

# Kids in the Kitchen

## Chicken Stock

- 500g Chicken Bones
- 3 Celery Stalks (220g) Chopped
- 2 Medium Carrots (250g) Chopped
- 1 Medium Brown Onion, Chopped
- 1 Sprig of Parsley
- 1 Bay Leaf
- 2 Litres of Water (8 cups)

## Directions

- Place all ingredients in a large saucepan
- Boil gently for 1 hour, skim froth from top
- Strain into large bowl
- Refrigerate overnight
- Remove any fat from the surface
- Can be refrigerated for 2 days or frozen in smaller quantities
- Makes about 1.5 litres

## Chicken Soup

- 1 Litre of Chicken Stock
- 2 Chicken Thighs
- 1 Small Brown Onion, Chopped
- 1 Medium Carrot, Chopped
- 1 Trimmed Celery Stick, Chopped
- 1 Small Potato, Chopped
- 3 Teaspoons of Barley or Rice or Pasta

## Directions

- Cut fat off chicken and cut into small pieces
- Boil chicken stock for 30 minutes
- Add vegetables and barley and simmer uncovered for 15 minutes or until barley is soft
- For Babies - Blend until smooth
- For Toddlers - Serve as it is
- Can be kept covered, for up to 2 days or frozen in small portions.

# Immunisation Dates

Immunisation is a simple and effective way of protecting your child against a number of infectious diseases. Eastwood Leisure Centre - Eastwood Street, Ballarat (4.00pm - 5.30pm)

- Aug 1st & 15th
- Sep 5th & 19th
- Oct 3rd & 17th
- Nov 7th & 21st
- Dec 5th & 19th

For other locations including Wendouree and Buninyong, dates and times please call The Phoenix building on 5320 5850.



Prices are valid and stock available until 31 August 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

10 Bridge Mall, Ballarat  
(Temporary Premises)

www.ufs.com.au Ph: 5331 9855

# SPECIALS

Available from Bridge Mall and Sebastopol

## PIGEON STOCK 50% OFF

Excludes Breast Pads and Wipes  
You can find all our pigeon sale items at our Sebastopol Pharmacy

### HERRON VITA MINIS FOR KIDS\*



Pinelime, Raspberry or Echinacea Cold & Flu 50's  
NOW \$9.95ea  
**Members \$7.95ea**



**GAIA BATH & BODY WASH 500ML**  
NOW \$15.50  
**Members \$12.40**



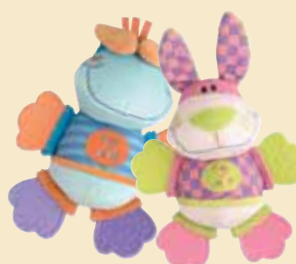
**NATURES OWN CLEVER KIDS 60's\***  
Omega 3 fish oil helps support brain development, healthy temperament and learning ability.  
NOW \$16.95 **Members \$13.55**



**VICKS BABY BALSAM 50g\***  
NOW \$9.95  
**Members \$7.95**



**TOMMEE TIPPEE**  
Bunny Blankie was \$13.00  
NOW \$5.95  
**Members \$4.75**



**PLAYGRO**  
Old Mac Donald - Hide n Peek Teether  
\$9.95ea **Members \$7.95ea**



**FESS LITTLE NOSES\***  
Saline nose drops for newborns and babies. Non-medicated relief of dry or blocked noses. Helps clear nasal congestion and thin nasal mucus.  
NOW \$11.45 **Members \$9.15**

**PLAYGRO**  
Hey Diddle Diddle Assorted Toys \$9.95ea  
**Members \$7.95ea**



\* Ask the advice of your pharmacist in relation to this product. Always read the label and ingredients, use only as directed and if symptoms persist consult your healthcare professional.



# news



## Hi Members

The winter weather is now letting us know that it's here to stay for a while, as our days are much shorter and colder.

Our Bridge Mall pharmacy had its big move, and we are now trading from 10 Bridge Mall (former Les Dickinson building) just a few doors up. This building is a lot smaller, but nice and cosy for winter. There is not much left of our old Bridge Mall store now, but before we know it our store will be transformed into a spectacular pharmacy for all. I can't wait until its all finished, our new and improved Baby Room is going to be so special!

