

WELLINGTON.STH PLUNKET newsletter

SPRING 2010



ISLAND BAY . OWHIRO BAY . HOUGHTON BAY . BERHAMPORE

Kia ora and welcome to the Spring edition of the Wellington South Plunket Newsletter for 2010. In this edition:

- Kitchen and Laundry Safety
- Physiotherapy for new mums
- Colour, Shape, Fit
- Wellington Zoo: Capuchin monkeys
- Zumba and Tuna
- Directory of local groups & services

Happy reading!
Katie Brannan, Editor

KITCHEN and LAUNDRY safety

from Plunket Nurse Julie Wake

Your kitchen is one of the busiest rooms in the house – unfortunately it's also one of the most dangerous. Knives, heat, fire, cupboards, slippery floors and cleaning products cause tens of thousands of nasty injuries in kitchens each year.

Meanwhile the laundry has its own set of dangers. Water and electricity do not mix, while clothes left lying around create a tripping or slipping hazard. However, it's easy to reduce the chances of you or your family getting hurt while they're in the kitchen or laundry.

STOVES AND COOKING

- Turn pot handles to the back of the stove so they're not easily pulled or knocked off.
- Secure the stove to the wall so it won't tip if a child climbs up on it.
- Keep curtains, or anything else that could burn such as dishtowels, well away from the stove so they can't catch fire.
- Keep a wall-mounted fire extinguisher handy and make sure you know how to use it.
- Always use an oven cloth when handling hot saucepans and oven dishes, and make sure it's dry – heat travels through a wet cloth very quickly.
- Always stay in the room when you're cooking, especially when you're frying, and keep the stove, oven and grill clean – grease buildup could be a fire hazard.
- Take your time in the kitchen! So often we're rushing around cooking meals and that's when injuries happen. Slow down and be safe.

JULIE'S VISITS & CONTACT DETAILS

Julie is in the Plunket clinic Monday, Wednesday and alternate Friday afternoons and she does home visits on Tuesdays, Thursdays and alternate Friday mornings. Call 383 7663 to make an appointment between 9am and 4pm, or you can text Julie on 027 275 5154.

KNIVES AND SHARP UTENSILS

- Keep all sharp objects out of reach of children.
- Keeping knives on a magnetic strip or knife block is much better than putting them in a drawer.
- Always be careful when using knives, and keep them sharp – sharp knives are less likely to slip and cut you.
- Wear closed-toed shoes in case you drop a knife or hot liquid on your feet.

CUPBOARDS AND DRAWERS

- Keep cupboards closed so they can't be walked into.
- Keep drawers pushed in so children can't climb up on them.

ELECTRICAL CORDS

- Check your appliance cords regularly to make sure nothing's become frayed or burnt, and keep them well away from the stove.
- Never leave a cord hanging over the edge of a bench where a child could pull the appliance and its contents down on themselves.



SLIPS, TRIPS AND FALLS

- Wipe up any spills as soon as they happen because water on tiles or lino is very slippery.
- Make sure the floor is always kept clear so you don't trip - that includes keeping pets and small children out of the kitchen as much as possible!
- Put dirty laundry in a hamper so it's not on the floor creating a tripping hazard.

CHEMICALS AND POISONS

- In both the kitchen and laundry keep all cleaning products and other household chemicals locked away in a high cupboard, or at least install a child-proof lock if the storage cupboard is at child-height.

BUILDING AND RENOVATING

- If you're building or re-doing your kitchen or laundry, consider these safety tips:
- Avoid making the kitchen a travel route to other parts of the house, or the only route to the back yard - you don't want it to be a 'high traffic' area.

