



EARLY START NEWSLETTER

Early Start Project



*Issue 9
Autumn 2008*

Inside this issue:

Fun Food	2
Caitlin's Diary	2
Op Shop Shopping	3
Websites	1
Activity	3
Giving Children Medicine	4
Dear Aunt Sally	4

So... What Shall I do?

Do you sometimes wonder if there is something more to do?

Have you thought of doing some study? This could be full-time, part-time, a few days, in a class, or at home!

What do you think of these examples?

Academy New Zealand has some courses in; focus for success, natural beauty, retail sales and administration, and hospitality.

Te Wananga o Aotearoa has Mauri Ora and Mahi Ora.

Modern Apprenticeships in things like cooking, engineering, computer graphics and more!

Salvation Army does courses in cooking, lifeskills, and boundaries for women.

The women's center has courses coming up in yoga, self esteem, a clutter course and more!

YMCA has a mothers and preschoolers literacy and numeracy course.

These are just a few examples, and many are FREE. Then there is the poly-technic, university, home



and family...THERE ARE HEAPS!

Ask your Family Support worker for more information if you are interested.

WWWbsites

Many of you may not be used to looking up stuff on the internet. But if you can get an opportunity, here are some interesting websites:

www.diyfather.com

www.barnardos.org.nz

www.brainwave.org.nz

www.sparc.org.nz

www.parentscentre.org.nz

www.familyservices.govt.nz

www.kiwifamilies.co.nz

www.homeandfamily.net.nz

This is not an extensive list-there are a lot of other websites!!! Some libraries may

have internet you can use and sometimes classes where you can learn how to use the computers. CPIT also has free computing courses.



Fun Food !!



PINK FLAMINGO

Recipe Ingredients:

- 1 frozen Banana
- 1/2 cup fresh strawberries
- 3/4 cup pineapple juice

Combine the fruit and juice in a blender. Blend until smooth. Serves 1



DEVILLED EGG SAILBOATS

Recipe Ingredients

- 12 hard boiled eggs
- 2 teaspoons Dijon mustard
- 2 teaspoons vinegar
- 1/4 to 1/2 cup mayonnaise
- 2 red, orange, yellow or green peppers
- paprika

Peel the eggs, then slice each one in half to make boats. Place the yolks in a medium-sized bowl and mash them with a fork. Add the mustard and the vinegar, then add the mayonnaise, stirring until the consistency is smooth



but not soupy.

Next, make the sails. To do this, cut each pepper into 1-inch-wide strips, then cut the strips into 1-inch squares and slice each square in half diagonally.

Fill the egg-white halves with the yolk mixture. Stick the sail upright into the filling and sprinkle with paprika. Makes two



Caitlin's Diary

Well...Joey was born on Christmas day! Yay what a present, 16 hours of labor-after my waters broke waiting in a very busy Christmas line in pak n save. Delightful Buffy yelled out "mummy has does wees on the floor!" so there was no Christmas dinner for us!

But he is a great baby and we are all so happy to have him in our family, although Nate has struggled to adapt. He turned up home drunk at 5am last week with all his drunken mates and woke both Joey and Buffy up. Buffy was scared to see all these strange men in her

house, and started to cry, and so Joey started to cry, and as I am so sleep deprived I started crying too! I told Nate to leave, and he did, thankfully. It took me several hours to get the kids sorted. Then it broke my heart when Buffy asked why Nate

doesn't like us anymore. I realise I need to sort this out for the kids, and my sake. I told Nate later that day what Buffy said. He was upset but angry too. He chose to stay with a mate for a few days to think about things. We agreed to talk in a few days....

Op shop clothing

Is being a little poverty stricken getting in the way of being a little shallow and materialistic, well maybe I have found the answer or a less part of it.

Is this you? Finding all your money is being eaten up with essential items such as food, power, medical bills etc but still there is a yearning for clothes, but not any clothes, cool clothes.

What is the answer you maybe wondering **OP SHOPPING !!!!!!!!!!!!!**

Recently I went on a very important (and exciting) mission. Approximately 2 hours was spent on browsing through racks and racks of clothing and to my excitement I found labels lots and lots of cool clothes. There was Pumpkin Patch, Osh Kosh, Urban Angel, there was Glassons, Just Jeans, Pagani, Supre and

more, so many more.

But the best thing, the price, a Pumpkin Patch outfit: the top \$2.99 and the trendy little pants \$3.99 and much to my daughters excitement Supre jeans (most important when you are 12) for only \$7.99. There was so much more, so if you interested have a look at op shops and grab yourself a bargain.



ARRH! What shall I do with the Kids?

Well ...the year's going fast, nearly the school holidays – two weeks where your little darlings are at home from school and kindy. Time to have a sleep in, no lunches to prepare – sounds great but then the boredom sets in, the cupboards get raided and TV doesn't cut it any more, a few grey hairs appear – so here are some ideas on how to manage and enjoy it.

Check out the local parks, take a ball, have a game of soccer the little

ones can join as well.

Catch the bus – go to the beach, take a picnic,

Go to the Botanical Gardens – feed the ducks, play on the playground, see if you can find the gold fish, or visit the tropical plants.

Check out your local library –there's computers for the older kids, heaps of books, DVD's, CD's.

Get the kids to plan an outing and get them to make lunch for you!!!!!!

Have you been to the museum, it's free, although for a treat you can go to the discovery room for only \$2.00 each.

Have some friends, around have a DVD afternoon, make some popcorn, and eat some chippies (not to many).

Happy holidaying and if you are at the library take a couple of minutes to check out the Christchurch City Councils website for other ideas.





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Tips For Giving Medicine to Children :

- Blow gently on baby's face and S/he will blink and swallow
- Avoid mixing medicine in your baby's bottle because if the bottle is not finished, the baby will not get the right dose.
- If you are using a syringe, squirt a little medicine inside the cheek where there are no bitter taste buds.
- Get the child to hold their nose while taking the medicine in order to dull the sense of taste.
- Ask the child to suck on an ice block to numb the taste buds before taking the medicine.
- Let a child use a straw to sip liquid medicine up from a spoon.
- If your child has an allergy to certain flavorings or colorings, ask your pharmacist for more info.
- From the pamphlet "If in doubt check it out- the wise use of antibiotics" . See your GP practice for a copy

Dear Aunt Sally

Dear Aunt Sally,

My 15month girl, Ruby is getting really bored at home, and it's too hard to entertain her all the time. It would be nice to take to another adult at least once a day.

My mum thinks pre-school is letting someone else raise your child, and that I will miss all her "firsts".

Help!

From a unsure mum.

Dear Unsure Mum,

Some of the benefits of preschool are: that you will get a break! And also that Ruby will get to spend some time with other children, and have lots of new opportunities to learn. Your mum might like to help you look at a preschool, and discuss her concerns with the preschool. Remember many preschools have flexible hours, So you may wish to only enroll Ruby for a few hours. Many

people can get WINZ subsidy to help with costs. But ultimately it is your decision.

Other options can include daily outings to parks, playgroups, play-center, local swimming pool, library, beach, all to keep you and Ruby entertained. Your mum may like to join in, or take Ruby out herself!

From Aunt Sally

