

Toddler TALK



Kids in the Kitchen

Fruit Smoothie

- ½ cup milk
- ½ cup fruit (try banana, strawberries, chopped watermelon, canteloupe, peach or mango etc.)
- ¼ cup vanilla yoghurt
- Blend all together until smooth
- Makes about 1 cup

Frozen Yoghurt

- Puree ½ cup chopped fresh fruit of your choice, fold into 200g vanilla yoghurt in a small bowl
- Pour into icy pole shapes, put sticks into mixture, freeze overnight or until firm.

Immunisation Dates

Immunisation is a simple and effective way of protecting your child against a number of infectious diseases. Sessions are held on the 1st and 3rd Wednesday of each month between 2.30pm and 4.00pm at the Eastwood Leisure Centre, Ballarat.

- December 6th & 20th

For other locations including Wendouree, Sebastopol and Buninyong, dates and times please call the Baby Counter on 5331 9298.



Member prices shown are calculated with 25% discount. Prices are valid and stock available until 24th December 2006 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, Vic

Ph: 5331 9855

Summer Sun Care

Hamilton's Toddler Sunscreen

Hamilton's Toddler Sunscreen is a gentle formulation that contains minimal active ingredients and no fragrance to reduce allergy potential. It contains a new advanced ingredient that provides greater UVA & UVB protection from sunburn, premature skin ageing and skin cancer. It offers 4 hours water resistance and is easy to apply to young delicate skin.

Size	Retail	Members
250ml Bottle	\$16.95	\$12.70
125ml Bottle	\$11.95	\$8.95
50ml Roll on	\$9.50	\$7.10



When you buy a Hamilton's Sunscreen write your name and phone number on the back of your receipt to go into the draw to win a Hamilton's Hamper.



WIN A HAMILTONS HAMPER



Nature's Way of Saying BUZZ OFF

Moov Insect Repellent repels for up to 3 hours offering fast and effective protection from irritating insects without irritating the skin. Derived from a unique blend of Australian native plant oils, including melaleuca and lemon myrtle oils, Moov has a naturally pleasant fragrance and moisturising properties to nourish as well as protect the skin. DEET free, Moov is a completely natural choice and extremely suitable for sensitive skin.

Size	Retail	Members
50ml Roll on	\$6.95	\$5.20
120ml Spray	\$7.95	\$5.95
100g Gel	\$7.95	\$5.95



news



Shandelle

Hi Members

My name is Shandelle and I have taken over the role of Baby Room Co-ordinator, while Rachel is on Maternity Leave (... Rachel had a beautiful baby girl Grace in October). Some of you may already know me as I have been with the UFS team for almost nine years. In this time, I have had two beautiful children of my own. I can't wait to meet you all, be sure to come in and say hello!

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 9.30am and 10.30am 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.



Dec 06 - Joshua Retallick



Jan 07 - Paige Livingston



Feb 07 - Jenna Burke



Mar 07 - Ava Postlethwaite

NEW Things

OIOI NAPPY BAGS

Having a baby brings a lot of changes, but it doesn't mean you have to change your style. OiOi have a wide range of stylish bags to choose from that will have you and baby looking great when you're out and about. The contemporary designs will never date, and the OiOi range makes it easy to get organised with multiple pockets and compartments to store away baby's things.



Prices start from: \$76.00
Member prices from \$57.00

Selected styles available. Come in and view our great new range or log onto www.oioi.com.au

SUN SIGNALS UV SENSORS

Sun signals are fun, easy to use, and provide an easy way to tell when you've had enough sun.

They are round sensors that start out yellow and turn deep orange when exposed to harmful Ultraviolet B (UVA) radiation from the sun.

A person may be out in the sun for two hours one day, and not get sunburned. Another day, that same person might be out for only 30 minutes, but still gets sunburned, even though it was cloudy. By monitoring UVB rays, you can know at any time if you're at risk for over-exposure to the sun.



\$6.95pk
Members \$5.20pk



Pat's Chat - Vegie Wars - Dinner Time Truce

Tips for busy parents to help create happier, healthier meal times for the whole family!

Growing successful vegie-eaters:

- Children learn all their basic eating habits and beliefs from their parents – if yours aren't great, chances are your children will learn the same habits. Try and practice what you preach - show your children vegies are enjoyable to eat.
- Get the kids to help prepare the vegies - even if it's only washing them or putting them in the cooking container.
- Have vegie snacks available in the fridge (for example, sliced sticks of carrot and celery), for preschoolers or older.
- Prepare vegetables to be served with dinner in (children's) bite-sized portions.
- Serve the vegetables on the table in bowls and give your children the choice of which ones to eat.

