a 2 month validity from date of purchase.*

719 Sturt Street Ballarat
(03) 5332 1694 www.peaceandquiet.biz



STUDIO P&Q
pilates • yoga • meditation

Treloar's Coffee House

Little Treloar's Snack Pack

\$9.50 **Members \$7.60**

Includes Sandwich (choice of Vegemite or cheese), Wholekids Organic Juice Box, Yoghurt Muesli Bar, Golden Circle Fruit Snack Tub and a colouring activity sheet.

Perfect for kids' lunches while you enjoy a coffee!

Treloar's Coffee House,
40 Bridge Mall, Ballarat (03) 5327 0410



Baby Travel Products



Goldbug Travel Tray

Goldbug "Travel Tray" has a sturdy flat surface with padded sides to keep toys or snacks on the tray, it's a great way to keep your child entertained.

\$23.50 **Members \$17.62**

160059

BACK BY
POPULAR
DEMAND

Cherub Baby Bottle Warmers

Perfect for travelling! The car bottle warmer uses a flexible and adjustable electric sleeve that warms bottles and jars using the lighter socket in your car for safe and efficient heating on the go.

\$24.95 **Members \$18.71**

190144



NEW

Jack n' Jill Toothpaste

Available in Banana, Blueberry, Blackberry, Strawberry and Raspberry flavours. 50g.

\$6.50ea

Members \$4.88ea

189512-189516



ALL
NATURAL

Jackson Reece Wipes

Natural, 100% bio-degradable, flushable, herbal baby wipes. Contain Aloe Vera for gentle soothing.

\$6.95ea

Members \$5.21ea

186772



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Baby Club Chat Hot Topic Hot Weather Safety

Babies and young children need to be watched carefully during hot weather periods. They can easily lose body fluids through perspiration and become dehydrated. They need to drink regularly, wear light clothing and be kept cool.

Be alert for signs of dehydration, which are:

- Increased tiredness or lethargy.
- Sunken or dark looking eyes.
- Irritability/crying more than usual.
- Reduced amount of wet nappies.
- Hot/dry skin or pale appearance.
- Dry looking tongue.
- High temperature.
- Vomiting/diarrhoea.
- Not eating or drinking.
- If you notice any of these signs on a hot day seek medical advice.

To avoid dehydration

- Offer frequent drinks (water is best for small children).
- Put child in **dry lightweight cotton** clothing and a sunhat with a dark colour under the brim.
- Stay in the shade.

When asleep

- Let them sleep in the coolest part of the house.
- Ensure air can circulate around them.
- Don't let babies sleep in prams – they can be hot and airless.
- Hang wet towels over chairs or windows to cool the air.
- Use fans – but not directed at the child.
- Cover mattresses with thick layers of cotton to absorb perspiration.
- Avoid bedding that babies can sink down into as it makes them too hot.
- **NEVER** leave babies or young children (or pets!) alone in the car regardless of the weather. Cars can heat up very quickly.

If your child is sick

Even with a minor illness such as a cold, the risk of dehydration is increased. Keep a keen eye on a sick child especially if fluid intake is low.

To cool hot bodies

Frequent luke warm baths will help or sponging with a cool face washer. (Avoid wetting their clothing as this can cause them to cool down too quickly and make them shiver.)

Joanne Clark Maternal and Child Health Nurse

Information sourced from Betterhealth.vic.gov.au



Safe Sippy Drink Bottles
\$24.95ea
Members \$18.71ea
186780



Hamilton's Toddler Roll-on Sunscreen 30+

50ml.
RRP \$11.84
Now \$9.50
Members \$7.13
11142

Mustela Cold Cream

Ultra protective and moisturising cream for naturally dry and dehydrated skin on the face.

\$15.95ea
Members \$11.96ea
151083



Thermometer MedeScan

Unique in so many ways. Can be used to take body temperatures, room temperature and items such as baby bottles.

\$95.95
Members \$71.96
185535

Boo Boo Buddy Coldpacks

This cold pack is great for bruises, bumps and bites. Keep one in your freezer for unexpected accidents.

\$7.95ea
Members \$5.96ea
163896



All items are available from Bridge Mall UFS Pharmacy.



Members Save 25%

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Excluding prescriptions, boutique cosmetics, hire and Treloar's Coffee House



Christmas Gift Ideas!



Tommee Tippee Assorted Bath Toys

RRP \$15.00
Now \$7.95ea
Members \$5.96ea

130411, 110116, 189788,
189787, 1163

Tommee Tippee Newborn Giftset

Available in Boy and Girl.
RRP \$59.90ea
Now \$29.95ea
Members \$22.46ea

189789, 189790



BACK BY POPULAR DEMAND

Baby's First Christmas Hats, Stockings and Socks

From \$4.50ea
Members from \$3.38ea

189471, 189472, 186547



Lily and George Christmas Decorations

Starting from \$5.95ea
Members from \$4.46ea

186552, 186539, 186543



Celebrate Christmas with UFS Dispensaries and receive 25% Off!*

Members SAVE 25% off all regular prices, excluding prescriptions, boutique cosmetics, hire and Treloar's Coffee House, from 25 November to 24 December 2011.

Gift of Convenience

Did you know we can make up a baby hamper for you? You choose the dollar amount and leave the rest up to us. We can even deliver it for you. Ask in store for more details or call **5327 0405**.

Baby Club Facilities Restricted to Baby Club Members Only

A gentle reminder to all our Baby Club members who love shopping at the Bridge Mall Pharmacy: Due to the high demand from Baby Club members for our popular private Baby Care facilities we are regrettably unable to provide access to UFS members and members of the public who are **not** Baby Club members. We ask all Baby Club members to respect this policy and restrict your usage of the facilities to only those people on your member card.

Your Baby Club membership comes with a range of benefits, including a Maternal and Child Health Nurse who visits the club for consultations twice a week, free baby photos are taken at 6, 12, 18, 24 months, and access to the Baby Room is available. For further information on the Baby Club and its services, please call **5327 0405** or visit the store and ask to speak to Baby Club Co-ordinator, Paula.

**Members prices are shown with 25% discount and are valid only from 25 November to 24 December 2011 (excluding Little Treloar's Snack Pack). Catalogue stocks are limited and are only available while stocks last. Items are available from the Bridge Mall UFS Pharmacy. While we take care to ensure advertised products are available at the time of issue, no liability will be accepted should circumstances prevent this beyond our control. If you no longer wish to receive Baby Club News please call us on (03) 5327 7700 or write to us at 206 Armstrong St Nth, Ballarat 3350.



UFS Baby Club Bridge Mall UFS Pharmacy, 40 Bridge Mall, Ballarat Vic 3350
P 03 5327 0405 E babyclub@ufs.com.au www.ufs.com.au

