

Home-Start Bendigo

Bendigo Families, Issue 20, July 2013

Inside this issue:

Page 2

- Cleaning children's teeth
- Fun quotes about 'dust'

Page 3

- Children's craft activity
- Family recipes

Page 4

- Office closures
- Dates for your diary
- Admin note
- Useful information
- Contact details

Welcome to winter in Bendigo

Winter has finally arrived with a bang in Bendigo with frost, fog and rain as well as the occasional warm afternoon. I hope you are all keeping warm and well!

You will notice I have enclosed a flyer about 'common colds need common sense' which I hope you will find useful. Also enclosed are the following flyers for upcoming programs that you may be interesting in:

- The Carer Wellbeing Program is offering 'well carer' check up's for free.
- Bendigo Community Health has 'Building Positive Relationships' courses (two sets of three sessions remaining) for free in either August or October.

We are also providing, via volunteers and the playgroup, the Let's Read packs to parents. For those of you who receive a pack and use it there will be a brief follow-up survey in around three to six months that I'll call you for your thoughts and ideas on how useful the pack was.

You'll also see from the enclosed letter Baptcare is going to be undertaking a Needs Survey in the coming months. Please read the letter because it gives you vital information. There is also an invite to the first coffee morning forum that I'd like you to consider attending if you can. Also enclosed is your annual survey of the service, take a minute to complete it as your thoughts and guidance are always welcome.

Coming up in August (tentative date so far Tuesday 13th) we're hoping to go to Jets Gym in Golden Square for a session. You will be receiving an invite shortly when details are confirmed. We're also hoping to host, either before Christmas or early 2014, a self-care session for parents and possibly a short-course looking at mindfulness and confidence. As to when it's booked I will be advertising—so look out for that.

Since the last newsletter we've had a well attended session at Little People Art (with some real master pieces going home with the parents) - picture below. And the next of our Parents Group (Circle of Security) has been up and running (again picture below).

Jane



Baptcare

Cleaning children's teeth



In children, teeth should be cleaned as soon as they emerge. By starting early, your baby gets used to the daily routine. A soft washcloth wrapped around your finger can substitute for a brush when teeth first appear. Ask your dentist when you should switch to a toothbrush. Some dentists suggest waiting until four teeth in a row have come out; others recommend waiting until the child is 2 or 3 years old.

Here are some tips for taking care of your child's teeth:

- Choose a small, child-sized, soft-bristled toothbrush. Soaking the brush in warm water for a few minutes before brushing can soften the bristles even more.
- Many dentists recommend using only plain water for brushing up to the age of 2. This is because young children swallow toothpaste and swallowing too much fluoride may lead to tooth discoloration in permanent teeth. Ask your dentist if toothpaste should be used. Also, check the manufacturer's label; some toothpastes are not recommended in children under age 6. If a toothpaste is to be used, squeeze out about a green pea-size amount of fluoride toothpaste onto the toothbrush.
- Brush your child's teeth twice a day – in the morning and just before bed. Spend two minutes brushing, concentrating a good portion of this time on the back molars. This is an area where cavities often first develop.
- Replace the toothbrush every three or four months, or sooner if it shows signs of wear. Never share a toothbrush with others.
- Start flossing your child's teeth once a day as soon as two teeth emerge that touch. The use of floss sticks or picks instead of regular string floss may be easier for both you and your child.
- Ask your dentist about your child's fluoride needs. If your drinking water is not fluoridated, fluoride supplements or fluoride treatments may be needed.

Ask your dentist about dental sealants. These are thin, plastic protective barriers that fill in the chewing surfaces of the back teeth, protecting them from tooth decay.

When Should Children Brush and Floss on Their Own?

Most children lack the coordination to brush or floss their teeth on their own until about the age of 6 or 7. Up until this time, remember that the best way to teach children how to brush their teeth is to lead by example. Allowing your child to watch you brush your teeth teaches the importance of good oral hygiene.

For further information see: <http://www.webmd.com/oral-health/guide/brushing-flossing-child-teeth>

Great link to the McClean's Children's Teeth Cleaning App for phones: <http://www.macleans.com.au/products/macleans-kids.aspx?gclid=C17xtoPc2LgCFYtPpAodC3QAew>

Fun quotes about dust (yes I said 'dust') ...

'Remember...a layer of dust protects the wood beneath it.'

'A house becomes a home when you can write 'I love you' on the furniture.'

'Dust if you must, but the world's out there with the sun in your eyes, the wind in your hair, a flutter of snow, a shower of rain—this day will not come around again.'

Children's craft - Aboriginal handprints

Make your own cave wall handprints with this easy art project you can do with your kids. You can buy powder paint at most craft stores and is called tempera.

What you need:

- Piece of black or brown paper
- White powder paint (tempera)

Activity:

Dampen the paper with a squirt bottle or damp cloth.
Place your child's hand down firmly on the damp paper.
Flick the white powder paint over the hand and the paper.
Carefully lift your child's hand from the paper and look at the impression left behind.