Please be reminded that while we are at our temporary premises, Pat our Maternal and Child Health Nurse is in the consulting room at our Sebastopol pharmacy (phone 5336 0597) and we are also taking baby photos at this location. Please speak to me for more information.

*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 now being held on a Wednesday morning at our **Sebastopol Pharmacy**, 56 Albert Street. Due to our temporary relocation, we are currently unable to offer this service from our Bridge Mall Pharmacy premises. Please still ring our Bridge Mall store to make your baby photo appointment. **Phone: 5331 9855**



August 07 - Flynn Cruickshank



September 07 - Georgia Stewart



October 07 - Brodie Murnane



November 07 - Charlotte Preston

## NEW ba cla di Soft Toys



**ba cla di** is a fantastic new range of soft toys and accessories that are sure to light up anyone's face. There are many different funky styles and designs to choose from. Perfect for that special gift. The dazzling bright colours and unique designs are what makes **ba cla di** so special!

Prices from \$9.95ea  
**Members from \$7.95ea**

# WIN a Plush Duck

Purchase any product in our new range of **ba cla di** and go into the draw to win one of two 30cm plush ducks pictured above (enter at the Bridge Mall or Sebastopol pharmacies before 31st August!)



## Pat's Chat - Coughs and Colds



Most colds are usually caused by a virus, which will run its course in about 7-10 days. Your baby will need extra drinks at this time - either extra breast milk feeds, or smaller feeds but more often. If your baby has a fever that is over 38°C, paracetamol drops (eg: Panadol or Dymadon) can be given for 24 hours at 4 hourly intervals. If the fever persists, or your baby is under 3 months, take them to the doctor to be checked. You should also take your baby to the doctor if they:

- Look unwell
- Are vomiting a lot
- Refuse to drink any fluids
- Have difficulty breathing
- Have not improved in 48 hours
- Are in pain

Our Maternal and Child Health Nurse, Pat is available to see you anytime. Pat is consulting from our **Sebastopol Pharmacy** while our Bridge Mall store is being renovated (phone 5336 0597).

You can call in and see Pat every Wednesday 9.00am - 1.00pm and Friday 10.00am - 1.00pm

**No appointment necessary.**

## Hot Topic - Eczema

### What is Eczema?

Eczema is a common skin condition where the skin usually looks dry, red and is itchy. Sometimes the area can become cracked and may weep.

Eczema usually begins in early childhood. Babies are usually affected with a rash on the face, whereas in toddlers and older children the rash is often on the skin creases around the knees, wrists, elbows and ankles. In some children the rash can cover most of the body.

### What causes Eczema?

The cause is not always known, but can be brought on by a number of factors such as mite in the house dust, plant pollens, pets, foods and chemicals, and clothing materials.

### What can I do to care for my child's Eczema?

Avoid things, which irritate the skin. For each child this may vary. Things which can irritate the skin, may include:

- Dummies, dribbling or food around the mouth
- Prickly materials such as woollen or synthetic clothing or seat covers
- Detergents, soaps, bubble baths and antiseptics
- Contact with pets
- Becoming too warm

Also try to keep skin moisturised and use medicines, creams and ointments as directed by your doctor or pharmacist

### What can I do about my child's itch?

Try and control itching because scratching makes eczema worse and can cause infection. Avoid saying 'stop' to your child when they are scratching, instead try:

- Distracting your child momentarily
- Avoid overheating your child, particularly in bed or on long car trips
- Use moisturising cream (which has been kept in the fridge) before going to bed
- Use cotton pyjamas and mittens

### WHERE TO GET HELP

- Your Doctor
- The emergency department of your local hospital
- The 24 hour Maternal and Child Health Telephone Service on 132 229
- Visit [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au) for more detailed information

## Brauer Range\*

### Brauer Children's Cold and Flu Relief\*

It relieves the symptoms of cold and flu, for children ages 2 and up.

### Brauer Children's Cough Relief\*

For natural relief of coughs, for children ages 2 and up.

