

Early Start
Project

Early Start Newsletter

Volume 12

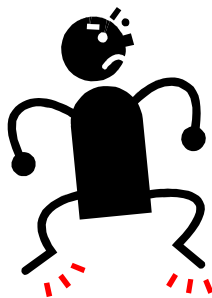
April 2009

Special points of
interest:

- Gittiris Dairy
- How to heat your home
safely
- The costs of heating
- Chocolate Blueberry Cake
recipe
- Whooping Cough info
- Dear Art Silly

Do YOU need the supernanny??

Have you ever wanted the **super nanny** to come to your house? Well your Family Support Worker can help there!



Here at Early Start we run a Positive parenting course for you at home for children from the age of 2 1/2 and above. It's a little different from super nanny, your FSW won't move in with you (which you are probably glad about) and you won't be on telly.

The program starts off with your Family Support worker doing some assessments/questionnaires, just to gather a little more info. She will then provide some sessions that will help you to see that your child already has lots of positive behaviors and look at ways to get the good things happening more and more. This

will be mean there is less time for the behaviors that aren't so nice..

The course will include information on the causes of children's behavior, goals for changing this behavior, promoting children's development, how to manage misbehavior, and then maybe some more specific tips on how to manage certain behaviors that you may find difficult.

It will take some work and input from you (it will take plenty of work from your Family Support Worker too!), but if you stick to it, it certainly pays off.

If you want more information just ask your Family Support Worker for the details.



Warmer Babies Project

Christchurch is famous or maybe infamous for its old, cold housing. Do you wake up and see your breath, or maybe go outside and find it warmer??? If you do there maybe support out there to help.

The "Warmer Babies, Healthy Children Project" can assist low income, home owners and those in

private rental
accommodation by



installing insulation, hot
water cylinder wraps, and

draught stops for doors. They may even be able to offer solutions to improve heating and make your home more energy efficient—which means lower power bills, healthier houses and happier children.

If you are keen to find out more about this project ask your FSW to get you more info.

Heating your home Safely

The rain's started, the mornings are frosty..... its time to start heating your house. There's a few things to think about ... the obvious, how much will it cost and just as importantly is it safe for your little ones.

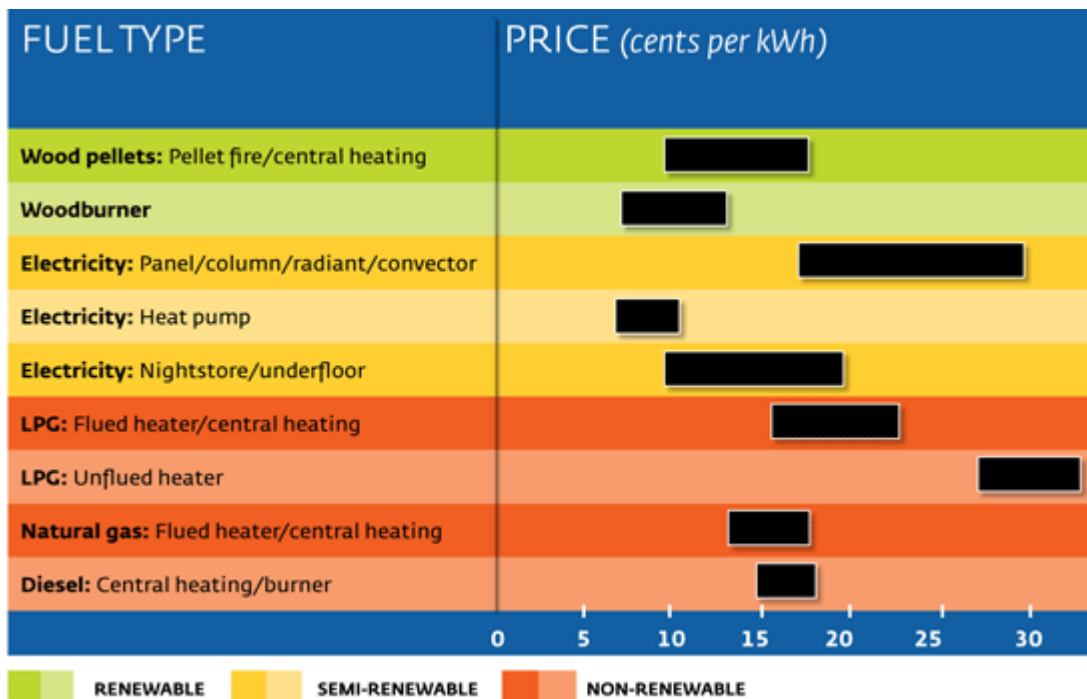
Your family support worker will ask the same safety questions every three months - have you got a fire guard , are your heaters away from curtains etc etc... and there are reasons. Burns and accidents caused from heaters and fires are preventable so lets make sure your home is safe and warm.