- Let children serve themselves - they will take pride in dishing up their own food and are more likely to eat it. Don't worry if they only put a small portion on their plate - they can go back for seconds.
- Don't heap piles of vegies on dinner plates for children - it looks too much hard work.
- Respect your child's appetite and don't force them to eat everything on their plate. Children (especially little ones) will not willingly starve themselves and will certainly eat when they're hungry!

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 - Listening to Babies

Listening to Babies

From the very first days after birth, baby will be listening to you and will soon be smiling and 'cooing' – that's your baby talking to you!

CRYING is also a very important part of your baby's language.

Some tips to remember are that:

- Crying is perfectly normal behaviour;
- In the first few months of life, a baby spends about 3 in every 24 hours period crying;
- Crying can be nature's way of making sure baby's needs are met. It is also meant to be a sound that parents cannot ignore!

USEFUL TIPS for coping with CRYING:

- Rock baby in cradle or pram
- Walk up and down with baby
- Carry your baby in a sling
- Car rides can work like magic
- Cuddling baby is the best tip of all- if you can relax you are the best your baby can have
- Feed, change nappy and check comfort level
- Try a dummy.

Listen to Yourself

Take a break when you can. Try to avoid getting so tired you can't think straight and react in anger.

Talk about your concerns. When you are anxious about your baby, share your concerns with your partner; your neighbour; friend or relatives. Anyone who will LISTEN. Get help if you think that you need it. Sometimes friends or relatives and others will say, "You'll be Right" when you know you won't. Call professional help eg. Maternal & Child Health Nurse or your Doctor. The phone book lists organisations that can help. Look under "Community".

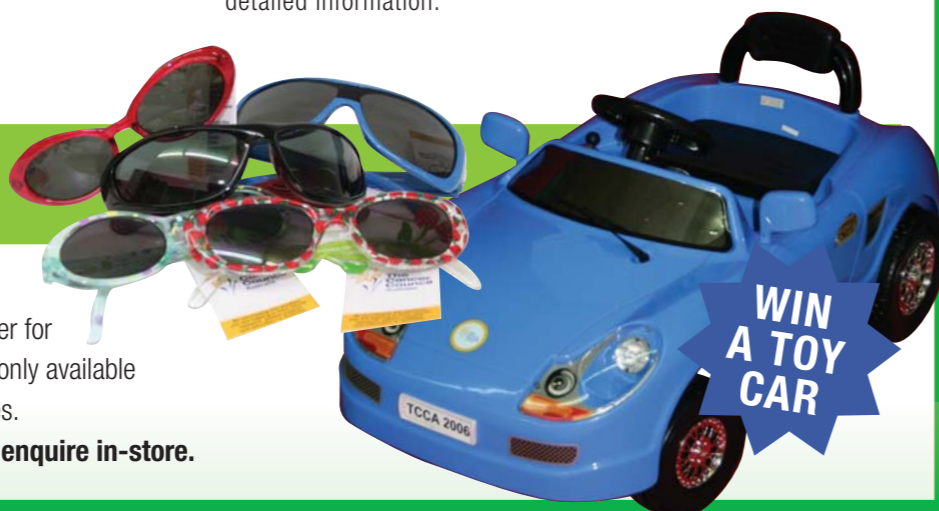
WHERE TO GET HELP

- Your Maternal & Child Health Nurse
- Your Doctor
- The 24 hour Maternal and Child Health Telephone Service on 132229
- Visit www.betterhealth.vic.gov.au for more detailed information.

WIN A TOY CAR

Simply purchase a pair of the Cancer Council Australia Kids Sunglasses before 22nd December for your chance to win one of two toy cars. Range only available from the Bridge Mall and Wendouree pharmacies.

For more information and your entry form, enquire in-store.



Christmas Gift Ideas

Members Save 25% on all retail prices except prescriptions ...but only until Christmas Eve



Melamine Dinner Sets

3 pieces including Bowl, Plate & Cup. Available in Dora the Explorer and Cars.

\$13.95ea **Members \$10.45ea**



Canteen Drink Bottles

Available in Dora the Explorer and Cars.

\$6.95ea **Members \$5.20ea**



Folding Roadway Playmat

Folds into a toy basket or folds out into a roadway to play on. \$24.70 **Members \$18.50**



Babyboo Small Animals

\$11.80ea **Members \$8.85ea**



Korimco Puppy Bag Tags

\$9.95ea **Members \$7.45ea**



Babyboo Giraffes

Small

\$13.95 **Members \$10.45**

Medium

\$24.95 **Members \$18.70**



Noodle Head Bag Tags

Soft toy bag tags (write your details on their tummy) so your kid's luggage stands out from the crowd.

\$13.95ea **Members \$10.45ea**

Noodle Head Travel Buddies

Noodle Head fun and super soft neck pillows ideal for travelling in the car. Variety of designs.

\$25.95ea **Members \$19.45ea**