

**\* Tawa/Linden Plunket Toy Library (Oxford Street, Tawa) \***

Join the toy library now for the special price of \$32.50 for 6 months' membership. Heaps of toys to choose from for kids up to 5 years of age, and no 'per-toy' charges. Contact Karen Taylor on 232-6638 for more information.

**\* Annual General Meeting \***

The Tawa/Linden Branch and Tawa/Linden Toy Library AGM's are being held at the Linden Plunket Rooms, Linden Avenue, Tawa, on Monday 14 November 2005 at 7:30pm. All welcome.

**\* Easy Rocky Road \***

Pink and white marshmallows, chopped  
Snake lollies (Allens Naturals are skinny and tasty), chopped  
Mix above through melted dark chocolate. Leave to set then cut.  
Delicious!

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**\* Tawa/Linden Committee \***

President	Joanne Lockhart	Ph: 232-1115
Secretary	Alison Shaw	Ph: 232-2297
Treasurer	Kate Rockell	Ph: 232-4976

**\* Linden Plunket Rooms Ph: 232-7529 \***

Clinic Hours: Monday: Home Visiting  
Tuesday: Clinic  
Wednesday: Clinic  
Thursday: Home Visiting /Clinic  
(By appointment/clinic times may vary)

For Christmas and New Year hours, please check the answer phone at that time.

Car Seat Hire: Ph: 232-7529 (answer phone), Linden Plunket Rooms  
Hours: Tuesdays 6-8pm and Thursdays 9-11am

Johnsonville Family Centre Ph: 478-4900 / Kapi-Mana Family Centre Ph: 237-7152  
For Family Centres, phone for hours of opening and appointment

 <p><b>Simon's Pharmacy</b> Tawa's Friendly, Family Chemist Priority Express Prescriptions Service for Parents with Sick Children Health Advice, Vitamins, Cosmetics &amp; Gifts. We'd love to see you. Visit us today. <b>210 Main Road, Ph 232 8314</b></p>	 <p><b>ORDER YOUR PRESCRIPTION REPEATS ON-LINE</b></p>  <p><b>www.simonspharmacy.co.nz</b></p>
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*The articles contained in this Newsletter do not necessarily represent Plunket's views and Plunket accepts no liability in respect of them.*



Caring for Young Families - Whānau Awhina

**NEWSLETTER**

**TAWA/LINDEN BRANCH - OCTOBER 2005**

**PLUNKET LINE 0800 933 922 (24 Hours)**

*This newsletter kindly sponsored by Amcal Simon's Pharmacy*

*If you are not the intended recipient of this newsletter, ie, there are no preschoolers in your household, please phone 232-1115 to have your address removed from our delivery database. This will assist us in our efforts to keep our records up to date. Thank you.*

**\* Group Education Sessions \***

Parenting talks are held throughout the year at the Linden Plunket Rooms. Everyone is welcome to attend (no bookings required) and morning tea will be provided at the morning talks. Talks are offered free unless otherwise indicated. However, a gold coin donation would be appreciated to assist with defraying expenses. For statistical purposes, please bring along your baby's NHI number to record your attendance at these talks. The number can be found on the front cover of your baby's Well Child book or obtained from your Plunket nurse.

Just one remaining talk this year:

14th November	Caring for childrens teeth-Dental therapist present to answer any questions you may have.	10:30am
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We would be interested in hearing your ideas on what talks you would like us to run next year. Please contact Marie Nicol on 232 2196 with any thoughts.

**\* Coffee Groups \***

New coffee groups are being organised on a regular basis. If you are interested in joining a coffee group and have not been contacted, please phone Megan on 232-3107. We would also like to say a big thank you to Harcourts Tawa Realty Limited for the photocopying they do for us for the "New Mum Packs". It is very much appreciated. Harcourts will also donate \$250 to the community organisation of your choice if you list and sell exclusively with them (special terms and conditions apply).

**\* President's Report - Jo Lockhart \***

If you were at the Spring into Tawa day I hope you came and visited our stall. Many thanks to those of you who either baked or supplied an item for our grocery raffle, and to everyone who bought the goodies and raffle tickets. Congratulations to Tawa resident Melva Waite who won the grocery raffle. We raised \$330 for Plunket and enjoyed the fun of the day. Congratulations to Cherie (ex committee member) who received her 10-year service certificate as a Plunket Volunteer, and to David, Shane, Sharon and Helen who have all received their 5-year service certificates. What a fantastic effort! Unfortunately for us, Shane and Sharon have recently moved with their respective families to the South Island and we wish them all the best down there.

