

Toddler TALK



Kids in the Kitchen

Mini Lentil Burgers

- ¼ cup red lentils
- 200g roughly chopped sweet potato
- 2 tablespoons finely chopped celery
- ¼ cup grated apple
- ½ clove crushed garlic
- ¼ cup day old breadcrumbs
- ½ cup packaged breadcrumbs

Recipe makes about 15 burgers.

1. Add lentils to saucepan of boiling water and cook uncovered (for about 10 mins) until tender then drain.
2. Cook and mash sweet potato.
3. Combine lentils, potato, apple, celery, garlic and day old breadcrumbs.
4. Shape tablespoons of mixture into patties.
5. Coat in packaged breadcrumbs.
6. Place on tray lightly sprayed with cooking oil and bake for 15 mins or until browned, in moderate oven.

Pram Stroll

Lake Wendouree & Surrounds

- When:** Fridays
Time: 10.30am sharp departure
Cost: Gold coin donation
Meeting Point: Pipers on the Parade, Lake Wendouree (Opposite Botanical Gardens)

Supported by:
 YMCA and Best Start

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.

- April 5th & 19th
- May 3rd & 17th
- June 7th & 21st
- July 5th & 19th

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



UFS DISPENSARIES

here for you

www.ufs.com.au

40 Bridge Mall,
 Ballarat, Vic

Ph: 5331 9855

Childhood Obesity

One in five Australian children are overweight. The simple reason for this, according to Dr Kerry Phelps, former president of the Australian Medical Association is that we're "eating more than we are burning off".

It's well known that the combination of too many high fat fast foods and snacks, along with the lack of physical activity (too much time riding in cars and sitting in front of the TV, and not enough time playing outdoors or riding bikes etc...) is a recipe for disaster. The good news is that parents can have a positive influence on improving a healthy weight range and level of fitness.

It is important to have some fun while exercising and eating well. Try:

- Turning off the TV or reducing the time spent watching TV or playing on the computer.
- Include children in planning some family physical activities together.
- Find out about sports at school or in your local community.
- Start slowly with activities that match the ability and fitness level of your child.

Help your children make the right food choices by:

- Encouraging snacking on fresh fruit.
- Limiting their intake of "junk" foods and sugary drinks by making them an occasional treat, not an everyday occurrence.
- Whenever possible prepare healthy meals together, eat together as a family and take time to enjoy your food.
- Above all, set a good example your children will want to follow.

For more information on healthy eating, see your Maternal and Child Health Nurse, Dietician or GP, or log onto www.healthyactive.gov.au



news



Rachel

Hi Members

The weather is cooling down and the days are getting shorter, autumn and winter are such pretty seasons. I like it when the leaves turn to shades of orange and brown and blow from the trees in the breeze...woosh.

The lucky winners of the Hamilton's Hamper Competition in December were G Adam, M Riddiford, K O'hehir, S Howlett, A Wapshott and C Miles. Congratulations to all the winners and thank-you to everyone who entered.

BABY of the MONTH

Congratulations!

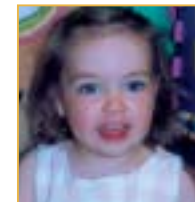
Each month a baby's name is selected from our Baby Club database. As Baby of the Month the winner receives a gorgeous giant teddy bear, Dymadon product (kindly donated by Pfizer) and an enlargement of the photo used in our newsletter.

Photo Sessions

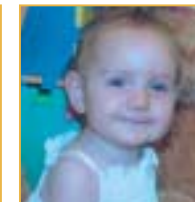
Our photo sessions are held on each Monday and Wednesday between 9.30am - 10.30am and are for little ones nearing the ages of 6, 12, 18 and 24 months. Bookings for your free Baby Club photos are essential and can be made by calling the Baby Counter on 5331 9298 or by calling in to see us.



April - Isaac Hucker



May - Claire Gleeson



June - Tara McHenry



July - Aleah Tucker

Eco Friendly Products



Eenee Eco Nappies

Eenees are one of the world's most environmentally friendly nappies for babies and toddlers with the disposable pads being completely compostable and fully flushable. Baby Weenees Eco Nappy range includes:

Weenees Baby Pouch Pants

Colourful cotton/elastin stretchy outer pants with velcro fasteners at the back away from little fingers. Contain a removable inner waterproof pouch which support either Weenees Eco Disposable Pads or Eco Microfiber Super-Absorbent Cloth Nappies. Available in three sizes and assorted colours.

\$28.70 **Members \$22.95**

Weenees Eco Disposable Pads

Weenees Eco Disposable Pads are super absorbent, flushable and compostable and can be combined with other reusable nappies as booster pads when extra absorbency is needed. Available in two sizes.

Small Disposable Pads 20
 \$10.85 **Members \$8.70**
Medium Disposable Pads 20
 \$16.30 **Member \$13.05**

Microfiber Super-Absorbent Cloth Nappies (NEW)

Welcome to the high tech cloth nappy of the future. Made from tiny microfibers, which absorb moisture faster and more easily than other fabrics they are ultra-soft and lint free. These nappies easily fold into simple rectangles to fit any of the Eenee range of nappy products.

Six Pack \$25.50
Members \$20.40



Purchase any product in the Eenee range and enter the draw to WIN a Eenee Hamper valued at over \$125.00. Entries close 31st May 2006.

