

South Western Sydney Local Health District Healthy Family Bulletin

JANUARY 2023

- Information current as of 9 January 2023



More fruit and vegetables on the menu

Fruit and vegetables taste great and provide essential nutrients for children's healthy growth and development. Do you know how many fruits and vegetables your child should be eating? Western Sydney Local Health District has developed some visual fact sheets to show you what a serve of fruit and vegetables looks like and how many serves children should be eating every day.

HOW MANY VEGETABLES SHOULD KIDS EAT EACH DAY?

2-3 YEARS	4-8 YEARS	9-18 YEARS
2½ Serves	4½ Serves	5 Serves

A serve of vegetables and legumes/beans is:



½ cup vegetables (fresh, frozen or canned)



1 cup green leafy vegetables



½ cup legumes/beans/lentils

These count as a vegetable serve.



1 medium tomato



8 vegetable sticks



HOW MUCH FRUIT SHOULD KIDS EAT EACH DAY?

2-3 YEARS	4-8 YEARS	9-18 YEARS
1 Serves	1½ Serves	2 Serves

A serve of fruit is:



1 medium (apple, banana, orange or pear)



2 small (apricots, kiwi fruit or plums)



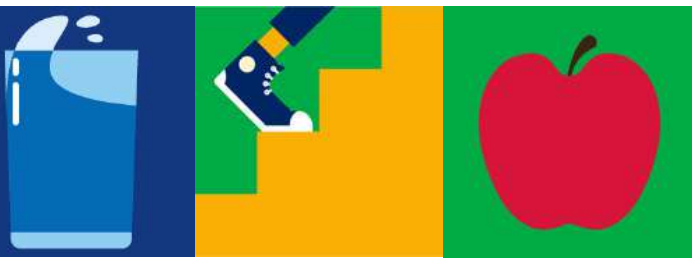
1 cup diced or canned fruit

Most children eat enough fruit each day, but not enough vegetables. For tips to help children eat vegetables, check out this visual fact sheet.

Active Kids vouchers for 2023



Kick off the New Year by applying for your 2023 Active Kids vouchers! The Active Kids program provides two \$100 vouchers for parents, guardians and carers of school-aged children. These vouchers can be used towards the cost of sport and active recreation each year. Voucher 1 is valid from January to December and Voucher 2 is valid from July to December. Find providers that accept the vouchers or search by postcode, activity or provider name [here](#).



Healthy Family Bulletin

Balancing screen time



Positive routines and habits around screen time can be great for the whole family. Try setting boundaries for screen time like device-free times or zones in your home. One of the best ways to help your child balance their screen time is to work together on family rules for screen time. These rules might cover where, when and how your child can use screen time and digital technology. For more tips on balancing screen time visit the Raising Children Network [here](#). The network has also created a checklist to help balance screen time and make your family rules.

Ideas for device-free zones and times



[CLICK HERE](#) to access the screen time checklist.

Pack a healthy lunchbox



With children going back to school at the end of the month, it is important to think about how to pack a healthy lunchbox. Children can consume up to one third of their daily food intake at school, so it is important that their lunchboxes are filled with healthy and nutritious food. This will provide them with the energy and nutrients they need to grow, learn and play. It is also a great opportunity to teach children lifelong healthy eating habits.



- Watch the Cancer Council's video on how to pack a healthy lunchbox [here](#).
- Find more tips on packing a healthy lunchbox [here](#).



Healthy Family Bulletin

Facts about vaping



DO YOU KNOW WHAT YOU'RE VAPING?



NICOTINE

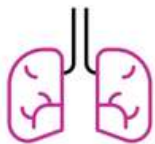
Many vapes contain nicotine making them **very addictive**

FRUITY

The nicotine in 1 vape can **= 50 cigarettes**

3 TIMES

If you vape you are **3 times** as likely to take up smoking cigarettes



Vaping has been linked to **serious lung disease**



Vape aerosol **is not water vapour**



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray.

For more facts about vaping, [CLICK HERE](#)

Vapes are not water. Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray. They just don't put it on the pack.

Vapes come in a number of flavours such as blueberry or bubblegum that make them appealing. Many vapes also contain nicotine, the same highly addictive substance found in tobacco cigarettes. Testing has shown that vapes labelled 'nicotine free' can have high nicotine levels. People can think they are using nicotine free vapes and unknowingly quickly develop a nicotine addiction. It is important be a good role model for your children and your family. For support to quit vaping, [CLICK HERE](#)



Keep mozzies away



Do you know how to treat mozzie bites? NSW Health recommends that you follow four steps (right): Symptoms of an infected bite include swelling, pain, redness and inflammation. If you think your bite is infected, speak to your doctor. Be alert for symptoms of mosquito-borne diseases like Japanese encephalitis after a mosquito bite. If you develop a rash, flu-like symptoms such as fever, chills, headaches, joint or muscle pains (swelling or stiffness), fatigue, or you generally feel unwell, speak to your doctor straight away. [LEARN MORE](#)

How to treat mozzie bites



1. Wash bite with soap and water



2. Use an icepack to reduce pain and swelling



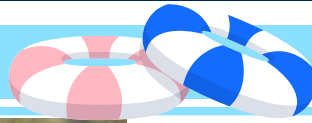
3. Speak to your pharmacist about products that may relieve itching

4. Avoid scratching



Healthy Family Bulletin

Water safety over summer



Drowning only takes seconds

Watch your kids around the water this summer



[CLICK HERE](#) to learn more about water safety.

Children can drown quickly and silently. It can happen in 20 seconds and in just a few centimetres of water. Sometimes adults are nearby, but distracted.

Keep kids safe this summer:

1. Always supervise children around water.
2. Designate a “Water Watcher” adult and take turns.
3. If you have a pool, make sure there is a fence around it and keep the gate closed.
4. Empty any water from inflatable pools or buckets.
5. Teach water awareness by spending time in the water with your child.



Learn how to resuscitate (CPR) in case of an emergency. In an emergency, call Triple Zero (000) immediately.

Having fun in the sun



It's easy to protect your skin from the sun's UV rays over summer.

Be prepared and stay safe by doing five simple things:

1. Slip on protective clothing.
2. Slop on SPF 50+ sunscreen every two hours.
3. Slap on a wide-brimmed hat.
4. Seek shade throughout the day.
5. Slide on sunglasses.

[MORE INFO](#)



PROTECT YOUR SKIN

SLIP	SLOP	SLAP	SEEK	SLIDE