Our next big effort is taking part in the national Plunket Annual Appeal during the week beginning 17th October. Remember Plunket is only partly funded by the Government and the rest comes from fundraising. Plunket is one of the few organisations still collecting door-to-door and gets a very positive response from our community. Many thanks to those of you who are helping with collecting this year - we appreciate your help. Might see you at the Kirks shopping night. Jo.

### **\* Nurses Report \***

A question we are often asked is, "When do I start toilet training?" There isn't any ideal time to start training, let your child set the pace by looking for the signs of readiness.

#### *Signs of readiness*

- Stays dry for at least 2 hours
- Wants soiled nappies changed
- Asks to use the potty or the toilet
- Asks to wear 'big kid' nappies

#### *The 4 musts*

- Be patient. Don't try to force the pace, wait until your child is ready and even then expect plenty of accidents.
- Be positive. Praise each little accomplishment. When accidents occur stay positive, say, "We'll do better next time."
- Be consistent. Once your child is out of nappies and using pants or underwear, don't go back. Mixed signals only lead to confusion.
- Let your child set the pace. Don't try to force them to learn too fast, support them with encouragement and positive feedback.

Stickers, Star charts, Stamps and small treats all can have their place, and remember any questions - feel free to ask, we'd love to help. Also have a limited supply of toilet training packs so feel free to ask.

Linda and Terri



*Tawa/Linden Plunket & Toy Library*

### **CHRISTMAS PARTY FOR PRESCHOOLERS**



WHEN: Friday 2nd December 2005

TIME: 10:00am - 12:00 noon

WHERE: St Christopher's Church Hall,  
Lyndhurst Road, Tawa

Optional Fancy Dress

Entertainment by Zappo the Magician

Bring a small gift (\$5 value or less) for your own child.  
Wrap it and clearly mark it with their name  
for Santa to give out.

FREE ENTRY

Food and drink will be provided.

To avoid spillages, please bring your child's drinking cup.

*Everyone is welcome - see you there!*

## **KIRKCALDIE & STAINS LTD**

### **CHRISTMAS SHOPPING NIGHT**

Supporting The Royal New Zealand Plunket Society  
Wellington/Wairarapa Area

Wednesday 9 November 2005 6pm-9pm

Three floors of fine Christmas shopping

- Christmas Shop Open - 2<sup>nd</sup> floor
- Birdcage Café open
- Kirkcaldie & Stains shops in the HarbourCity Centre:
  - Cuisine
  - Chocolate, Maxwell & Williams, Bodum Shop
  - Fromagerie, Tea, Coffee Shop
  - The Little Lingerie Shop all open
- 10% Discount on all purchases including all lay-bys & Hire Purchases (excludes Café, gift vouchers, gift coins and bus tickets).
- If you wish to use Kirkcaldies Special Christmas account this must be opened prior to the shopping night (special conditions apply).
- Prizes to be won

Tickets \$5 each

For Tickets Contact: Marie Nicol 232-2196



### **\* Quality Second Hand Clothing/Toy Sale \***

Following the success of our second hand clothing sale almost two years ago, we plan to hold another similar sale next year (approximately early March - date to be confirmed) in conjunction with the Toy Library. If you think you would like to sell some of your children's quality clothing or toys/puzzles/games/books, please contact Jo Lockhart on 232-1115 to register your interest.

### **\* Safety - Use of Car Restraints in Supermarket Trolleys \***

Infant car restraints placed on supermarket trolleys can, and do fall off when not securely attached. The infant in the restraint can receive serious injuries. Unless a restraint has a feature that is specifically for securing it to the supermarket trolley, that restraint should not be placed on the trolley. Some manufacturer instructions (such as the Evenflo Discovery restraint) state clearly, "To prevent accidents or injury to your child, NEVER place child restraint in any position in a grocery cart." Other models make no reference to the restraint being able to be used in a supermarket trolley and have no feature to allow for this. If the instructions for a particular make and model of restraint say that the restraint can be used with a supermarket trolley it is essential for the safety of the baby that the restraint can be clipped on securely.

