

Home-Start Bendigo

Bendigo Families, Issue 19, April 2013

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First Term of 2013 finished!

Well its hard to believe we're already into April and have just put the clocks back for daylight savings and now it's getting dark by 6.30pm! It's been a busy start to the year with me having a little time off for surgery and so just back—officially available in the office from **15th April**.

You'll see from the Newsletter that we've got an event happening in May, I'm still organising the finer details but it will be a session at Little People Art (Edwards Street—opposite the new car park) followed by a coffee/drink at the Coffee Club (straight facing). So invites will be out shortly for you to come and register to join us. Also coming up we have: Parenting Course: Circle of Security (dates yet to be set but most likely June/July); and the Eat, Move, Live program running at our playgroup. There's more inside about Eat, Move, Live and pictures below of our cooking events at playgroup during Term 1. Also enclosed is a flyer for the program and if you wish to receive one of the Eat, Move, Live goodie bags either ask your volunteer or give me a call!

You will have already had an invite to playgroup which starts back 23rd April (one week after school's return). The playgroup will be hosting the Eat, Move, Live cookery and activities again this term as well as: craft for the children/parents; speakers; some song/rhyme sessions and we're hoping to start our own section of the Salvo's community garden this term! Interested in finding out more—either ask your volunteer or call me!

Enclosed are the following flyers: 'Connecting with Food' brochure (which is part of the Ministry of Food initiative); Victorian Government Whooping Cough information (worth a read); Women's Strength Building program with St Luke's (free 10 week program for women experiencing anxiety and/or depression, starting 18th April) and Women @ Work (3 week YMCA program which assists women back into the workforce, \$15 per attendee). ENJOY the read! Jane



EAT, MOVE, LIVE—food for thought ...

THE AIM OF THE **EAT MOVE LIVE** PROJECT is to: give information and start conversations among parents about nutrition and activities to keep the whole family healthy. Once the conversation has started they can continue to chat on the eat, move, live Facebook site www.facebook.com/eatmoveliveaustralia or get great ideas from the web-site: www.eatmovelive.com.au (the site is designed to be accessed on the small screen of a mobile phone with internet access (smart phone/Android/iPhone) and can also be accessed on an tablet/iPad or any computer connected to the Internet).

The Bapcare Home-Start Bendigo program will also, via volunteers provide a 'goody pack' of information for parents to keep and share and host cooking and move/live sessions via the playgroup for the next term for those who'd like to come and join us. The program is about supporting each other, to make realistic and consistent improvements for our families long term health (always a challenge we know) and a forum to share great ideas. So visit the web-site, or register as a friend on the Facebook site and 'like' us—both have great recipes and ideas which are regularly updatedso go on give it a try!

Could my child be: overweight, obese or undernourished?

Did you know that almost 30% of Australian parents don't know their child is overweight!!!

Overweight - too much fat on their body for their height and age.; **Obese** - a severe form of overweight; **Under-nourished** - not enough vitamins/minerals and body movement to grow up healthy and smart, and get the best start in life!

Unhelpful myths:

A fat baby is a healthy baby – It depends! Babies need to gain weight at a pretty fast rate, but rolls and rolls of fat can be a problem. Check with a Child and Family Health nurse, family worker or age/weight baby charts.

It's only puppy fat – No! Most overweight children are very likely to become overweight adults.

Kids will 'grow into' their weight – No! They would need to grow taller but not gain more weight.

Overweight can be caused by having big bones or a slow metabolism – No! There is very little difference in bone weight or metabolism in kids.

Overweight can be caused by genetics – This is rare! Usually unhealthy eating and not learning to move are learned habits.

Dieting is the best way to bring weight down to a healthy level – No! Kids just need the right types of food and drinks, and more movement, not less food and drinks. Little changes – over a long time - as they grow up J

Changing eating habits can lead to eating disorders – No! Learning how to eat and drink healthier, move and play every day as a child, gives your child a healthy attitude to food and being active for the rest of their life.

Why is my child overweight or obese and under-nourished?

My child may be:

eating and drinking too many unhealthy foods; isn't eating enough healthy food; doesn't drink enough water every day; is spending too much time sitting still and not moving their body enough

Want to know more, visit: www.eatmovelive.com.au for more information



Children's Craft—Tiny Bubbles



How to make it

1. Instead of a traditional bubble wand, use a number of drinking straws bound together with a few pieces of tape.
2. Dip one end of the bundle into a shallow dish of bubble solution (you can make your own by combining 1 cup of water with 1/3 cup of dishwashing liquid and 2 tablespoons of light corn syrup or glycerine), then blow through the straws, being careful not to let the solution run down the straws to your mouth.

