

# Early Start Newsletter

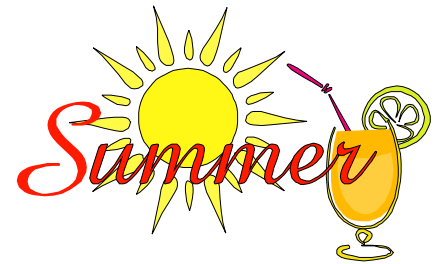


Early Start office is  
closed 20th Dec  
till 7th Jan.

## THIS IS WHAT YOU TOLD US:

We asked you what you and your family would enjoy this summer. Sounds like a lot of you will be outside. Great! Hope it's gonna be good weather for all of these plans!

"we might go camping at Chambaylins Ford, or just relax at home."



" Going to the beach and collecting empty shells and pieces of driftwood to make a beach band. It can be done on a dull or sunny day and is lots of fun"

"Spending time together, on a nice day pack a lunch and go feed the ducks, on a cold day we will stay home and do some baking"

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"Sitting outside on my swing seat in the sun, playing and reading to my children. Feeding ducks in the back yard"

"Kids love baking, they love getting their hands in the flour and cracking the eggs"

"Playing outside with a bucket of water and toys, learning how to swim, and going to the beach"

"My family like going to the beach and parks for picnics. And swimming in my own pool."

"Go swimming at the beach and walks in the sunshine"

We hope you all have fun!



## MANUKA HONEY ENERGY BARS

3 1/2 cups rolled oats  
 1 cup Flour  
 1tsp Baking soda  
 1 tsp mixed spice  
 1 tsp vanilla essence  
 2/3 cup butter, softened  
 1/2 cup manuka honey (warmed)  
 1/2 cup brown sugar  
 1/2 cup chocolate chips

1/2 cup raisins

1/2 cup crasins or dried apricots (optional)

1/2 cup sliced almonds

1/2 cup coconut

Preheat oven to 175 deg. C and lightly grease a Swiss roll tin

Combine the rolled oats, flour, baking soda and mixed spice in a large mixing bowl

Add the vanilla essence, honey, butter and brown sugar and mix

until combined

Add the remainder of the ingredients mix until combined and then press the dough into the greased sandwich tin

Bake 20-25 minutes until golden brown

Leave in the tray for 10 minutes before cutting into bars. Allow to cool completely before storing in an airtight container.

*Christmas cooking with the kids isn't neat and tidy but it is fun and tasty!*



eye give a lot of good info: at <http://www.localeye.info/>

- Check out your local free newspaper such as “the Star” for heaps of great ideas and events

## Where to find out what's on:

- Your local library will let you know a lot of council activities
- Websites such as local
- Some malls will have some activities especially for children
- Local community halls and churches also organize a lot of great activities.



## HANDPRINT WREATH

### What You Need

Coloured construction paper, paper bags or coloured paints (oranges, reds, browns for winter or reds, greens and white for Christmas)

There are two ways to do this craft. One is to trace the child's hand onto paper and cut out the prints. The second is to make paint handprints on the paper and cut those out.

### How To Make It

Make nine handprints (3 of each colour).

Cut out the prints and glue to form a wreath.

You can decorate the wreath further with pictures (like leaves, pumpkins or corn). These can be: \* stickers! \* hand drawn artwork by the children or \* pictures from colouring books, magazines .



## CAITLIN'S DIARY

Well I just can't believe it's Christmas already! Not that I'm ready for it. My Chrisco's arrived the other day, but I think I chose a too big pack, as I have no money now as I had to pay it all off!

I've been for my first scan now, and even found out that I'm having a little boy! So now Nate and I are thinking about names...Buffy would like Spongebob or Shrek as a name. I guess they do sound great to a 5 year old.

We have let everyone know now. Not like I could hide it though... being 8 months pregnant at summer time was not my best idea ever! And

I've had so much heartburn and nausea this pregnancy which I never had with my girls.

I am so pleased about Buffy turning five though. We have got through her first few days of school which were hard, and she doesn't cling to me when I leave. I'm so glad she has a nice teacher who helped me get through the times when she cried at my leaving. I guess getting her ready for school would have been a sensible idea!

Well I better go see if there is any money in my bank for Christmas presents. Maybe I could make some while Buffy and Brittany are at school...



*Isn't Christmas about spending time together?*

## TOP 10 CHRISTMAS PRESENT LIST



*Kids gifts can be so cheap to get with a little imagination*

1. TIME with your child to play is the best present EVER
2. Bucket and spade set, and a trip to the beach planned
3. Water play toys (don't forget to supervise your child around water)
4. Balls are great fun!
5. Bubbles are such a hit!
6. A sandpit
7. Blocks can be so creative
8. Dress up clothes from family's old clothes or a second hand store
9. Books
10. A pretend shop made from empty boxes and containers. You can add to it with bought toys also.

## *Early Start Project*

### **Nurture the baby Early**

Early Start Project  
Level 1  
134 Manchester St  
P.O. Box 22146  
Christchurch

Phone: (03) 365 9087  
Fax: (03) 365 9237  
E-mail: [reception@earlystart.co.nz](mailto:reception@earlystart.co.nz)

**MERRY CHRISTMAS  
FROM US ALL AT  
EARLY START**



### **Sun and Water Safety**

*Remember to supervise any water play closely. If you have paddling pools, spa's, pools or go to a river or beach your child will need to be with an adult at all times.*

*And please don't forget to :*

***SLIP** a t-shirt or cool clothes, and play in the shade when you can  
**SLOP** on some sunscreen. Sunscreen that is made for children is best as they may have sensitive skin. Sunscreen is usually recommended for babies over 6 months old. Babies under 6 months should be kept out of the sun*

***SLAP** on a hat and sunnies. Start your child wearing a hat early so hopefully they will learn to keep it on!*

*Also encourage your children to play in the shade, and have plenty of cool drinks (water and milk are best) during hot days.*

## **WHAT'S OPEN OVER CHRISTMAS**

### **The Riccarton Clinic**

(Yalhurst Rd) 343 3661  
Open: 8am-10pm Mon-Fri.  
8am-8pm weekend and public hols.  
8am-6pm Christmas day

### **Moorhouse Medical**

(off Moorhouse Ave) 365 7900  
Open: 8am- 8pm every day.  
10am-6pm public holidays.  
Closed Christmas day

### **24hr Surgery**

(Bealey Ave) 365 7777  
Open 24 hours every day,  
including Christmas day



### **Linwood Ave Medical Centre**

(Linwood Ave) 389 2550  
Open: 8am-8pm Mon-Fri 1  
0am-4pm weekends.  
Closed all stat hols

### **0800Hungry**

Is closed from 21st Dec-7th Jan

### **Salvation Army Hope Centre**

Is closed 21st Dec.-3rd Jan.

**Healthline** 0800 611 116

**Parentline** 381 1040

**Police** (non-emergency) 363 7400

**Psychiatric Emergency**  
0800 920 092



**WINZ** 0800 559 009

**Alcohol Drug Helpline**  
0800 787 797

**Women's Refuge** 364 7306

**0800 211 211** is a new phone service to put you in touch with any of the nation wide services (e.g. WINZ, Healthline, drug and alcohol help lines etc). It can be used from a cell phone.