

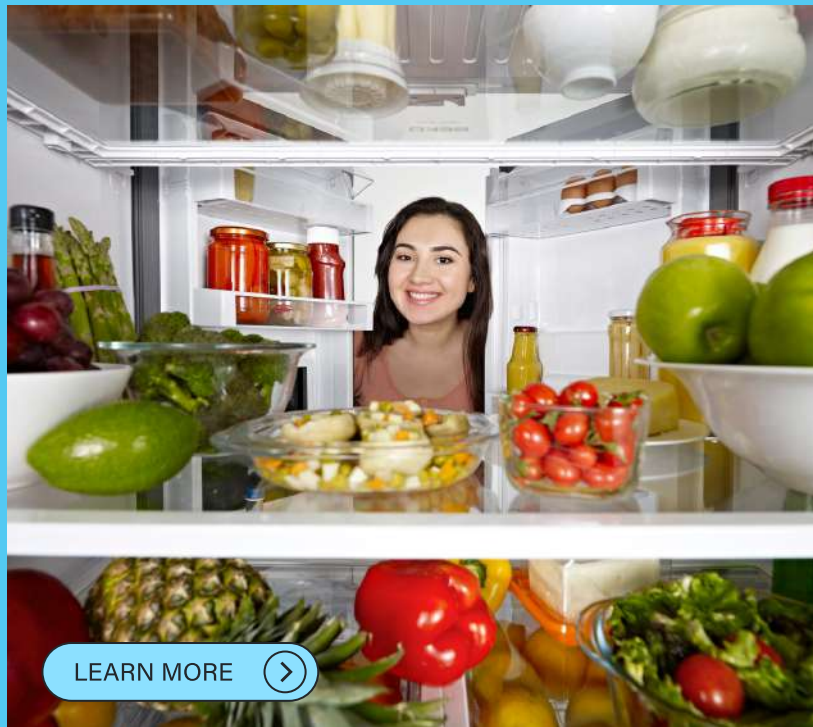
South Western Sydney Local Health District Healthy Family Bulletin

DECEMBER 2022

- Information current as of 8 December 2022



Shopping smart for healthy eating



Shopping for ingredients to prepare food at home can make healthy eating easier (and cheaper too). Check out these tips and tricks:

- Write a shopping list (and stick to it).
- Plan your meals and snacks for the week.
- Compare the per kilogram or per litre price of similar items.
- Substitute fresh fruit and vegetables for frozen or tinned varieties.
- Use the health star rating for packaged food.

Start with some small steps and look into how you can make your food go further by clicking [here](#).

Share our Space



Share Our Space is a program that is committed to ensuring everyone has access to quality outdoor facilities during school holidays. It provides an opportunity for community members to use a public school's outdoor facilities during holidays for a range of activities from sport and recreation to cultural events and celebrations. The outdoor facilities at hundreds of schools will be available to use between **8am and 5pm** during the school holidays, including public holidays. Some schools are only open on weekends, so please check before you visit.



Please look for a Share Our Space sign on the school gate displaying a QR code that you can scan to check which schools are open. [READ MORE](#)



Healthy Family Bulletin

Good screen time habits



While screens can be useful for learning and entertainment, they can't replace the health benefits of being active, developing social skills and improving sleep. Consider balancing screen time with other activities your family enjoys that promote health and develop new skills. Watch the video for ideas.

[CLICK HERE](#)

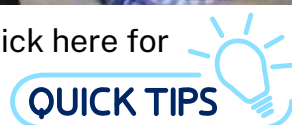
Breastfeeding and hot weather

The summer heat can be exhausting for everyone. Mums and babies need special attention in extreme temperatures to make sure they are comfortable and well hydrated. Here are some tips from the Australian Breastfeeding Association about feeling more comfortable when feeding in the heat:

- If skin contact is uncomfortable for you and your baby, place a muslin wrap, pillowcase or cloth nappy between you.
- Place a cool, damp face washer in the crook of your arm while feeding.
- Lying down to feed may be more comfortable for both of you. Only baby's mouth and your breast need to be in contact.
- If your baby's skin feels hot to touch, sponge them frequently with lukewarm (body heat) water. An alternative is bathing often. Use plain water as soap can remove the natural oils from baby's skin.



Click here for



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How to read food labels

Do you know how to read the Nutrition Information table? This is a guide for you to be able to make an informed choice when buying products. The Nutrition Information table allows you to compare products and choose the healthier option. How many terms do you know that mean sugar?

[LEARN MORE](#) 



Total Fat ▶
Generally choose foods with less than **10g per 100g**.
For milk, yogurt and icecream, choose less than **2g per 100g**.
For cheese, choose less than **15g per 100g**.

Saturated Fat ▶
Aim for the lowest, per 100g.
Less than 3g per 100g is best.

Other names for ingredients high in saturated fat: Animal fat/oil, beef fat, butter, chocolate, milk solids, coconut, coconut oil/milk/cream, copha, cream, ghee, dripping, lard, suet, palm oil, sour cream, vegetable shortening.

