

1 Nutrition Initiatives in the Illawarra and Shoalhaven

South Eastern Sydney & Illawarra Area Health Service

Food and Nutrition @ Supported Playgroup

- Needs assessment completed in November/December 2004 identifying training and resource needs for Supported Playgroups around nutrition and physical activity
- Training provided in June 2005 for Supported Playgroup leaders and assistants on food requirements and healthy eating for infants and toddlers; communication strategies when working with families regarding food and nutrition; and planning a nutritious morning tea at supported playgroup
- Food and Nutrition @ Supported Playgroup Manual developed and distributed to supported playgroup leaders which included 5 sections – providing a nutritious morning tea; communicating with families about food and nutrition; food and nutrition activities for children; Nutrition resources and useful contacts
- Healthy Food for Babies & Toddlers Cookbook developed and distributed to each supported playgroup across the Illawarra and Shoalhaven
- Family Food video and supporting materials addressing fussy eating in children 1-5 years distributed to each supported playgroup leader
- Ongoing consultation and support to supported playgroups across the Illawarra by SESIAHS community nutritionists. This has included facilitating group discussion on food and nutrition issues (eg. Fussy eating, snack foods for toddlers, introducing solids, drinks for infants and toddlers etc); co-facilitating food demonstrations with supported playgroup leaders; menu assessment and recommendations for morning tea at supported playgroup
- Follow up and evaluation of food and nutrition at supported playgroup project outcomes in August/September 2005

Resource Manuals for Child & Family Nurses

Update and standardised nutrition resources used in clinical settings. New manuals to include a hard copy for photocopying, information of how to order where necessary and electronic copy on disc where appropriate. Resources include locally produced resources, NSW Health and resources from other health services.

Standardised nutrition resources included in the Food and Nutrition @ Supported Playgroup Manual distributed to each supported playgroup leader across the Illawarra and Shoalhaven in order to have consistency in information and messages across the board – i.e. child and family and supported playgroups

Currently seeking funding for the Baby and Toddler cookbook to allow Child and Family nurses and other Families First services to utilise this resources with their clients.

Nutrition Input into the New Parenting Course for the Introduction to Solids component

Updated Introduction to Solids component of Parenting Course. These changes reflect the changes in the Dietary Guidelines for Children and Adolescent (NHMRC 2003) and the Infant Feeding Guidelines for Health Workers (NHMRC 2003). Further changes may be necessary when NSW Health releases their policy on breastfeeding and support material in the near future.

Resources for Prop Feeding and Bottle Rot

Produced and distributed the following resources to both Child and Family Nurses, Nutritionists and Supported Playgroups Coordinators to use with their clients.

- “Cuddle me when you feed me” magnets and brief flyer
- “Bottle Rot: you can STOP your baby’s teeth from rotting”
- “Best Drinks for Toddlers” including ideas on moving from a bottle to a cup
- Dental information incorporated into Blue books and further training produced to Child and Family Nurses.
- Resources and support material, including translated material relating to introducing solids and prolonged bottle feeding developed in South Western AHS.

These resources will also be shared with child care centres and preschools through the “Nutrition and Physical Activity Newsletter” which is produced and distributed for SESIAHS.



Bin the Bottle...

Babies can be taught to use a cup after 6 months of age. They can learn on a sipper cup.



**By 12 months they should be able to use a cup by themselves.
Give up the bottle.**



Dangers of prolonged bottle use...

- Tooth Decay
- Middle Ear Infections
- Speech Defects

Ideas to move from a bottle to a cup...

- ✓ For less mess try using cups with lids, spouts or straws. Start with water then move on to other drinks
- ✓ Change gradually, removing one bottle at a time and replacing with a cup.
- ✓ If the child refuses to drink milk from a cup, try offering other dairy foods like yoghurt, cheese, milkshakes or smoothies.
- ✓ Let your child choose a "big boy" or "big girl" cup
- ✓ Have a special tea party to allow children to experiment with cups in a fun atmosphere

Best Drinks for Toddlers

Water

- ✓ Tap water is cheap, freely available and has no sugar, artificial colouring or flavourings
- ✓ Water helps protect against tooth decay

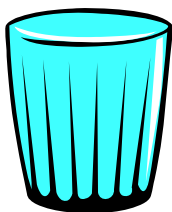


Milk



- ✓ Use full fat dairy products for children under the age of 2 years. Reduced fat dairy products are appropriate for children over 2 years.
- ✓ After 12 months limit all milk and dairy foods to **600ml in 24 hours** (200mls milk = 200g yoghurt = 1 slice cheese = 30g cube cheese)
- ✓ When choosing non-dairy milks check these have at least 100mg of calcium per 100ml and choose the full fat version

What about Fruit Juice?



- Too much juice can cause tooth decay, reduced appetite and lead to diarrhoea in young children
- Fruit juices should be diluted 50:50 with water and limited to 150mls per day for children over 12 months

Cordials, Soft Drinks, Sports drinks...

- These drinks are high in sugar and sometimes colourings, flavourings and caffeine.
- Limit to special occasions. Always serve in a cup.

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Illawarra
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