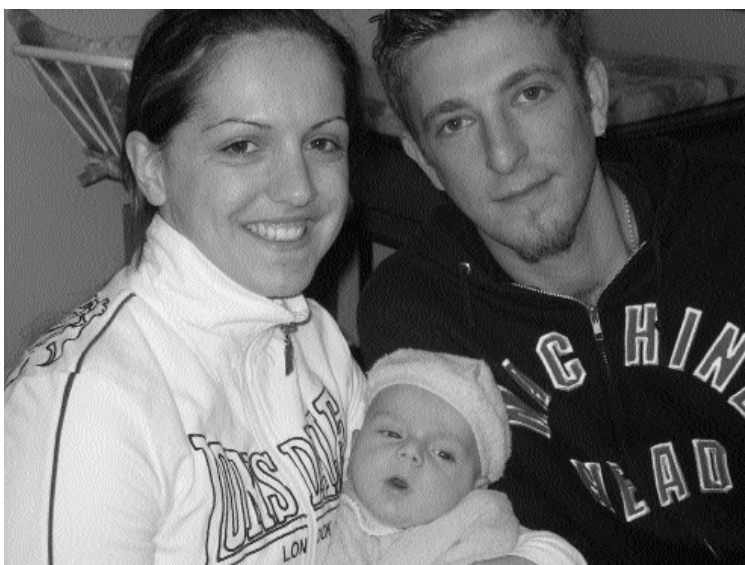


# Our Early Bird catches NSW!

Monique HauberDavidson | Health Promotion Service

Early Birds,  
the Naumovski  
family with baby  
Damien



The Early Bird Parenting Program, developed by SESI-AHS, has been launched to nurses across the State.

Run by child and family health nurses to improve the well-being of babies and families, the scheme gives parents access to child and family health services as soon as possible after birth.

Area director of Nursing and Midwifery Services Kim Olesen

said the early weeks of parenting were recognised as critical.

“Women who took part in the Early Bird Program in the St George area had a significant drop in their Edinburgh Depression Scale than those

who attended one-to-one appointments with a child and family health nurse,” she said.

“Research has shown that women who attend these programs also have higher breastfeeding rates at eight weeks.”

The Early Bird Program aims to:

- Encourage parents to make their own decisions about parenting
- Increase the satisfaction and confidence of new mothers and their families
- Strengthen maternal and infant attachment; and
- Promote and support breastfeeding.

Kimberly-Clark Australia, the makers of Huggies nappies, sponsored the *Early Bird Manual* to Child and Family Health nurses Statewide.

■ To obtain a copy of the **Early Bird Program Facilitator's Manual** phone **Rosemary Osborne, Child and Family Health Service** on **9580 5843**. ❖

## School's in on good health

Monique Hauber-Davidson | Health Promotion

The School Health Incentive Project (SHIP) continues to motivate and support 20 local schools to find creative solutions to health issues.

Sutherland North Primary School doubled its consumption of fruit by improving children's food choices.

Strategies included reviewing the school canteen to ensure it met the NSW Fresh Taste guidelines, working with the after school program to offer healthy food choices and fostering a culture of eating nutritious food. Fruit consumption at the school increased from 35 to 68 per cent.

Rockdale Public School trained teachers to assist children in developing the 12 fundamental movement skills including catching, throwing, skipping and kicking a ball.

The results showed that teachers felt more confident and students were more willing to participate in games and sport because they had the skills.

Beverly Hills Intensive English College developed a unit to address racism through positive interaction between students and across the curriculum.

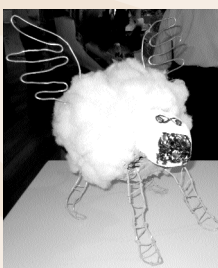
Titled *Unity in Diversity* the 12 lessons were aimed at fostering tolerance and understanding among all cultural groups within classroom.

### Building blocks

Young Aboriginal students and elder Aboriginal women celebrated their achievements at an art exhibition held at Hazelhurst Regional Gallery, Gymea.

The result of workshops, it brought Aboriginal people from the Sutherland Shire together to share stories, learn skills, build self-esteem and have fun.

Health Promotion together with the Aboriginal Health Service, Kurranulla Aboriginal Corporation, Kirinari Aboriginal Hostel, and Hazelhurst Regional Gallery coordinated the project.



### Safety guidelines

Occupational Health and Safety Guidelines have been approved for health workers in schools.

Health Promoting Schools Coordinator Polly Price said: “This means we can identify and potentially manage some of the risks to health staff working in an environment that is not under the direct control of their employer.”

The guidelines were approved by the NSW Department of Education and Training and the Catholic Education Office for the Sydney Diocese.

Polly congratulated Joe Morrissey from the Safety and Injury Management Bureau, SESIAHS, for his valuable work in developing the guidelines.

### Clear air award

A tool that helps reduce children's exposure to environmental tobacco smoke in Chinese families has won a Multicultural Communication Award.

Health Promotion worked with other area health services and The Cancer Council NSW to produce a bilingual flip chart for health workers to use in educational and counselling sessions. ❖