- Put the fridge at the entrance to the kitchen to keep traffic to a minimum.
- Avoid putting steps between the kitchen and dining area or garage.
- Ensure you can see the children's main play areas (indoors and outdoors) from the kitchen and that it can be closed off from kids if you need to keep small children out.
- Make sure the room will be easy to work in and that high-use items such as fridges and washing machines are easy to access.
- All kitchen and laundry sockets should have a residual current device, to protect against electrical fires.
- Put the stove's isolating switch to one side of the cook top, not behind it, so you don't have to reach over it if there's a fire.
- Kitchens and laundries should have a window or a mechanical extractor that vents to the outside of the house.
- Choose built-in heating where possible.
- Use slip resistant flooring.

Take care, Julie

PHYSIOTHERAPY HAS A LOT TO OFFER NEW MUMS

First there are the musculo-skeletal injuries that may have started during pregnancy, and which you thought would go away when it was all over. Wishful thinking! The reality is, that after the birth, you have no time for yourself and the baby becomes priority number one.

The physical stresses of caring for a baby 24 hours a day, are aggravated by the increasing daily weight of this cute wriggly bundle, that keeps growing and getting more mobile and fidgety. Poor ergonomic techniques are more likely with your increased fatigue and lack of sleep.

Physiotherapy can help teach new Mums how to care for their baby, while minimizing the stress to the body. Physio can introduce you to exercises to improve your core stability ie to strengthen your abdominal and trunk muscles. Physiotherapy can further help you increase your general fitness and resume leisure activities.

Pilates is just one way this might be achieved – it is beneficial for pelvic stability, and improving abdominal strength, and includes a strong focus on the pelvic floor muscles.

A typical physiotherapy plan might include:

- Individual assessment and treatment of musculo-skeletal problems
- Education / ergonomics of baby care
- Ante and Post natal Physio
- A graduated programme to resume fitness / leisure activities
- Pilates—individual sessions or classes for abdominal and pelvic floor toning

Don't let your aches and pains get the better of you – physiotherapy can help you cope with that wriggly bundle of energy, and to help you find more energy for yourself too.



PILATES CLASSES

STARTING SOON!

- Starting 18 October
- \$120 for 8 week course
- Evening and Daytime classes
- Ring for more information
- Island Bay Physiotherapy
- Phone 04 383 8700



COLOUR | SHAPE | FIT



Do you struggle to actually wear your clothes? You might have a lovely skirt, but don't have a top that you feel really 'goes' with it. Or summer tops you don't know how to layer to make versatile to wear in winter. Did you ever buy a piece of clothing based purely on a great colour or a shape you thought suited you in the past?

You are not alone. So many women are shopping this way. It's so very hit and miss, and sadly more often a miss. When you do get something right, you thrash it till it falls apart. Unfortunately you are not sure WHY it was good so when you attempt to replicate that cardigan/dress/skirt, it doesn't ever seem to be as good. Understanding why something is good or bad is the key to this dilemma. Once you understand the mantra of colour, shape, fit, life is so much easier.

Firstly, it is very important to have the right colour up against your face. Good colour makes you look less tired, less lined and gives your skin a wonderful even base. Many people have a good instinct for what colours suit them, so build on this knowledge and look at how the colour effects your face when you wear it. If you have absolutely no idea, it is best to get your colours done.

Do you suit a higher or lower neckline? Does the length of your top cut you across a part of your body that is not flattering? People's eyes are drawn to where these lines end, so be careful

of this area. Shape is about balancing out your body and making all your features appear even and proportionate.

Do you spend the day tugging down that top that is just too short? Is the shape of that top so boxy that while kids have changed the waist you once had, it now looks like you don't have a waist at all? What about those jeans? Sagging in the bottom, while you hitch them up at the waist? If you clothes do not fit you, you will feel uncomfortable and frumpy.

When you're out shopping pay particular attention to this mantra colour, fit, shape - and do the best you can to make sure they are all right. Likewise these three words will help you identify all those items you struggle to wear. A good wardrobe of clothes does not have to be huge, expensive or fussy it just has to make you look healthy, suit your shape and fit you well.

