

Portland District Health Maternal Child Health Newsletter



PORTLAND
DISTRICT HEALTH

*Our Community
Your Health*

Our Maternal Child Health services team provides support to our families within the Glenelg shire community.

Services include

- Maternal health
- Well-being and children's health
- Parent-child relationships
- Family and parent health
- Family and parent nutrition
- Family planning
- Child accident and Injury prevention
- Childhood Immunisations
- Sleep and settling support
- Child health development
- Bonding and attachment

Staff are also able to refer families to services locally, and through out the South West District.

We are an all inclusive and culturally safe service for all families who wish to use our services.

We respectfully acknowledge the traditional owners, the Gunditjmara people, we pay our respects to all Aboriginal Community Elders past and present who have been an integral part of this region's history.

groups



First Time Parents Group

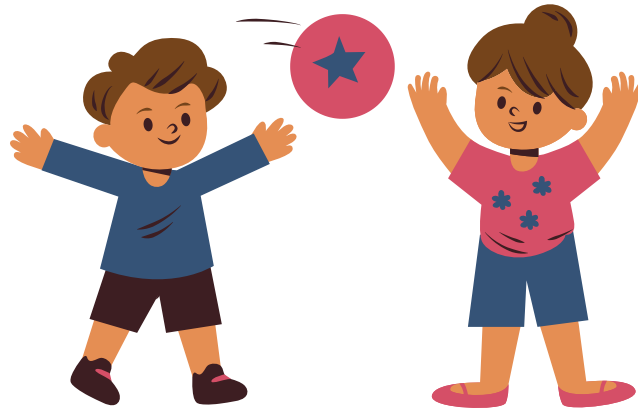
Run by our Maternal Child Health nurses, with a focus around infant development and childhood advice as well as social interaction and friendship bonds with parents of children of similar age.

The first group for the 2023 calendar year will begin Thursday Feb 16th 2023 from 2pm at the local library.

Playgroup Session

Supported Playgroup sessions are focused around play and how education and development of children from birth-5 years of age is incorporated into play. Many friendship connections also take place over the term. The session will be running weekly in Portland Wednesday from 10:00am-12:00pm. Families wishing to attend in Heywood please contact our playgroup Facilitator Lynne on 0455666311

Community Playgroups



The skills you acquire while playing are endless – fine motor, problem solving, creativity, language, social, emotional, dexterity and resilience are all hard at work during play. Incorporating a variety of play experiences enriches skills and knowledge, the more you play, the more you learn, playgroup also allows opportunity for friendship bonding for both parents and children.



Casterton Playgroup

Freemasons Building
160 Henty St, Casterton
Tuesday & Thursday
9:00am to 12:00pm

Enquiries:

castertonplaygroup@outlook.com

RHYME TIME SESSION

32 Bentinck Street, Portland
(Birth – 3 Years)

Fortnightly Tuesday

11am during the School term.

Enquiries:

Telephone 5522 2265

PORTLAND STORY SESSION

32 Bentinck Street, Portland
(Pre-School Aged Children)

Friday 11:am during the
school term.

Enquiries:

Telephone 5522 2265

Thookay - Ta Keerna - Ke Play
group

Dhauwurd Wurrung Elderly &
Community Health Service 19
Wellington Road, Portland. Run
during the school term. For more
information please contact
DWECH services on
(03) 5521 7535



St John's playgroup
Trangmar Steet, Portland
Wednesday & Thursday
9am - 11am during the
school term
Enquires to Jess:
Telephone 0400 062 492

Windamara's Willian
playgroup
Heywood and Hamilton
locations during the school
terms for more information
please contact Windamarra
on 03 5527 0000



Why health checks with our service are important

Parents and carers have a general idea about how their baby or child is growing, yet it's still important for a baby or child to have regular health checks, by a health professional.

You'll not only be reassured about your children growth and development, but sometimes a health issue may be detected that may otherwise have been missed.

Key ages and Stages

There are ten key stages of your child's development. The visits focus on optimising child and family health, wellbeing, safety, learning and development.

These are:
following discharge from hospital at your home.



two weeks
four weeks
eight weeks
four months
eight months
one year
eighteen months
two years
three and a half years



Immunisations are offered to families at ages six- eight weeks, four months, six months twelve months, eighteen months and Four years.



Class

Kinder Kit Surprise for Children Starting Three-Year-Old Kindergarten

All eligible children starting Three-Year-Old Kindergarten in 2023 will receive a colourful carry case full of fun and educational books and toys.

The Kinder Kits are designed for families to explore and learn together. Everything inside the Kinder Kits encourages creativity and open-ended play, which studies show is how children learn best.

