

Healthy Babies Healthy Futures Asian Programme Newsletter

华社服“健康宝宝，快乐家庭”信息简报

– Spring Edition issued on 1st of December 2019

CNSST great achievements from July to Oct:

88 mothers have graduated from Healthy Babies workshop!



Give us a call...

For Chinese & Japanese:

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For Korean:

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Overall, respondents reported a range of positive lifestyle changes as a result of the HBHF programme:

- 96% feel better about themselves
- 74% have met new people in the community
- 96% who report receiving help for themselves and their whanau
- 96% said they are now more confident to cook nutritious meals.
- 67% of respondents have made at least two positive changes to eating behaviours
- 67% of participants are now doing five times or more physical exercises per week.
- 89% felt very well supported by the programme.

Our achievements:

181 people joined our free TextMATCH service with NIHI

88 mums learnt how to prepare and cook healthier meals, shop on a budget, read food labels and be more active

References

Immunisation Advisory Centre

<https://www.immune.org.nz/diseases/measles>

Auckland Regional Public Health Services

<https://www.arphs.health.nz/public-health-topics/disease-and-illness/measles/>

Ministry of Health

<https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/measles/2019-measles-outbreak-information>

Join our free TextMATCH programme



Chinese playgroup and parenting class newly opened in Unsworth Heights

CNSST Chinese Playgroup And Parenting Class

Suitable for the families with children aged 0 to 5 yrs.

Free of Charge

(Every second Monday in each month starting from 1st of Nov 2019 to 1st of Nov 2020 (except Jan 2020)) - 10-12pm
Meadowood Community House (55 Meadowood Drive, Unsworth Heights)

1. Positive guidance skills
2. Encourage independent eating
3. Develop good bedtime routines
4. Three magic steps to grow your baby up

→ Understanding: the reason behind your emotions and why children misbehave
→ Connection: Connection before Correction to grow an emotional link (gentle child)
→ Growth: with an intention to create a harmony family

5. Dealing with disobedience
6. Introduction to Early Childhood Education (ECE) in NZ
7. Benefits of free play and how to set play environments for children under 5 years
8. Literacy and numeracy skills and how children can learn these in play environment
9. ALE and natural resources
10. Transition to childcare centre/school (How to support children to have a smooth transition)

Inquiries and registration: 021-760-121
Or Wechat: fangfangz

CNSST FOUNDATION
Formerly known as Chinese New Settlers Services Trust

Kuddles
In-Home Childcare & Education

Health information sharing

Measles

.Measles is a highly contagious respiratory virus spread from person to non-protected vulnerable person very quickly

.Parents are at risk of getting measles if not fully (2 doses) immunised

.Usually takes 10-12 days for measles to appear after you have been exposed. You are infectious during this period even if you don't have symptoms. Think how many people you meet in 12 days

.Symptoms start off like the flu- runny nose, fever, cough then conjunctivitis (inflammation in the eyes). This can last for 2-4 days

.After the first symptoms a rash then appears beginning at your head and travelling down your body. The rash lasts up to 1 week

.Unfortunately complications from measles are common

-there is no treatment for measles

-The measles virus suppresses the immune system, lowering the body's ability to fight other infections for several years after the infection

-Commonly ear infections, pneumonia and diarrhoea occur

-Less common - encephalitis (swelling of the brain), inflammation of the small airways lungs, kidneys, heart or liver or death

.If you contract measles whilst pregnant there is an increased risk of miscarriage, premature labour or low birth weight for baby

.If you don't have any immunisation history it is better to get one dose of vaccine than remain unprotected. Women should wait one month after vaccination before trying to get pregnant

What can you do:

•Immunisation is the key to protecting yourself & your children against measles

•MMR (Measles, mumps and rubella) vaccine is free for any resident/citizen born after 1969 who hasn't had two doses of MMR vaccine before

•2 doses of the MMR vaccine given 4 weeks apart gives you the best protection of getting the measles virus. One dose gives 95% protection

•MMR vaccine is now given to Auckland children at 12 months and 4 years

•There are many countries with measles outbreaks please speak to your GP/nurse before travelling to discuss if your baby or you should have one before you travel

•People born before 1969 are believed to be immune (protected) due to high rates of natural infection in the general population at this time

•If you cannot remember if you have had a dose there are no concerns if you end up getting four doses in your lifetime



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FOOD & DRINK

The Asian Network
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AUCKLAND
Auckland Regional Council

Whānau Ora
Whānau Ora Services