

Toddler TALK



NEW

Kids in the Kitchen

Corn Pikelets

- 1 cup wholemeal self-raising flour
 - 1 egg, beaten
 - ¾ cup milk
 - 440g can of corn kernels, drained
1. Mix egg and milk together, add flour and mix well
 2. Add corn
 3. Drop spoonfuls of mixture onto the greased pan
 4. Cook until brown on both sides
 5. Serve with tomato wedges and shredded lettuce

Immunisation Dates

Immunisation is a simple and effective way of protecting your child against a number of infectious diseases. Sessions are held on the 3rd Wednesday of each month between 4.00pm - 5.30pm at the Eastwood Leisure Centre, Ballarat.

- 18th of April 2007
- 16th of May 2007
- 20th of June 2007

An evening session will also be held on the 4th of April 2007, from 5.30pm – 7.00pm at the Eastwood Leisure Centre.

For other locations including Wendouree and Buninyong, dates and times please call the baby counter on 5331 9298.



Prices are valid and stock available until 14th May 2007 unless sold out. **Catalogue stocks are limited.** While we take every 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 ring 5327 7700 or write to us at 206 Armstrong St Nth, Ballarat.

UFS DISPENSARIES

here for you

www.ufs.com.au

40 Bridge Mall,
Ballarat

Ph: 5331 9855

Tommee Tippee Closer to Nature

Tomme Tippee has just released a revolutionary feeding system designed to mimic the natural flex, feel and movement of a mothers breast.

The "Closer to Nature" system has been designed with the help of mothers and health professionals to help baby breast feed for longer by ensuring an easy transition between breast and bottle, and back again.

Breast Pump

\$79.95 **Members \$63.95**

- Kit contains:
- 1 x 150ml bottle
 - 1 x slow flow teat
 - 1 x milk storage lid
 - 1 x standard wide neck bottle adaptor
 - 6 x freedom breast pads
 - 1 x storage container



Microwave Steriliser

\$55.00 **Members \$44.00**

- Kit contains:
- 3 x 260ml Closer to Nature bottles
 - 1 x bottle and teat brush
 - 1 x teat tongs

Electric Steam Steriliser

\$119.95 **Members \$95.95**

- Kit contains:
- 3 x 260ml Closer to Nature bottles
 - 1 x easiflow bottle to cup
 - 1 x bottle and teat brush



WIN A TOMMEE TIPPEE BASKET WORTH \$150

Purchase any Tomme Tippee Closer to Nature Product before 14th May and enter the draw to win this basket.

Entry forms available at the Bridge Mall Baby Counter.



Bottles

150ml twin pack \$14.95

Members \$11.95

260ml twin pack \$17.95

Members \$14.35



news

Issue 1, 2007



Hi Members

I hope you all enjoyed a fantastic, safe and happy summer, and you and your families are flourishing in 2007.

This year our pharmacy is going through some very exciting refurbishments (June to October). The new store will be amazing and sure to impress. However, the sheer scale of the project means we will

temporarily relocate to the old Les Dickinson's building at 10 Bridge Mall from June through to October. There will be temporary changes for Baby Club members.

We will temporarily not be able to offer Baby Club members the facilities that you all love - our private changing, feeding room and toilet. Also, Pat our Maternal and Child Health Nurse will temporarily work from our Sturt Street UFS pharmacy in a private consulting room. We encourage you to visit her there.

We will however continue to have all your products and other services such as Baby Club photos and breast pump hire at our temporary premises at 10 Bridge Mall. Of course, I will still be on hand to offer you all the advice you need and of course to see all your beautiful babies!

I look forward to seeing you soon. *Shandelle*

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, Dymadon product (kindly donated by Pfizer) and an enlargement of the photo used in our newsletter.

Photo Sessions

Our photo sessions are held on each Tuesday and Wednesday between 9.30 am – 10.30 am and are for little ones nearing the ages of 6, 12, 18 and 24 months. Bookings for your free baby club photos are essential and can be made by calling the baby counter on 5331 9298 or by calling in to see us!



April 07 - Chloe Warrington



May 07 - Jessica Hodge



June 07 - Jack Murnane



July 07 - Thomas Humphrey

NEW - Tommee Tippee Fresh Food Feeder

Now your baby can enjoy the great flavour, nutrition and goodness of whole food. The Fresh food feeder is a tool which allows you to give your baby solid food such as berries, vegetables and meat without the risk of choking. A snap lock mesh bag holds the food while your baby safely chews and experiences the flavour.

1. Ideal for home or travel
2. Use any food that is age appropriate for your baby
3. Suggested foods, frozen grapes, frozen melon, ice chips, carrots, squash, turkey and chicken
4. Can be used as a teething aid.

\$5.95 **Members \$4.75**



Pat's Chat - New Booklet for Separated Parents



The Child Support Agency (CSA) has released a free book "Me & My Changing Family", which offers tips on building healthy relationships after parent's separation.

Some of the topics are:

- What to expect
- How to deal with everyone's needs
- Where to go for support
- How to support your children
- Where to go for more information

To order a full copy of the book, fill in the form at the CSA website.

www.csaonline.gov.au/publications

Our Maternal and Child Health Nurse, Pat is available to see you anytime Wednesday 9.00am - 1.00pm and Friday 10.00am - 1.00pm

No appointment necessary.

