

Speaker Notes: Healthy Children

Slide 1: HEALTHY CHILDREN OUTLINE

Health screening and catch-up immunisation for refugee background families

Healthy Eating

Low vitamin D

Oral Health

Safe sleeping

Development

Services for kids and families (MCHC, Playgroup, Kinder)

Slide 2:

All kids and adults of refugee/asylum seeker background should have a health check at a doctor after arriving in Australia

Ideally soon after arrival

But if you have been here a while, but not had this – still worthwhile doing

Slide 3:

Refugee health screening involves:

Blood test

Skin test – to see the person has been in contact with the TB (Tuberculosis) germ (this test does not say whether they are sick with TB)

Poo test – especially if diarrhoea or tummy pain

Slide 4:

Immunisation is important

Started early – for babies and young children

Safe and experienced providers

Everyone of refugee/asylum seeker background will need catch-up immunisation (all ages)

Slide 5:

Immunisation for babies

Safe, simple and effective against serious and life threatening illnesses

Assume under immunised and catch-up immunisation is advised

At birth (if born in Australia): 1 needle

At 2, 4, 6 months: 2 needles and 1 oral vaccine

At 12 mths: 2 needles

At 18 mths: 1 needle

At 4 years: 1 needle (can be given from 3.5yrs)

Slide 6:

Catch-up immunisation for older children and adults

Needed for anyone without immunisation paperwork

Usually 3 visits over 4 months/ Up to 4 needles a visit

Often less needles

Important

Slide 7:

Traditional foods with lots grains, vegetables – healthier

Easy to eat unhealthy foods and put on too much weight in Australia!

Slide 8:

Tap water is safe, healthy and free

Should be the main drink for children

Avoid sugary soft drinks, fruit juices, sports drinks, energy drinks and flavoured milk

Boil water for children under 1yr of age

Slide 9:

Breastmilk is the best food for babies

Ideally, Breastmilk only for babies until 6 months, And still is the best milk for up to 12 mths

Breast milk is free, convenient, good for baby, environmentally friendly and lovely

How long you breastfeed is entirely up to you and your baby

Babies should start some solid food by 6 months, and should be on 3 solids meals a day by 12 months

Slide 10:

Need to eat different types of foods – not all rice, or all milk

Protein for building strong healthy bodies – meat, fish, soy, eggs **(some)**

Vegetables/Fruit for nutrients and fibre **(lots)**

Carbohydrates for energy – lentils, rice, grains **(lots)**

Good fats for building brain and nerve cells **(a little)**

Slide 11:

Important to set up healthy eating patterns from the beginning

Picture 1-3:

Buy enough food for school lunches and snacks

Allow your child to help choose from healthy options for their lunch box from the main food groups

Picture 4-6:

Different coloured foods have different nutrients so pack your child a “rainbow” of fresh foods to obtain a diverse range of nutrients

“Nude” packaging means no plastic/disposable wrapping! Use re-useable plastic containers/pockets/wraps to save money and the environment.

Tap water is the best drink for your child.

Drink plenty of water.

Slide 12:

Ideas for healthy eating!!! (below is descriptions of food if needed)

Breakfast: Banana porridge- oats, milk, banana, sultanas

Eggs- soft boiled egg with toast

Smoothie- banana/berries/peach with milk and yoghurt

Lunch:

Sandwiches- wholemeal/multigrain bread with meat/cheese/egg

Wrap “n” roll- flat bread with grated cheese and carrot with hummus or avocado
Last night’s home made pizza

Dinner:

Chicken with peas, broccoli, and corn

Beans on Toast with vegetables

Chops with sweet potato mash and salad vegetables

Finger foods:

Bite sized fruit pieces; diced vegetables and vegetable sticks for dipping into hummus

Leave skin on vegetables for extra goodness

Slide 13:

Vitamin D is important for healthy bones

Low vitamin D can cause rickets – bending legs because the bones are soft

Rickets is mostly caused by low vitamin D. It can get better with treatment (these pictures are the same child)

Slide 14:

Risk groups for low vitamin D:

No or limited sun exposure

Naturally dark skin

Babies born to women with low Vit D

Slide 15:

Prevention and management of low vitamin D

Active outside play (follow sun-smart if light skinned, very dark skin – OK without sunscreen)

Enough dairy – 2-3 serves a day

Kids with risk factors should see a doctor and get their levels checked

Slide 16:

Caries – ranging from mild to severe

Important problem

Important to prevent

Slide 17:

Don’t put baby down to bed/sleep drinking a bottle

Avoid sugary drinks – fizzy, cordial, juice

Slide 18:

Basics of oral health information

Picture 1: Wipe teeth with a wet cloth as soon as they emerge twice a day

Picture 2: Use a pea sized amount of low fluoride toothpaste and brush twice a day

Picture 3: Supervise brushing until 8 yrs

Picture 4: Support the chin and check the mouth regularly

Picture 5: Brush in a small circular motion

Picture 6: Rinse well with water

Picture 7: Avoid sugary drinks (tap water best) and high sugary foods and do not let your baby fall asleep drinking a bottle. Eat lots of health foods

Slide 19:

Do's and Don'ts

Pictures 1-3:

Position baby “**back**” to sleep (and not on the tummy or side-lying)

Pictures 4-5:

Sleep baby at the bottom of the cot so they cannot slip under the covers, with nothing else in the cot except baby and blankets

No pillow, doona, teddies or cot bumpers in the cot as provide additional risks

Slide 20:

Safe sleeping (SIDS advice)

Put baby on their back to sleep - Wrapping helps baby to stay on their back

Don't overdress baby, the head should not be covered

No Smoking: Quit or do not smoke in the house

Slide 21:

Co-sleeping can be safe, but need to use same safe sleeping advice

Many cultures co-sleep with their babies/children and many believe it makes the baby feel safe and secure

It is safe as long as you follow the safe sleeping tips (“back” to sleep; no pillow; no covering of head; smoke free environment)

Co-sleeping is dangerous if you or your partner smoke or take drugs (including alcohol or sedative medication)

Slide 22:

Normally expect

1^t word at 1

2 words together at 2

Sentences at 3

Encourage 1st language

If you are worried about your child's talking – ask MCHN or doctor

Slide 23:

Continue your first language!

This is the most important thing to help your child learn a new language. They need to keep thinking and learning in their mother tongue, to learn well, and it's also important for families and culture.

OK to look at pictures and tell a story, it doesn't matter if you can't read the language

It takes years (for kids and adults) to learn to think in a new language

Slide 24:

Normally expect

1st steps at 1yr

Running well at 2yrs

Balance one leg at 3yrs

If you are worried about your child's movement – ask MCHN or doctor

Slide 25:

Baby signs of development (eye contact, turning head towards you, engaging with play)
Talk, sing, read and play with babies too!

Slide 26:

Play is important at all ages

By 3 years – pretend play and play with other children

If you are worried about your child's play, or being scared of other children – ask your MCHN or Doctor

Slide 27:

Limit screen time (TV, mobile, computer screen, DVD)

< 2yrs- no screen time

2-5yrs- less 1 hr per day

> 5yrs- less than 2 hrs per day

Slide 28:

MCHC - Free service

Supports child's health and development from birth to school

Supports family in parenting

Consultations with MCHN at:

2, 4, 8 wks;

4, 8, 12, 18 mths;

2, 3 ½ yrs

Contact local council for nearest MCHC

24 hour MCHN Line **Tel. 132229**

Slide 29:

Playgroups/parent groups provide support, friendship, information and play mates

Slide 30: Kinder is important, and helps kids to get ready for school in Australia. All kids should go to kinder

3 year old kinder: 2-4 hours per week as per Kindergarten

4 year old kinder: 15 hours government funded

- Fee subsidy to Refugee/Asylum seeker/Humanitarian visa holders so no or minimal cost only
- Children learn to play, build and create, interact, connect with other's and their environment, communication skills, responsibilities, sharing and telling stories
- Kinder enrolment needs to be supported at time of settlement – ask your Case Worker

Slide 31:

You have a right to an interpreter!