If you have a fire you must have a fire guard, if you are having trouble being able to afford it - be a little cheeky ask your landlord or HNZ, get your FSW to do a support letter. If you have no luck which may happen approach WINZ and ask if they can help. Your FSW may have other ideas as well. Remember that any guard around heaters or fires must be secure so your little ones can't pull them down on themselves. Remember you are only human and there are times you have to leave the room.

If you happen to be house hunting - check out the heating, heat pumps are the cheapest on power and safe as well, especially if they are up high. If you have a supply of low cost firewood, a house with a log burner maybe a good options - only if it has a fire guard. Your landlord may be willing to up-date your heating, there are subsidies available to make it cheaper for him and hopefully warmer for you. Remember having a warm house helps keep you and your little ones healthier as well.



Cost of Heating:



GUIDE TO THE TABLE

All costs are in cents per kWh.

Prices were correct as at March 2009.

Caitlin's Diary

Dear Diary,

Well well well... life is never boring!!! I've finally stopped crying after finding out I'm gonna be a granny at age 34! The father, Wayne is 23, unemployed, sleazy and greasy BUT he does have a flash car and lots of friends.

Still trying to see what Brittany see's in him, still hoping it's the flash car.

Brittany wants to keep her baby, and she's

always been great with Buffy and Jey so I think she will make a great mum. I do worry she will miss out on things like her education and chance for her big OE like I did. But then I really enjoyed being a young mum .

Nate and I are getting on better and he's moved back in. Although there was one incident when I had to use the garden hose to cool him off when he nearly attacked out delightful son-in law to be (haha).

Well I have decided it's time to do something I have always

wanted to but have been too scared to try. I have enrolled in the CPIT Certificate in Foundation Studies. I hope to go on and do a Bachelor of Architectural Studies. It will take a while but I think this granny still has a bit of life in her yet!!!

Jey is now walking, he is a good boy He hardly cried at all when he got his 15 months immunisations today. Buffy watched with an evil smile on her face which faded when the nurse told her she will get some herself at age 11 years!!!

Right better look at this study (might get time to knit some booties too!!!!!!)

Blueberry Chocolate Cake Recipe

Ingredients:

2 1/2 c Self Raising Flour
1 c Brown Sugar
250g Butter, softened
3 Eggs
375g Jar Craig's Blueberry Jam
1 tsp Vanilla Essence
1/2 c Cocoa & 3/4 c Hot Water



Directions:

Stir the cocoa and hot water together until smooth. Cool thoroughly.

Beat the butter, sugar and vanilla essence together until light and fluffy.

Beat in the eggs one at a time, beating well after each addition. Beat in half a cup of Craig's Blueberry Jam.

Sift in the self raising flour and pour in the cooled chocolate mixture. Fold together carefully.

Spread into a well-greased and floured 22cm-23cm ring cake tin.

Bake at 180oC for 40 minutes or until a skewer inserted comes out clean and the cake has shrunk from the sides of the cake tin.

