

# Healthy Hints for Tots

## He kōrero hauora mō kā mokopuna

This newsletter aims to provide health information and tips for the early childhood community in Otago and Southland. Use it as you wish – copy and distribute information to parents and whānau and use parts in your own newsletter. Previous newsletters are available at [www.southerndhb.govt.nz/pages/newsletters/](http://www.southerndhb.govt.nz/pages/newsletters/)

Reminder – this newsletter is now only available electronically. If you know of anyone who would like to receive this newsletter, please reply with their email address and we will add it to our mailing list.

### Ngahuru-Autumn

#### Kahuru Kaipaeka Ko Te Ora E!

March is a time of good health

This is a Kai Tahu saying making reference to a season of prosperity and warmth.

Gardens are plentiful and relationships prosper (manaakitaka)



### We Want Your Feedback

We are interested in your feedback on this newsletter. We would like to know how useful this newsletter is at your Early Childhood Education Centre, how you share the newsletter and what improvements could be made.

### Down with the measles

As you may have heard the Measles virus has made its way back into our communities. Signs and symptoms to look out for include fever, tiredness, runny nose, cough and sore eyes with a rash on the face neck and trunk presenting 2-3 days later.

It's important we protect our tamariki from this disease and, the best way to do this is by ensuring they receive the MMR vaccinations as per the immunisation schedule. The first dose should be administered at 15 months and the second administered at 4 years. Immunisations such as the MMR vaccine are **proven to be safe and effective**.



Now is a good opportunity to check your own immunisation status. You are considered completely immune to measles if you:

- Have received two doses of a measles vaccine such as the MMR vaccine.
- Were born before 1969.

If you do not fall into these categories, contact your local GP to arrange for a [free MMR vaccine](#).

Measles is extremely infectious, lingering in the air up to an hour after an infectious person has left the area. If you are showing symptoms it is important to ring your GP first to avoid sitting in the waiting room as this can put others at risk of infection.

For more information please visit [www.moh.govt.nz](http://www.moh.govt.nz) or the Immunisation Advisory Centre website [www.immune.org.nz](http://www.immune.org.nz)

## Nutrition for Under 2's

### NZ study shows babies lacking fruit and vegetables

The majority of kiwi babies are getting enough iron, and are being fed foods with no added sugar or salt. However, our babies are lacking when it comes to fruit and vegetable intake.

Results from the Growing Up in New Zealand longitudinal study have found that up to 80% of babies were being fed iron rich foods, but only 60% were eating fruit and vegetables twice a day by nine months of age. Most concerning was that over half of the babies had tried food high in saturated fat, salt and sugar such as chips, chocolate and lollies, and 40% had been given sugary drinks.

*"We know that nutrition in those first 12 months can affect a baby's cognitive, social and physical development," Dr Gerritsen says.*

Babies will get all the nutrients they need from breast milk up to around six months old. From around six months babies need a variety of food as well as it provides extra nutrients for them to grow and thrive.

Ministry of Social Development. Infant Feeding in New Zealand: Adherence to Food and Nutrition Guidelines among the *Growing Up in New Zealand* cohort – Research report November 2018

### Tips when introducing solid food to babies at around six months:

1. Offer milk before solids – breast milk (or formula) is still the most important food for babies.
2. Thin, smooth purees can be prepared at home using a food processor, mouli or sieve.
3. Start by offering a small amount – try ½ a teaspoon to 2 teaspoons. Slowly increase the amount offered.
4. Start by offering solids once a day.
5. Start with one food and then slowly introduce new foods – try a new food every 2-4 days.
6. Let baby develop their own tastes. Babies like some foods or tastes more than others.
7. If baby refuses a food, try mixing it with a food they like or wait a few days and try again – it may take offering that food up to 15 times.
8. As baby becomes more active, offer solid food more often.