To see a stylist from Wardrobe Flair costs \$195 for two hours. This includes your colours, body-shape analyses, wardrobe re-vamp, shopping list, colour chart and consultation summary. Shopping trips are \$90 per hour. We do second-hand and mainstream shopping. "This service cost the same as couple of pieces of clothing you bought and never wore".

Trudi Bennett

www.wardrobeclair.com / www.wardrobeclair.blogspot.com / www.facebook.com/WardrobeFlair

☎ 977 1247 | 021 236 4738

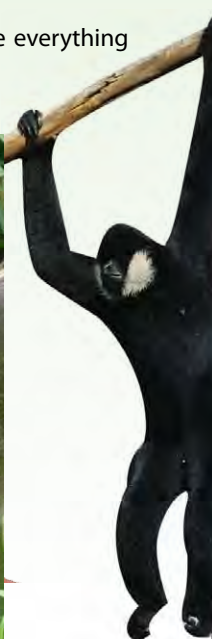
CAPUCHIN MONKEYS

Living on Monkey Island alongside our spider monkeys are the capuchin monkeys, named after the colour of Capuchin monks' cowls.

Capuchins are very smart, and are often kept and trained by humans. They are often on television programmes and movies. Their natural habitat is the forests of Central and South America.

The capuchin monkey is said to be the most intelligent of the monkeys from this region. It has a brain that is highly developed and large in proportion to the size of its body. The capuchin relies mainly on hard-to-find foods that are only available for a short time, such as fruit and insects. This requires a larger brain and foods rich in energy to sustain it.

Capuchins are masterful explorers of their environment. They explore everything within reach, often taking things apart in the process.



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E: zooevents@wellingtonzoo.com

www.wellingtonzoo.com

WELLINGTON
ZOO

zumba + Tuna

By Personal Trainer and Fitness Educator Julz Darroch

Julz knows that there are some burning questions you all secretly wish you could ask...

We all know if we make the time to eat well and exercise regularly we'll be better for it. We also know if we had a nanny, two housekeepers and a personal massage therapist that looked like Brad Pitt we'd feel better too.

If that option isn't going to work for you this week then I guess it's tuna and zumba for you young lady!

Before you pop your leg warmers on, take note of these sagely pieces of advice...

- You are not what you eat- We always used to say 'you are what you eat' thinking that if we ate too many cream buns we'd end up looking round and squishy. If that were the theory then we could all eat kitkats all day and be tanned and slim with a light centre.
- Gloating about fitting the same size jeans you did before you got pregnant two weeks after your baby is born doesn't count if you used a sewing machine, two extra metres of denim and a kilo of steel riveting. Sorry.

- Recent research has proven that toddler slobber does not have a calorie burning effect, nor does it reduce the signs of aging when applied to your face.
- Experts recommend fitting in exercise when you have a spare moment- do they make a treadmill with a change table and a toddler seat these days?
- If swimming is great for your figure explain whales?
- Before you quit eating chocolate, just think seriously whether you want your kids to think you're a quitter.

For more exercise tips and tricks go to: www.julzdarroch.co.nz



The Cheeky Pipi



Bookings open now for Pre-Christmas functions
Menus from \$35-\$55 ~ Booking minimum 15

Open Christmas Day

\$125 per head – includes champagne
Children's prices available. Bookings essential

Visit our website for details:
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163 The Parade, Island Bay
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wellington south Plunket

Our services are based at 47 The Parade, Island Bay.

