



Vegetables add colour and flavour to Christmas treats



Mini Christmas Tree Pizzas

Ingredients:

- 250g pizza dough ball.
- 1/2 cup pizza sauce.
- 1 cup cherry tomatoes, sliced.
- 1 cup shredded mozzarella cheese.
- 1/2 cup chopped spinach.

Method:

- Preheat oven to 180C.
- On a floured surface, roll out pizza dough to 1.5 cm thickness. Use cookie cutters to cut Christmas trees out of the dough. Lay on baking paper.
- Top each pizza with pizza sauce, tomatoes, cheese and spinach.
- Bake for 10 minutes until browned, or until the cheese has melted.



Festive snacks and party food don't have to be filled with sugar and fats. The [Super Healthy Kids](#) website has a list of 25 healthy Christmas recipes that your family will love. One recipe to try is Mini Christmas Tree Pizzas. They are loaded with colourful vegetables and make a tasty treat.

Free and affordable fun in the school holidays

The school holidays are fast approaching and a range of free and affordable activities are available to help families stay active. If you love adventure, you can have fun on the 8m high sky walk, flying foxes, swings and toddler playground at [Casula Parklands](#). Bring a basket of food and enjoy the shaded picnic areas.

Your family can also learn to ride at the [Bicycle Education Centre](#) in Campbelltown. Have fun peddling around the circuit and learning the road rules as you stop at the traffic lights or pedestrian crossing. The centre opens on Sundays and during school holidays. Entry is free to both venues.



QUICK TIPS

For more free and affordable school holidays activities, visit your council's website.



Tips to manage your child's screen time over summer



Screen time can help children learn, play and develop their communication skills. It can be a balancing act because too much screen time can lead to:

- Decreased attention span.
- Decreased fine and gross motor skills.
- Lack of adequate sleep.
- An increase in hyperactivity.

Check the following list of age groups to find out how much screen time is recommended each day:

- 0-2 years: No screen time.
- 2-5 years: Less than one hour each day.
- 5-12 years: Less than two hours each day.

For more tips, visit the [eSafety website](#).

Getting ready for big school

Starting primary school is a big milestone in a child's life and can be exciting and a bit nerve-wracking at the same time. Here are some tips to help children and parents or carers prepare for the big day!

- Attend kindergarten orientation sessions before the school year starts.
- Be supportive and acknowledge your child's feelings about starting school while comforting them.
- Practice good habits like packing a healthy lunchbox and a sleep routine.
- Let your child practice independent tasks like using the bathroom and washing their hands by themselves.



The NSW Department of Education has two helpful resources for families.

- [Daisy's First Day](#) is a picture book to read together. A digital copy is also available.
- [Getting ready for primary school](#) is a step-by-step guide in English and a variety of community languages.





Healthy Family Bulletin

Safety in and around water



Swimming at the beach or pool is a fun way to cool down and stay active over summer. It's important to keep yourself and your child safe in and around water. Here are some important tips to follow:

- Always supervise your child when they are in or around water.
- Restrict access to all sources of water and empty baths, buckets and wading pools immediately after use.
- Learn first aid and resuscitation.
- Increase water awareness. Swimming and water safety lessons are recommended for all children.

CLICK HERE



For water safety factsheets and information.

Support for expecting and new parents

An estimated one in five new and expecting mums and one in 10 dads experience perinatal depression and/or anxiety. (Information sourced from the [ForWhen](#) website).

ForWhen is a free national helpline which provides mental health support to new and expectant parents. The service connects people to local support services and the referral pathways that can help them.

The service is available on 1300 24 23 22 on weekdays from 9am to 4.30pm. People can also email admin@forwhenhelpline.org.au

LEARN MORE



Have a safe and happy holiday season!

From the Healthy Children Initiative team.

Thanks for your support this year. We will take a short break over the holidays from Friday 22 December 2023 and return on Monday 8 January 2024. The first Healthy Family Bulletin for 2024 returns in January. See you then!