Fibre ▶
Not all labels include fibre.
Choose breads and cereals with **3g or more per serve**

Nutrition Information

Servings per package – 16
Serving size – 30g (2/3 cup)

| | Per serve | Per 100g |
|----------------|--------------|---------------|
| Energy | 432kJ | 1441kJ |
| Protein | 2.8g | 9.3g |

| Fat | | |
|------------|------|------|
| Total | 0.4g | 1.2g |
| Saturated | 0.1g | 0.3g |

| Carbohydrate | | |
|---------------------|-------|-------|
| Total | 18.9g | 62.9g |
| Sugars | 3.5g | 11.8g |

| | | |
|---------------|------|-------|
| Fibre | 6.4g | 21.2g |
| Sodium | 65mg | 215mg |

Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins.

Ingredients ▲
Listed from greatest to smallest by weight. Use this to check the first three ingredients for items high in saturated fat, sodium (salt) or added sugar.

◀ 100g Column and Serving Size

If comparing nutrients in similar food products **use the per 100g column**. If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column. But check whether your portion size is the same as the serve size.

Energy

Check how many kJ per serve to decide how much is a serve of a 'discretionary' food, which has 600kJ per serve.

Sugars

Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugars. If sugar content per 100g is more than 15g, check that sugar (or alternative names for added sugar) is not listed high on the ingredient list.

Other names for added sugar: Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose.

◀ Sodium (Salt)

Choose lower sodium options among similar foods. **Food with less than 400mg per 100g are good, and less than 120mg per 100g is best.**

Other names for high salt ingredients: Baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate, (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.



Starting big school



Transition to School



Northern Sydney Local Health District has developed the video series, 'Supporting the Transition to School'. The series provides practical ideas to help parents and carers support a positive transition to school.

DID YOU KNOW?

Almost 90 per cent of a child's brain development happens before they turn five years old

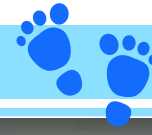
Skills and behaviours learnt during the early years can help children have a smooth start to kindergarten and throughout life. The videos focus on the importance of developing a variety of skills, beyond reading and writing, to support a smooth transition to primary school.

[WATCH VIDEO](#) 



Healthy Family Bulletin

Build Brains and Bodies: The First 2000 Days



Most of your child's brain development happens in the first 2000 days of their life, by the time they're five years old. From the moment your baby is born, they are learning and you are their best first teacher. The time you spend connecting with your child is the most important thing you can do to build their brain and body. Children's brains grow when they receive loving and human interaction.



Take a few minutes to watch the [Build Brains and Bodies](#) video that relates to your child's current age. You'll be amazed how easy it is for you to give your child the best start in life!



Pregnancy vaccinations



Have you had your pregnancy vaccinations?

Did you know that if you're pregnant, planning on having a child or just had a child, there are certain vaccinations you should be staying up-to-date with?

These vaccines are recommended and are safe to help protect your baby in the early months of life. Talk to your health care provider and find out when your vaccinations are due. For more information, click [here](#). You can also access information in a variety of languages.



Healthy Family Bulletin

Patients who travel for treatment

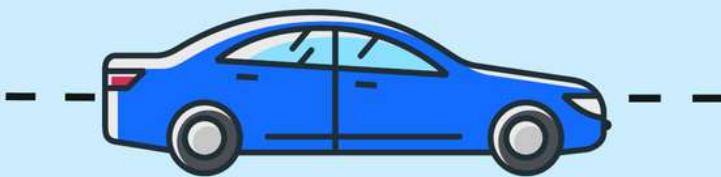


Isolated Patients Travel and Accommodation Assistance Scheme:

In NSW, patients can claim financial assistance towards travel and accommodation costs if they need to travel more than 100km one-way or 200km in a week for specialised medical treatment that is not available locally.



If you **travel more than 100km one way or 200km within a week** you may be able to claim financial assistance towards travel and accommodation costs.



To find out if you are eligible,



Ask

your social worker or healthcare team today,



Call

1800 478 227

or



Visit

iptaas.health.nsw.gov.au

Take the sting out of mozzie bites



When you are heading outdoors to enjoy the warmer weather, don't let mozzies ruin your fun! Spray-up and cover-up to protect yourself from mozzies and the diseases they carry.

Not only are mozzies a nuisance but some also carry and transmit diseases. Take some simple steps to protect yourself and your family this summer:

- **Spray-up:** Apply (and reapply) repellent evenly to all areas of exposed skin.
- **Cover-up:** Wear loose-fitted, long-sleeved and light-coloured clothing, and covered footwear and socks.



Know the facts about mozzie repellent



| Topical repellents | VS | Natural repellents |
|---|----|---|
| Ingredients: DEET Picaridin Oil of lemon eucalyptus | | Ingredients: Botanicals Essential oils |
| Length of protection 2-12 hours | | Length of protection <30 min |
| Protects against: Mozzies, flies, ticks, leeches | | Protects against: Mozzies |

READ MORE



Healthy Family Bulletin

You might meet a wallaby



Have you visited **The Australian Botanic Garden Mt Annan**? The gardens feature Australian flora including the ancient Wollemi tree. You may even get to see wallabies! Enjoy walking, bike paths, the children's playground as well as picnic and barbecue areas. It is a great day out and a treasure to discover in south western Sydney! Entry is free. For more information



Happy holidays to you all!



The Healthy Children Initiatives team wish you all a healthy and happy holiday season. Thanks for your support this year. We look forward to sharing more health tips with you in 2023. We will take a short break over the holidays from Friday 23 December and return on Monday 9 January. The first Healthy Family Bulletin for 2023 returns in January. See you then!