Hot Topic - Immunisation

What is immunisation?

- Immunisation can protect people against harmful infections, which can cause serious complications, including death.
- Immunisation uses the body's natural defence mechanism - the immune response - to build resistance to specific infections.

Immunisation and vaccination

- Vaccination means having a vaccine - that is actually getting the injection.
- Immunisation means both receiving a vaccine and becoming immune to a disease, as a result of being vaccinated against that disease.

How does immunisation work?

- All vaccines work the same way.
- When a person is vaccinated, their body produces an immune response in the same way their body would after exposure to a disease, but without the person suffering any symptoms of the disease. When a person comes in contact with that disease in the future, their immune system will respond fast enough to prevent the person developing the disease.

What is in vaccines?

- A very small dose of a live, but weakened form of a virus;
- A very small dose of killed bacteria or virus or small parts of bacteria; or
- A small dose of modified toxin produced by bacteria.
- It may also contain either a small amount of preservative or a small amount of an antibiotic to preserve the vaccine.
- Some vaccines may also contain a small amount of an aluminium salt which helps produce a better immune response.

How long do immunisations last?

In general, the normal immune response takes approximately two weeks to work. This means protection from an infection will not occur immediately after immunisation.

Most immunisation needs to be given several times to build long lasting protection. For example, a child who has been given only one or two doses of diphtheria-tetanus-pertussis vaccine (DTPa) is only partially protected against diphtheria, whooping cough (pertussis) and tetanus, and may become very sick if exposed to these diseases.

The protective effect of immunisation is not always for a lifetime. Some, like tetanus vaccine, can last for up to 30 years, after which, a booster dose may be given. Some immunisations, such as whooping cough (pertussis), give protection for about five years after a full course.

Is everyone protected from disease by immunisation?

- Even when all the doses of a vaccine have been given, not everyone is protected against the disease.
- Booster doses are needed because immunity decreases over time.

Why do children get so many immunisations?

A number of immunisations are required in the first few years of a child's life to protect the child against the most serious infections of childhood. The immune system in young children does not work as well as the immune system in older children and adults, because it is still immature. Therefore more doses of the vaccine are needed in the first months of life, a baby is protected from most infectious diseases by antibodies from his or her mother, which are transferred to the baby during pregnancy. When these antibodies wear off, the baby is at risk of serious infections and so the first immunisations are given before these antibodies have gone.

Another reason why children get many immunisations is that new vaccines against serious infections continue to be developed. The number of injections is reduced by the use of combination vaccines, where several vaccines are combined into one shot.

What are the side effects of immunisation?

- Common side effects of immunisation are redness and soreness at the site of injections and mild fever. While these symptoms may concern you and upset your child at the time, the benefit of immunisation is protection from the disease. More serious reactions to immunisations are very rare.
- Paracetamol can be used to help ease the fever and soreness, but care needs to be taken to follow the dosage instructions.

Why should children be immunised?

There are two reasons for immunising every child:

1. Immunisation is the safest and most effective way of giving protection against the disease. After immunisation your child is far less likely to catch the disease if there are cases in the community. The benefit of protection against the disease far outweighs the very small risks of immunisation.
2. If enough people in the community are immunised, the infection can no longer be spread from person to person and the disease dies out altogether. This is how smallpox was eliminated from the world, and polio has disappeared from many countries.

WHERE TO GET HELP

- Your Doctor
- The casualty or emergency department of your local hospital
- The 24 hour Maternal and Child Health Telephone Service on 132229
- Visit www.betterhealth.vic.gov.au for more detailed information

Baby Club Specials



Amolin Baby Wipes
\$4.95ea **Members \$3.95ea**



Microlife Ear Thermometer
\$66.00 **Members \$52.80**

Tommee Tippee Soothers Twin Pack
\$2.50ea **Members \$2.00ea**



Palmer's Mother/Baby Travel Set
\$9.95 **Members \$7.95**



Tommee Tippee Bottle Brush
\$5.95 **Members \$4.75**

Pre Winter Clearance

Bourgies

Cozsack (Sleeping Bag)
\$19.95 **Members \$15.95**

Hat Set
\$12.00 **Members \$9.60**

Cozyosko (Pram Liner)
\$45.00 **Members \$36.00**

Pram Bag
\$50.00 **Members \$40.00**



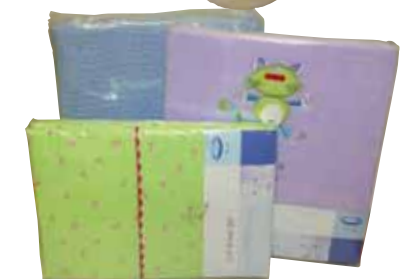
Playgro 3 Pack Bunny Rugs
\$12.00ea **Members \$9.60ea**



Playgro Hooded Towels
\$12.00ea **Members \$9.60ea**



Plus Members save 20%



Playgro Thermal Blankets
\$19.95 **Members \$15.95**

Polarfleece
\$19.95 **Members \$15.95**

Ballerina Mouse Sheet Sets
from \$25.00 **Members from \$20.00**

Baby Club specials only available from the Bridge Mall Pharmacy. Specials stock is limited.