Recipes for the family

Salmon & Corn Fritters

What you need:

- 400g salmon fillet, skin off (or substitute with canned salmon)
- 3 fresh cobs of corn (or substitute with canned corn)
- 1/4 cup finely chopped fresh parsley
- 1 small leek, chopped finely
- 1/2 cup plain flour
- 3 eggs, beaten lightly
- 1/3 cup vegetable oil



Preparing and cooking:

Cut the salmon fillet into a fine dice and place into a large mixing bowl or substitute with canned salmon.
Slice the corn kernels from the cobs and add them to the salmon along with the parsley and leek. Add the flour and mix well. Fold in beaten eggs until the mixture comes together. If it is still a little dry, add another egg.
Preheat oven to 140 degrees and line a baking tray with baking paper.
Heat 2 tablespoons of the oil in a large non-stick pan. When the oil begins to shimmer, add heaped serving spoons of the salmon mixture to the pan. Fry the fritters until golden brown on both sides, then transfer to the baking tray and keep warm in the oven. Repeat the process with the remaining batter.
Serve fritters with green salad, mayonnaise and hot chilli sauce, if desired.

Chicken Sausage Rolls

What you need:

- 500g chicken breast mince
- 1 onion, finely chopped
- 1 carrot, finely grated
- 1 clove garlic, crushed
- 2 zucchini, finely grated
- 2 cups fresh breadcrumbs
- salt and pepper
- 3 sheets ready rolled frozen puff pastry
- 1 egg, lightly beaten
- 1/3 cup milk
- 1/3 cup sesame seeds



Preparing and Cooking:

Preheat oven to 190°C. Line 2 baking trays with baking paper and set aside.
Lay pastry sheets out to defrost.
Place the chicken mince, onion, carrot, zucchini and bread-crumbs, garlic, salt and pepper into a food processor and process until fully combined.
Cut pastry sheets in half and evenly distribute the chicken mix between the 6 pieces.
Mix the egg with the milk. Roll the chicken mix in the pastry and use the egg/ milk wash to seal.
Cut each log into 3 for large sausage rolls or 6 for party sausage rolls. Lay onto baking trays and brush egg wash over the tops and sprinkle with sesame seeds.

Bake for 40-45 minutes

Office/admin information

Office closures:

Bendigo Cup Day: Wednesday 30 October 2013

Christmas Day: Wednesday 25 December 2013

Dates for your diary

Runs each Tuesday mornings (Term Time)

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. We will also be having a few Eat, Move, Live cooking demos.

Families event

Jets Gym - tentative date: Tuesday 13 August. Further information to follow.

Admin note

Remember: you have been given (at your assessment visit or during your match to a volunteer) the following important documents:

Privacy of your Information brochure (about why your privacy is important, how we keep and store info about you and your rights).

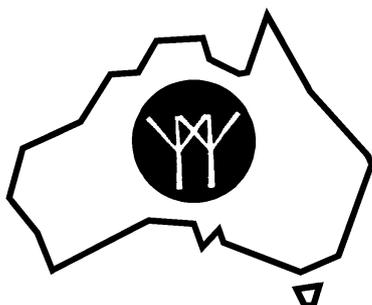
Your Rights and Responsibilities brochure

(about your right to be treated with dignity and respect from the service, your input at decision making, your right to have problems resolved, etc.)

Have your Say (flyer where you can 'have your say' whether its good/bad or indifferent about the service provided).

Complaints Form (which is for you to use if you feel there is a serious issue you need resolving).

If you can't find your copies or would like further copies please call me.



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

Useful information for families

Smalltalk Program:

Do you have a child between 5.5 months and 14 months? Are you interested in finding out new ways to promote your child's learning and development? Smalltalk is a parenting group being offered in Bendigo during school terms and includes a weekly group run by a Smalltalk facilitator that is held over six weeks; groups are held at different locations throughout Bendigo. No cost involved in participating. Interested? Call: Vanessa Frogley on: 5434 6195 or email: v.frogley@Bendigo.vic.gov.au

Cuppa and a Chat:

At the Hill Top Café, Salvation Army, Mundy Street every Monday from 9.30am until 11.30am. Everyone welcome, gold coin donation only. Call Beth on: 5440 8450 for further info

Food and Emergency Assistance:

Bendigo Uniting Church Outreach - Forest Street, Bendigo phone: 5443 4972, phone for an appointment before attending (closed Wednesdays).

St Vincent de Paul - 14 Hopetoun Street, Bendigo phone: 5446 9333 (open 10.00am-2.00pm weekdays) or 23 High Street, Eaglehawk phone: 5446 9333 or 117-119 High Street, Kangaroo Flat phone: 5447 9800.

Salvos - Mundy Street, Bendigo phone: 5440 8450
MUST PHONE FOR APPOINTMENTS ON THE DAY BEFORE 9.30am. Please bring Health Care or Pension card and Centrelink income statement.

Bendigo Autism and Asperger's Group:

Website: <http://www.bendigoautism.org.au>; email: info@bendigoautism.org.au or call: 0417 057 672

Providing support to individuals and their families: sharing information and resources; networking with other organisations to provide support for people affected by Autism or Asperger's Syndrome.