

Pat's Chat

Our Maternal & Child Health Nurse Pat is available to see you anytime
Wednesday 9am to 1pm and Friday 10am to 1pm.



Tooth Tips

Some children may feel discomfort as new teeth emerge (from about 6 months).

Possible signs of teething include:

- Irritability
- Restlessness by day and sleeplessness by night
- Increased dribbling
- Red swollen gums may appear and if pressed may feel hard and pointed
- Children may be choosier about foods
- Children may also place objects or fingers in their mouth and bite on them

Upper Teeth	Erupt	Shed
Central incisor	8-12 mths	6-7 years
Lateral incisor	9-13 mths	7-8 years
Canine (cuspid)	16-22 mths	10-12 years
First molar	13-19 mths	9-11 years
Second molar	25-33 mths	10-12 years

Lower Teeth	Erupt	Shed
Second molar	23-31 mths	10-12 years
First molar	14-28 mths	9-11 years
Canine (cuspid)	17-23 mths	9-12 years
Lateral incisor	10-16 mths	7-8 years
Central incisor	6-10 mths	6-7 yrs

Tips for temporary relief include:

- Give the child something to bite on such as a cold teething ring, rusk or toothbrush
- Store teething soothers/relievers in the fridge to keep them cool
- Unsalted rusks may be useful for temporary relief
- Do not offer acidic or sugary food or drink
- Seek dental or medical advice if symptoms continue

1. Early Feeding

- Encourage and support breastfeeding
- If you are bottle-feeding - Always hold the baby when feeding

- Remove the bottle when the baby has had enough
- Do not put the baby to bed with the bottle

2. Eating Well

- Provide baby with a wide variety of nutritious foods, such as finely mashed fruit and vegetables, yoghurt, legumes and meat.
- Introduce solid foods at around six months
- Do not add sugar or honey to baby's food or dummy



Eat Well

3. Drink Well

- Introduce a cup at six to eight months
- Encourage your child to use their cup as often as possible
- Offer your child only cooled boiled water, breast milk or appropriate infant formula



Drink Well

4. Clean Well

- Clean your baby's teeth as soon as they appear, by wrapping a clean damp face washer or gauze around your finger and wiping each tooth front and back
- Clean your baby's teeth at least twice a day every day (after meals and before baby sleeps).



Clean Well

New Baby Club Co-ordinator

Hi Members

Please let me introduce myself, my name is Rachel and I am your new full-time Baby Club Co-ordinator at the Bridge Mall UFS. I come to you with over ten years experience in pharmacy and am excited at the prospect of offering the Baby Club experience to your family.



This issue of Baby Club News relates to teething and offers mums and dads excellent advice

and handy tips as well as fabulous specials too good to miss.

I am looking forward to meeting all members - mums, dads and little ones, and offering you the very best service each and every time you visit the Baby Club counter at our Bridge Mall pharmacy.

Rachel

Baby of the Month

CONGRATULATIONS

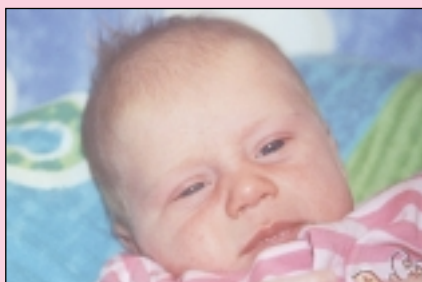
Every month a child's name is selected from our Baby Club database. Each baby of the month receives a gift of a gorgeous teddy bear (kindly donated by Warner-Lambert, makers of Dymadon), Dymadon products, and an enlargement of the photo we use in our newsletters.



April 2005 Morgan Pengelly



May 2005 Skye Webber



June 2005 April Crumpler



July 2005 Sophie Leviston

Photo Information

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 Rachel.

TEETHING RELIEF

Looking for some relief for a teething baby, then speak to your Pharmacist about some of the following alternatives.

Brauer Natural Medicines

Brauer Baby and Child care range is a homoeopathic range of products that helps provide fast relief from niggly childhood problems including teething, nappy rash, colic and pain and fever relief. They are a natural alternative for parents concerned about exposing young children and babies to unnecessary medicines and chemicals.

Brauer Teething Relief

Contains chamomile and other natural ingredients to help sooth painful, swollen gums and to calm a restless baby. No added sugar. Visit www.brauer.com.au for more detailed information.

100ml \$14.95

Members **\$11.95**

Always read the label. Take only as directed and if symptoms persist consult your healthcare professional. Active ingredients - Contains equal parts of Aconitum nap.30c, Actaea spicata 6c, Belladonna 30c, Chamomilla 30c, Colocynth 6c, Kreosotum 6c, Merc. Sol 6c, Nux vomica 6c, Silicea 6c.



Brauer Pain & Fever

For the temporary relief of pain and mild fever in infants and children. Contains no aspirin or paracetamol. 50ml \$8.95

Members **\$7.15**

Read the label, use only as directed and if symptoms persist consult your healthcare professional. Active Ingredients: Contains equal parts of Aconitum nap. 6X; Belladonna 6X; Cimicifuga 6X, Euphorbium 6X, Ferrum phos 6X, Gelsemium 6X; Merc. sol. 12x; Pulsatilla 6x.



Bonjela

A pain relieving gel for the mouth which is valuable in the treatment of infant teething disorders. 15g \$8.50

Members **\$6.80**

Read the label, use only as directed and if symptoms persist consult your healthcare professional. Active Ingredients: Choline Salicylate 89mg/g (8.7 w/w), Cetalkonium Chloride 0.1mg/g (0.01 w/w).