### Helpful Hints

- Bed rest, light meals and don't worry if your child goes off their food for a couple of days, but do make sure they drink plenty of clear fluids.
- Vitamin C may help reduce the length and severity of your child's symptoms if they don't get enough vitamins in their normal diet.
- Try a steam inhalation with a few drops of eucalyptus or tea tree oil added. Supervise your child closely while doing this, making sure they don't scald themselves with the heat or steam.

\$14.95ea

**Members \$11.95ea**

\* Ask the advice of your pharmacist in relation to this product. Always read the label and ingredients, use only as directed and if symptoms persist consult your healthcare professional.



## NEW Snack Trap

Snack Trap is an infant feeding cup, designed for ages 1 to 5 years. Minimises waste and saves on clean-up time. Its unique lid has a slit that allows youngsters to see and retrieve food, but the lid closes automatically when the child's hand is removed. Snack Trap comes in a great range of colours.

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



## Eenee Environmentally Friendly Range

### Weenees Eco Disposable Pads

Weenees Eco Disposable pads are the most environmentally friendly and user friendly disposable pads available.

- Breakdown to form useful compost in one compost cycle. (Approximately 50 to 100 days)
- Have a breathable outer
- Are hygienically flushable
- Made from a renewable resource - trees
- Are non-chlorine bleached
- Have no plastic or perfume additives

Available in two sizes - small which can hold up to 200mls and medium which can hold up to 400mls.



20 Small \$11.95

**Members \$9.55**

20 Medium \$17.95

**Members \$14.35**

### Microfiber Super Absorbent Cloth Nappies

Welcome to the hi-tech nappy of the future. Made from tiny microfiber (polyester and polyamide), which is only about 1/100th the size of human hair. This amazing technology absorbs moisture faster and more easily than other fabrics. Ultra-soft lint free and if used for cleaning gives a streak free finish. They can absorb 6 times their own weight in water and they dry super fast. Reusable and washable up to several hundred times. These nappies easily fold into any of the Eenee range of nappy products.



Available in a pack of 6. Holds approximately 300mls

\$27.95

**Members \$22.35**

### Weenees Pouch Pants

Colourful stretchy cotton/elastane outer pants with back Velcro fasteners to keep away from little fingers.

These new unique nappies have a removable inner waterproof pouch which supports any type of absorbing pad, from pre-fold nappies, rectangular folded cloth, Eenee Microfiber cloth and of course our flushable compostable Weenees disposable eco pads.

No need to change the pants at every nappy change, just take out the wet pad and replace with a fresh one, if the inner pouch is soiled, then this can easily be taken out and a spare pouch snap fastened in.

The pouch is easy to wash and dry quickly and is the most efficient design yet for containing messy nappies.

Extra inner pouches can be purchased separately in Small Pouch (for Newborns or can be used in 0-2 size on smaller babies) or Medium Pouch for use in 0-2 and 2-4 size Pouch Pants.



Available in 3 sizes and assorted colours.

\$28.70 **Members \$22.95**

### Eenee Flushable Liners

Flushable stay-dry liners for use with reusable cloth nappies. Helps keep the skin dry and makes the washing of nappies much easier.

Available in a pack of 50

\$8.50 **Members \$6.80**



## Inner Health for Kids\*

Inner Health For Kids helps maintain the intestinal microbiological balance of the body, promoting and assisting general health and wellbeing. Intestinal flora play a major role in a person's health and nutritional status. Good health and wellbeing starts with a healthy digestive system.



### Breastfeeding Mothers:

While breastfeeding your baby, for best results continue to take your own Inner Health Plus as part of your daily routine as directed by your health care professional.

\$20.95

**Members \$16.75**

\* Ask the advice of your pharmacist in relation to this product. Always read the label and ingredients, use only as directed and if symptoms persist consult your healthcare professional.

### Therapeutic applications:

- To support healthy intestinal flora.
- Aids in the maintenance of a healthy immune function in children.
- Bifidobacteria is lower in infants born via caesarean section compared to infants born vaginally.
- Bifidobacteria may be helpful in reducing the severity and incidence of diarrhoea in formula fed infants and children.

*If diarrhoea persists for more than six hours in infants under six months, 12 hours in children under three years, 24 hours in children aged three to 6 years, seek medical advice.*