Name: _____ Address: _____

Contact Number: _____ Receipt Number: _____

Visit www.eenee.com.au for more information Receipt must be attached for entry to be valid.



Gaia Natural Baby



PURE...NATURAL...ORGANIC

Gaia Natural Baby offers a pure skincare collection containing nurturing cleansers, nourishing moisturisers and soothing lotions that gently care for your baby's delicate and sensitive skin. Gaia was created by a mother for her son who suffers from eczema and has extremely sensitive skin. Gaia Natural Baby range includes Baby Bath and Body Wash, Shampoo, Cornstarch Powder, Moisturiser, Soothing Lotion and Baby Massage Oil.

Gaia Baby Bath and Body Wash

This moisturising gel gently cleanses, nurtures and cares for your baby's skin without causing dryness, irritation or itchiness. Rich in nourishing oils like Certified Organic Avocado Oil and Evening Primrose Oil to keep your baby's skin soft and moisturised.

\$10.40 **Members \$8.30**

Gaia Skin Soothing Lotion

Enriched with Calendula this thick lotion moisturises and provides a soothing relief for irritations, redness, and sore skin. Contains beeswax, making it an ideal barrier balm for little bottoms in nappies all night, little noses and rosy cheeks in winter or to keep in the fridge in summer for extra soothing and cooling comfort.

\$11.55 **Members \$9.25**

Visit www.gaiaskinnaturals.com for more detailed information. Available from the Bridge Mall Pharmacy.

BONUS GAIA MASSAGE OIL

Simply purchase any Gaia Naturals product to receive a BONUS Baby Massage Oil 50ml.

While stocks last



Karicare Toddler Gold 3

To reach their full potential, toddlers need a healthy diet with plenty of iron rich foods and oily fish for Omega 3 DHA. Karicare Toddler Gold 3 supplies the milk portion of a healthy diet and has added nutrients including 25-50% of the recommended daily intake of vitamins and minerals.

Karicare Toddler Gold 3 has a delicious natural taste with no added sucrose or flavours.

\$16.95 **Members \$13.55**



WIN LUMPY

Purchase a Karicare Toddler 3 900g before 31st May and enter into the draw at the Bridge Mall Pharmacy to WIN a giant LUMPY (Heffalump). Valued at \$70.00.

Name: _____

Address: _____

Contact Number: _____

Receipt Number: _____

Receipt must be attached for entry to be valid.

Hot Water Bottles

Too cute... just in time for winter.

\$9.95ea **Members \$7.95ea**



Hot Topic - Bronchiolitis and Croup

Bronchiolitis is a common chest infection in babies up to twelve months in age which causes coughing and rapid wheezy breathing.

Croup is an infection of the voice box and windpipe, which develops into a harsh, barking cough. It usually affects children up to five years old.

Croup and bronchiolitis are viral infections and can develop from a cold.

Bronchiolitis usually starts as a cold

Bronchiolitis usually starts as a winter cold.

After a day or so:

- The baby begins to cough
- Their breathing gets rapid and wheezy
- Babies are usually sick for three to five days and the cough may last two to three weeks.

Medicines do not help Bronchiolitis

Medicines such as antibiotics don't help, as bronchiolitis is a viral infection. You should give your baby:

- Lots of rest
- Small amounts of drinks - for example, breastfeed or give formula more often than usual

See your doctor if your child is not well

Take your child to the doctor if they have any of these symptoms:

- Has very rapid or irregular breathing
- Seems very tired
- Refuses food or drinks
- Is becoming pale or sweaty
- Their skin turns blue.

Croup causes a harsh, barking cough

Croup usually begins as a cold and the cough develops as the lining of the voice box and windpipe swell.

Other features of croup include:

- A cough that is usually worse at night, when the air is cooler
- A hoarse voice
- Children can develop a noise while breathing (stridor)
- It usually lasts three to four days
- Some children have repeated attacks.

Antibiotics do not help Croup

There is no specific treatment for croup - it will usually get better over three to four days. Antibiotics do not help because a virus causes croup. You can help your child if you:

- Try to keep them calm - breathing is more difficult when they are upset
- Give them paracetamol if they have a fever, as directed by your doctor
- Sit them in a steamy room - turn on the hot water taps in the bathroom, close the door and allow the room to steam up (NEVER leave them alone in the bathroom).

Croup can get worse quickly

Children can stop breathing during a severe croup attack. Take them to a doctor or hospital quickly if they:

- Have noisy breathing (stridor)
- Are struggling to breathe
- Look sick
- Become restless or irritable.

Things to remember

- Smoking in the home increases the risk of bronchiolitis and other breathing problems in children
- Bronchiolitis is infectious. Keep infected babies away from other infants for the first few days
- Children can have repeated attacks of croup - these become less common as children grow
- Doctors are unsure if steam vaporisers help croup. If you use one, make sure the room is well ventilated.

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 132 229

Visit www.betterhealth.vic.gov.au for more detailed information.

This information is not a substitute for advice from your healthcare professional. Remember to always seek the advice of your healthcare professional.

Pat's Chat



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.

Member prices are shown with 20% discount. Prices are valid and stock available until 13th May unless sold out. If you no longer wish to receive Baby Club News please ring 5327 7700 or write to us at 206 Armstrong St Nth, Ballarat.