Immunisation News

Meningococcal B Vaccine Catch-up Program Ceases June 2023

The incidence of meningococcal B disease is four times higher in Aboriginal and Torres Strait Islander children aged under 2 years than non-Indigenous children of the same age. The National Immunisation Program funds meningococcal B vaccine for all Aboriginal and Torres Strait Islander children at 2, 4 and 12 months of age. A meningococcal B vaccine catch-up program is available for Aboriginal and Torres Strait Islander children aged under 2 years until June 2023.



Healthy snack idea's

Breakfast muffins

Eggs
Milk
Cottage Cheese
Salt + Pepper

A flexible ingredient list, add some capsicum, spinach, mushroom or anything else you would like.

Preheat oven to degrees 180C. Spray a muffin tin with non-stick spray.

Whisk together eggs in a large bowl. Add cottage cheese, milk, salt and pepper.

Stir in add-ins for whatever type of egg muffin cup you are making. Pour egg mixture into muffin tin, filling each cup 3/4 of the way full. Bake for about 25 minutes, until the centres are completely set. The edges will slightly brown.



Healthy snack bars

peanut butter
cashews
cocoa powder
dates

Start by adding all of the ingredients into the food processor. Pulse until everything beings to smooth and clump into a ball.

Pour the mixture into your square dish – I like to line mine with parchment paper first for easy cleanup and also it makes removing the bars much easier.

Press the mixture with your hands into the bottom of the dish. If its sticking to your hands, I like to lightly spray my hands with non-stick cooking spray. Cover and refrigerate for 30 minutes – you can also freeze these cut into squares. Enjoy





28th February

Summer's Day celebrated February 28th, is named in memory of a little girl who lost her life after swallowing a coin/button battery that burned through her oesophagus and into her aorta. Button batteries present a problem whether they are ingested and have prolonged local contact with the body. Damage occurs due to the chemical reaction.

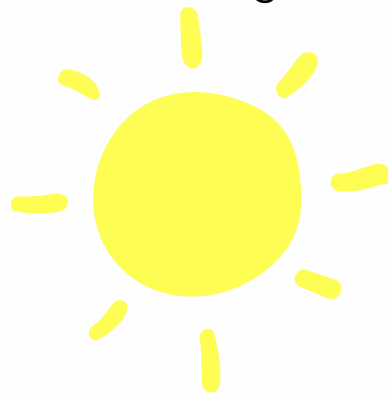
If the ingestion is not recognised, the battery can erode through into vital organs, causing catastrophic damage and sometimes death. If parents believe their child has swallowed a battery, call the 24/7 Poisons Information Centre on 13 11 26 and do NOT give any food or water. Unfortunately, symptoms can mimic common childhood conditions, with vomiting, drooling and cough.

SunSmart



A baby's skin is thin, sensitive and can burn easily.

Babies under 12 months have very sensitive skin and should always be kept in dense shade and out of direct sun during the daily sun protection times (when the UV is 3 or higher).



During the sun protection times, protect yourself in five ways:

1. Slip on clothing that covers as much skin as possible.
2. Slap on SPF30 broad spectrum, water-resistant sunscreen 20 minutes before you go outdoors and re apply every two hours.
3. Slap on a broad-brimmed hat that shades your face, head, neck and ears.
4. Seek shade.
5. Slide on sunglasses that meet the Australian Standard for UV protection



For more information, visit sunsmart.com.au or contact Cancer Council on 13 11 20

Farewell Miryam Franjic



Miryam has moved on from the Glenelg Shire Council and taken up a role in Moyne Shire as the Manager of Children's Services. We wish her well on her new adventures.

Shelley Bourke will be Acting Children's Services Manager for the Glenelg Shire Council until June 2023



We thank Jane and her team from Amelia's fruit and veg for the supply of fresh fruit for our supported play group sessions each week.

Nicole and her team from United Way for their support in providing books for children in need.

Peter and his team from the Salvation Army supporting families with supplies.

Admelia's Fruit and Vegetables



salvationarmy.org.au
13 SALVOS (13 72 58)



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Portland Location

90 Julia Street Monday to
Friday

Heywood Location

77 Edgar Street Heywood
Tuesday

Casterton Location

1 Jackson Street
Casterton

Dartmoor Location

28 Ascot Street
Dartmoor

For appointments at our
Casterton, Heywood and
Dartmoor locations
please call our Portland
Centre
(03)55210504

Please call our centre for any assistance or questions
you may have.

Maternal Child Health Team
90 Julia Street Portland
(03):55210504
mch.pdh@swarh.vic.gov.au