Families—staying positive in family life

Your family is unique. There's no formula or a best or right way to create a strong relationship with your child – each family has to figure it out for themselves. There will be times when you don't or can't do what you'd like for your child, but if you put time into building positive relationships in your family, those relationships will see you through.

You can build positive relationships by:

- being in the moment with your child
- spending quality time with your child



Being in the moment

When you give loving positive attention to your child, you help her build a picture of herself as a person who is valued and valuable. This kind of attention doesn't have to be a big deal – you just need to 'be in the moment' with your child.

This means trying to **tune in and think about what is going on with your child**. Sometimes this is simply showing acceptance, letting your child be and not giving directions all the time. It's good to give your child the opportunity to take the lead, to have input, to make suggestions and ask questions.

When you're really in the moment, you respond to your child in ways that aren't impulsive or based on habit. Being in the moment includes praising, repeating your child's words, smiling and making eye contact, imitating, playing what your child wants to play, and really having fun together. Parents who give these responses can see dramatic changes in their children.

Your child can tell when you're not really paying attention – when you're giving those mindless 'mmmm' responses to what he's saying. Of course this will happen sometimes, but the aim is to tip the balance in favour of being positive and present.

Spending 'quality time'

Quality time can happen anytime and anywhere, in the middle of ordinary days and situations. A shared laugh when you're bathing your toddler, the discovery of the season's first flower in the garden with your six-year-old, or a good conversation in the car with your eight-year-old – these can all be quality time. Just listen closely to your child or stop what you're doing to pay full attention to her.

You can also make quality time by taking advantage of any opportunity, however small, to **show that you value and appreciate your child**. For example, you can communicate powerful positive messages with your smiles, laughter, eye contact, hugs and gentle touches.

Quality moments like these are an essential factor in building a positive relationship with your child.

For more info see: www.raisingchildren.net.au

Office/admin information

Office Closures:

Anzac Day—Thursday 25th April
Queens Birthday—Monday 10th June
Bendigo Cup—Wednesday 30th October

Dates for your diary

Starts Again for Term 2 Tues— 23rd April

Supported Playgroup resumes for Home-Start families. 10.00am at Salvo's Gravel Hill Building, come along and join us. We will be, from this term, starting Mother Goose, song and rhyme sessions at the beginning each week and this term the exciting Eat, Move, Live Program continues!

Families Event

Little People Art—during May (invite to follow).

Admin Note

Changed mobile? Moved house? Make sure you let the office know, its important we have up to date contact details for you as you will get mail and occasional calls from the Coordinator. Need to update? Then call: 5441 1047



Useful Information for Families

Chat and Chew

10am on Friday mornings. Bring along handicraft, knitting or a friend! Have some fun, relax and enjoy yourself. Gold coin donation. Venue: Kangaroo Flat Community House, 21 Woolcock Avenue. Want to know more? Call: 5447 9687

Singing for Fun Choir

Meets every Thursday 7.30pm (except during term holidays). You don't need any experience. Contact: Jude on 0400 099 276. Venue: St Liborius Parish Hall, 379 Eaglehawk Road

Al-Anon and Alateen

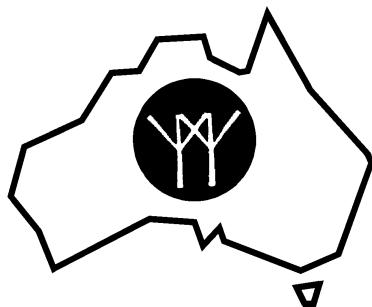
Weekly meetings of Al-Anon and Alateen, organised by Al-Anon Family Groups for people affected by someone else's drinking. Alateen meets Monday's at 6.30pm and Al-Anon at 8pm. Venue: DOXA School, 118 Hargreaves Street, Bendigo. Interested, then call: 1300 ALANON

Free Meditation Classes

Tuesdays 7pm (expect for public holidays). At: Neighbourhood House, 21 Neale Street, Bendigo. A great way to find inner peace, silence and balance. Call: 5442 1489 for further info.

Community Breakfast

The Borough holds a free community breakfast each week (Fridays) starting at 7.15am until 8.30am. Venue: St Peter's Hall, corner of High and Church Street's (opposite Eaglehawk Primary School). Contact: 5446 2527.



Contact Details

Name: Jane Worthington
Address: Baptcare Home-Start Bendigo, 391 Hargreaves Street, Bendigo 3550
Phone: 5441 1047
Mobile: 0439 038 140
Email: jworthington@baptcare.org.au
Website: www.baptcare.org.au