EXCELLENT FOR TEETHING

Pigeon Trainer Toothbrush Set

A 3-step training toothbrush set that begins with the first tooth.

\$12.95

Members **\$10.35**

New Products



Huggies Disposable Washcloths

Huggies Disposable Washcloths with Lavender and Chamomile.

Just need to add water to lather for a soft, gentle, tear-free clean and a more relaxed bath time for both parents and baby.

Combines washcloth and cleansing lotion (no slippery soaps, one handed wash) in a soft cloth that gets into nooks and crannies.

\$5.60 **Members \$4.50**



Huggies Change Mats

A convenient, clean, disposable mat for nappy changes on the go. These compact and light mats protect your baby with a

non-slip waterproof back and soft absorbent top. They provide a large germ-free area of 48x76cm.

Pack 4 mats \$4.50 **Members \$3.60**

Hamilton's Wash



A low foaming soap alternative for dry sensitive skins. Hamilton's wash can be used by the whole family to gently cleanse the skin as the pH is balanced to match that of the skin and also helps to reduce moisture loss. Turns dry skin soft. Visit www.hamiltonlab.com.au for more detailed information. 500ml \$15.95

Members \$12.75

On your next visit to the baby counter, ask for your free 10ml sample of Hamilton's wash (while stocks last).

WIN a Hamilton's Hamper or Teddy Bear

To win one of two Hamilton's hampers valued at \$60 or one of eleven Hamilton's teddy bears valued at \$35 each, simply purchase any product in the Hamilton's range to enter. Entry forms will be available from all UFS pharmacies.



Specials Specials Specials Specials Specials

Care Bears & Strawberry Shortcake Tin Trinket Box

Were \$10.90

Now \$3.50ea

Members

\$2.80ea



Tommee Tippee Twin Pack Soothers

\$2.95pk

Members

\$2.35pk



Buy 2, Get 1 FREE

Pigeon Premium Soft and Silky Wipes

3pks x 80 wipes

\$11.00

Members \$8.80

All specials stock is limited

Toddler Talk

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Kids in the Kitchen

Mini Meatballs

Ingredients:

- 500g lean minced meat
- 1 grated carrot
- 1 grated zucchini
- 1 finely chopped onion
- 1/2 cup stale breadcrumbs
- 2 tspn tomato sauce
- 1 tspn finely chopped fresh basil (or 1/2 tspn dried)
- 1 tspn finely chopped mint (or 1/2 tspn dried)
- 1 lightly beaten egg



1. Combine all ingredients.
2. Using hands, roll spoonfuls of mixture into little balls.
3. Place on oiled oven tray and bake for 20 minutes in moderate oven or until cooked through.
4. Serve with Mini Meatball Sauce.

Mini Meatball Sauce

Chop one Lebanese cucumber and mix through 1/2 cup natural yoghurt.

**Radicool Swimsuit Competition Winner -
Emma Robson**

Immunisation Dates

Ballarat Central Dates

Immunisation sessions are held on Wednesdays between 2.30pm and 4.00pm at the Eastwood Leisure Centre, Eastwood Street, Ballarat.

April 6th and 20th
May 4th and 18th
June 1st and 15th
July 6th and 20th

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

HOT TOPIC

Healthy Eating for Young Toddlers

What should toddlers eat?

After 12 months of age, there are few foods a child cannot have. Children should be offered a variety of different food's flavours and textures for balanced nutrition and to help them feel comfortable with new tastes. Children will learn to eat what the family eats if they are given the same food and encouraged to try it. Low fat or restricted diets are not recommended as they may result in poor growth.



to need small and regular snacks. This suits tummy sizes and gives energy to keep moving all day. This means that healthy snacks are important to help provide the energy and nutrition your child needs during the day.

What should I offer my child to drink?

Toddlers should be offered all drinks in a cup. Some children may fill up on drinks, particularly sweet ones like juice, and this leaves little room for solid food. Tips to try:

- ★ Give food before drink at meal times, particularly for small or picky eaters.
- ★ Offer up to three glasses of milk only per day, and water at other times.

How can I help to make eating a positive experience?

Meal times should be relaxed and happy.

Tips to try:

- ★ Offer small serves and give more if needed
- ★ Let your child explore food by touching and expect some mess
- ★ Let children feed themselves and give help if needed.

When should I worry about my child's eating?

Many parents worry about their child's eating at some stage, especially younger children when food intake and appetite appear to change daily. You should ask for professional help if you have concerns about your child's growth, your child is unwell, tired or not eating or when meal times are causing stress and anxiety.

My child seems to live on so little.

Picky eating is common in toddlers. The world has become an exciting place and food may be less important when there are many other things to do.

Slower growth

A child's growth slows down in the second year and means toddlers often have small appetites and need less food.

Fussy eating

Showing independence is a part of normal toddler development and often includes refusing to eat foods to see what will happen. Rejecting food does not always mean the child does not like it.

Tips to try:

- ★ Offer new foods in a relaxed environment
- ★ Serve the same foods as the family eats
- ★ Serve a new food with one your child likes

Grazing and snacking

Toddlers rarely follow a traditional meal pattern, but tend

Baby Club Newsletter prices are valid and stock available until 9th May 2005 unless sold out. Specials stock is limited. Should you no longer wish to receive this newsletter please contact Rachel on (03) 5331 9298 or write to us at 40 Bridge Mall, Ballarat 3350