Let Your Baby Guide You – Health Promotion Agency



For information on what, when and how to introduce solid foods to babies head online to:

<https://www.health.govt.nz/your-health/pregnancy-and-kids/first-year/6-12-months/feeding-your-baby>

Free hard copy resources are available from the Nutrition and Physical Activity team, Public Health South. Phone 03 211 8500 (Invercargill) or 03 476 9800 (Dunedin)



## Fresh fruit purée for babies

You can use any fresh fruit or combination of fruit to make this baby purée. Choose fruit that's in season and it will be cheaper.

Time to prepare: 10 minutes

Time to cook: 15 minutes

Serves 5

Ingredients:

- Fresh fruit (choose 2 different fruits)
- Breast milk (or formula)



*Method:*

1. Peel the fruit.
2. Slice or chop into small pieces, removing seeds and core.
3. Add fruit to a pot of boiling water.
4. Boil until soft.
5. Drain off the water.
6. Mash with a potato masher. Or blend in a food processor or blender until smooth.
7. Stir through enough breast milk (or formula) to make a smooth purée.
8. Freeze leftover purée in ice cube trays.

Notes

If puréed until very smooth, this recipe can be fed to a baby when starting solid foods at around six months.

Try these combinations:

- Apple and pear
- Banana and pear
- Peach and apricot
- Plum and apple
- Rhubarb and apple
- Peach apple and pear
- Mango and apple
- Peach and mango

## Oral Health: Fluoride Toothpaste

As a parent, it is important to have the right knowledge when it comes to looking after our children's health. We want the best for our children, always. You

may have heard about fluoride before and the importance it has in dental health. Fluoride is a natural element that can be found in our soils, sea water, fresh water, plants and food.

The dental health benefits have been known and tested since the 1930's. Years of research show it works to protect our teeth from decay in a few different ways:

- Helping make the enamel stronger
- Interfering with growth of the bacteria in our mouths which causes decay
- Can help repair the early signs of tooth decay

Dunedin, Invercargill, Mosgiel, Bluff and Balclutha have a fluoridated water supply. This means that the natural levels of fluoride in the water have been adjusted to be between 0.7 parts per million (ppm) and 1.0ppm (as per the World Health Organisation recommendations). Some places around the world have natural fluoride levels much higher than this. Water supplies are fluoridated because it can reduce decay in children by up to 60%. It is completely safe and the fluoride in water acts to constantly neutralise the effect of the bacteria and acids that cause decay.

Fluoridated toothpaste is also very important in preventing tooth decay, especially in areas of Otago and Southland that do not have water fluoridation. The toothpaste needs to be at least 1000 ppm and used twice a day; after breakfast in the morning and just before bed at night time. Beware of toothpaste that does not contain fluoride or contains less than Ministry of Health recommended levels. These are not as effective at preventing tooth decay. Refer to the image for common toothpaste found in the supermarket to see if it has the appropriate levels.



It is still important to have regular dental check-ups and eat healthy foods. If your child is not enrolled in our service, make sure you enrol them to get access to free dental check-ups. Enrol now at: [www.southerndhb.govt.nz/pages/ohe](http://www.southerndhb.govt.nz/pages/ohe).

Information from:

New Zealand Ministry of Health "Fluoride and oral health" webpage <https://www.health.govt.nz/our-work/preventative-health-wellness/fluoride-and-oral-health>

Accessed: 14-3-19

Canterbury Community District Health Board. Poster: "Brush up on Healthy Teeth" Released: Feb 2019

Ministry of Health and Hutt Valley District Health Board. Pamphlet: "Dental Health and Fluoride" June 2001

02 April: World Autism Awareness Day  
07 April: World Health Day  
29 April-5 May: NZ Immunisation week  
05 May: World Asthma Day  
31 May: Quit for Life World Smokefree Day

**Public Health South**

**Dunedin** | Main Block, Level 2, Wakari Hospital, Taieri Road. Phone 03 476 9800

**Invercargill** | 23 Forth St. Phone 03 211 8500

**Queenstown** | Remarkables Park. Phone 03 450 9156



Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).

---

This email was sent to

[<<Email Address>>](mailto:)

[why did I get this?](#)

[unsubscribe from this list](#)

[update subscription preferences](#)

Southern District Health Board · 201 Great King St · Dunedin, Ota 9013 · New Zealand