To prevent injury from falls:

- Securing an infant into the restraint supplied on a supermarket trolley is best.
- Always use the harness provided.
- Supervision of infants and children on supermarket trolleys is essential.
- Toddlers should also be buckled in when seated on the supermarket trolley.

Source: Memorandum, Plunket National Child Safety Advisor, June 2005

KEEP FOR FUTURE REFERENCE

\* Directory of Tawa/Linden Pre-Schools and Childcare Centres \*

Pre-Schools:

Beanstalk Kindergarten	39 Duncan Street, Tawa	Ph: 232-4261
Brian Webb Kindergarten	28 Victory Crescent, Tawa	Ph: 232-5305
Nga Hauranga Kohanga Reo	55 Victory Crescent, Tawa	Ph: 232-8424
Tawa Central Kindergarten	Coronation Park, Oxford St, Tawa	Ph: 232-6416
Tawa Kohanga Reo	51a Coates Street, Linden	Ph: 232-7937
Tawa/Linden Playcentre	1 Ranui Terrace, Linden	Ph: 232-4598
Tawa Montessori	25 Hinau Street, Tawa	Ph: 232-3738
Tui Park Kindergarten	Mexted Terrace, Linden	Ph: 232-7254

Childcare Centres:

Best Beginnings Main	1 Redwood Avenue, Tawa	Ph: 232-6988
Best Beginnings Oxford	57 Oxford Street, Tawa	Ph: 232-7021
Best Beginnings Redwood	3 Redwood Avenue, Tawa	Ph: 232-7241
Best Years Childcare	58 Ranui Terrace, Tawa	Ph: 232-6333
Focus Early Learning Centre	Main Road, Tawa (beside Chipmunks)	Ph: 232-6360
Focus Early Learning Over 2's	54 Redwood Avenue, Tawa	Ph: 232-6370
Kidstart - Barnardoes Home-based Childcare	c/- 14 Hartham Place, Porirua	Ph: 237-6149
Wendy House Childcare Centre	2a Hinau Street, Tawa	Ph: 232-6283

Source: [www.minedu.govt.nz](http://www.minedu.govt.nz). For more comprehensive list go to above website, 'Directory of Educational Institutions'/'Downloads'/'Early Childhood Directory'.

Valid at October 2005

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Valid at October 2005

## KEEP FOR FUTURE REFERENCE

### **\* Library \***

We have purchased some great new books for our Plunket Library that are now available for you to borrow. The new titles are:

#### **\* Of Course I Love You, Now Go To Your Room by Diane Levy**

Diane Levy is a highly successful NZ Family Therapist, counsellor, parent coach (Demons to Darlings TV programme) and speaker. This book presents two main aims - to develop emotional independence and promote self-discipline. She shows you how to raise pleasant children whose company you can enjoy. Very easy to read and contains strategies for sleep patterns, eating habits, shyness, successful toilet training, promoting problem-solving skills and setting our teens up to become wise planners.

#### **\* They Look So Lovely When They're Asleep by Diane Levy**

This is Diane Levy's second book which contains short articles she has written over the last 10 years for a variety of magazines and newspapers. Articles cover after school activities, sibling rivalry, toddler-proofing your new baby, teens and cellphones, homework, running away, bullying, disciplining other people's children, building self-esteem and much much more.

#### **\* Raising Boys by Steve Biddulph**

A revised and updated edition of this successful book, including new information on boys' hearing and a valuable assessment section on "How to select a boy-friendly school". A must for any parent with boys.

#### **\* Raising Girls by Gisela Preuschoff**

A straight-forward and thought-provoking book in which Psychologist and parenting author Gisela Preuschoff considers what parents require to raise girls today. The book focuses on girls' emotional and physical development, their education, social conditioning and their relationships with their parents and siblings. It also discusses the emotional and behavioural differences between girls and boys and helps parents to gain a practical understanding of their daughter from birthday through to the teenage years.

#### **\* Baby Play**

100 activities to maximise your child's potential. Very practical book, just open the page, see the idea and DO IT! Minimal reading required. Full page illustrations.

#### **\* Toddler Play**

As per Baby Play, 100 more activities to maximise your toddler's potential.

To reserve any of these books please phone Megan on 232 3107. Books are available to loan for 2 weeks. Don't forget to check out our other books in the Plunket Rooms when you are visiting the nurse or see the full list on the notice board.

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