Cool in the cake tin for 5 minutes before turning out on to a cake rack to cool.

When cool, split the cake in half or three layers horizontally and spread the cut layers with the remaining Craig's Blueberry Jam.

Join together. Dust with icing sugar or spread with the thick chocolate glaze.

Thick Chocolate Glaze
125 g chocolate chips
1/4 cup cream (plain or sour)

Heat chocolate chips and cream in a microwave proof jug for 1 minute in a microwave on high power. Stir until the chocolate has all melted and the mixture is smooth. Smooth on to the cake while still warm.

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EARLY START PROJECT

*Nurture the baby Early
Atawhaitia Nga Pepe*

www.earlystart.co.nz

Whooping Cough

Whooping cough is an infectious disease of the airways caused by a bacteria (*Bordetella pertussis*).

It can affect persons of any age and is particularly serious, occasionally life-threatening, for children aged under 1 year.

Whooping cough is caught from the secretions from the airways of an infected person and by droplets produced by coughing or sneezing and usually develops within 20 days of coming into contact with the disease.

A person is infectious for 3-4 weeks from the onset of the first symptoms.

It often begins with the same symptoms as a 'cold', along with an irritating, persistent cough which gets worse and may last for several weeks.

Bouts of coughing result in breathlessness which causes the characteristic 'whoop' on breathing in. This may be associated with vomiting.

Adults and infants may not have the 'whoop'.

It is diagnosed by swab test or a blood test, and is treated with antibiotics. It is preventable by immunisation.

Dear Aunt Sally

Dear Aunt Sally,
Nits nits nits!!! My child has nits constantly. I've tried everything... and she still comes home with them! I feel like the dirty family but don't want to shave her head.

Please help!!!
From an Itchy Mum.

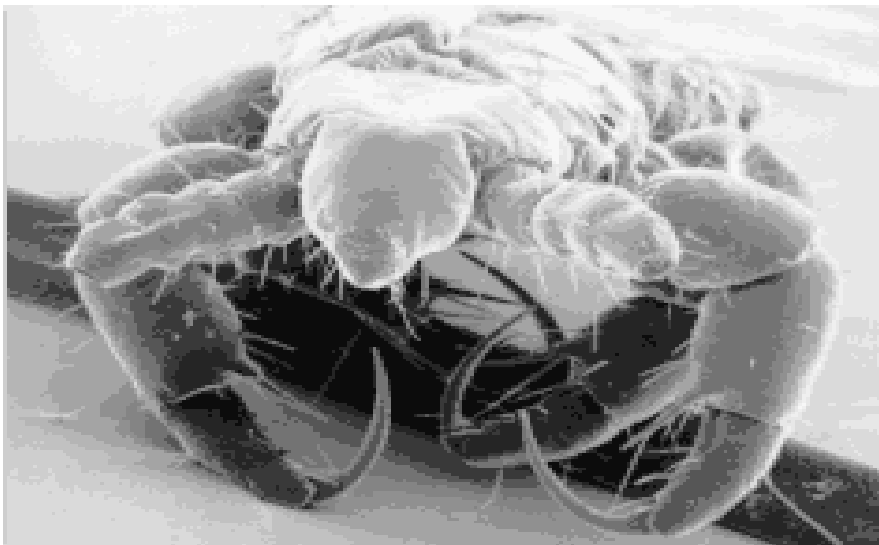
Dear an Itchy Mum,

Yes nits are a real problem!!!
I can recommend that you dry or wet comb your child's hair

with a fine tooth comb every 2nd day for 3 weeks. You can

you go to the pharmacy there are a lot of options to choose from, and your pharmacist will help you with this.

Nits do not simply like dirty children, anyone with hair and blood is prone to them. They have been around for 3,000 years plus so your problem is not new.



take the extra precaution of hot washing all towels and bedding as well. Alternatively if

Talk to your public health nurse or practice nurse for more advice.