Services at Wellington South Plunket, 47 The Parade, Island Bay:

<p>Plunket clinic</p> <p>04 387 2645</p> <p>View about Plunket Clinic</p>	<p>Parenting Education</p> <p>04 387 2775</p> <p>View about Parenting Education</p>	<p>Toy Library</p> <p>47 The Parade, Island Bay</p> <p>04 387 2645</p> <p>View about Toy Library</p>
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Wellington/Wairarapa Area Office
4 Market Street, Lower Hutt, 5010
04 387 2775 / 04 387 4775
wellington@plunket.org.nz

Wellington South Plunket Office
47 The Parade, Island Bay
04 387 2645
islandbay@plunket.org.nz

DON'T FORGET THAT YOU CAN KEEP UP-TO-DATE WITH THE LATEST FROM **ISLAND BAY PLUNKET** BY JOINING US **online**:

WEBSITE. For services, newsletters and offers: www.islandbayplunket.org.nz

BLOG. For local info and events read our blog: wsplunket.blogspot.com

FACEBOOK. Become a fan and see what's new: search for 'Island Bay Plunket' on www.facebook.com

TWITTER. Follow us to network with local parents: www.twitter.com/ibayplunket

DIRECTORY



Plunket

CAR SEAT RENTAL SCHEME

☎ 389 3085

77 Constable Street, Newtown

Car seats available Mon, Tues, Wed and Fri
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ISLAND BAY PLUNKET TOY LIBRARY

☎ Tali on 387 2327

167 The Parade, Island Bay

Saturdays (except January) 9:30–11:30am.

Membership \$50 yearly if you can't do duties,
\$30 if you can. Toys: 50c–\$3 per week.

PLUNKETLINE

☎ 0800 933 922 Now available 24/7

ISLAND BAY PLUNKET ROOMS

☎ Plunket Nurse, Julie on 383 7663

167 The Parade, Island Bay

Clinic: Mon and Wed 9am–4pm,

Home visits in the community: Tues and Thurs

PLUNKET PARENT EDUCATION SESSIONS

☎ 570 0775

WELLINGTON SOUTH PLUNKET COMMITTEE

To volunteer, email: islandbayplunket@gmail.com

PLUNKET KARITANE FAMILY CENTRE

☎ 387 7594 61 Freyberg Street, Lyall Bay

Family, community and health

ISLAND BAY MEDICAL CENTRE

☎ 383 7647

AFTER HOURS MEDICAL CENTRE

☎ 384 4944

WELLINGTON SOUTH PARENTS' CENTRE

☎ 380 8002

ISLAND BAY COMMUNITY CENTRE

☎ 383 7464 137 The Parade, Island Bay

ISLAND BAY LIBRARY

☎ 383 7216 167 The Parade, Island Bay

POSTNATAL AND ANTENATAL DISTRESS GROUP

☎ 472 3135

PARENTS AS FIRST TEACHERS (PAFT)

☎ 383 4922

BEDWETTING HOTLINE

☎ 0800 650 659

MISCARRIAGE SUPPORT GROUP

☎ 384 4272

SANDS (STILLBIRTH AND NEWBORN DEATH SUPPORT)

☎ Joan on 478 9307

SIDS (SUDDEN INFANT DEATH)

☎ 0800 164 455

NZ DOWN SYNDROME ASSOCIATION

☎ 0800 693 724

NEONATAL SUPPORT GROUP

☎ 806 0790

PARENT TO PARENT (PARENTS OF SPECIAL NEEDS KIDS)

☎ 569 9398

PARENT HELP, WELLINGTON

For all parenting concerns

☎ 24 hrs (04) 499 9994

WELLINGTON WOMEN'S REFUGE

☎ 473 6280

ISLAND BAY PHYSIOTHERAPY CENTRE

150A The Parade, Island Bay

☎ 383 8700

LA LECHE LEAGUE

☎ 471 0690

Playgroups

KIDDICINO

☎ 383 8699 88 The Parade, Island Bay

Monday 10:30–11:30am, 0–5 years, casuals

welcome, \$2 per family

ST HILDA'S CHURCH ISLAND BAY

☎ 383 8547 311 The Parade, Island Bay

Mon 9–11am, 0–4 years, casuals welcome,

50c per child, bring a piece of fruit

ST CUTHBERT'S BERHAMPORE

☎ 971 5191 23 Luxford Street, Berhampore

Friday 9.30am–12pm, 0–4 years,

casuals welcome, gold coin koha appreciated

PLAYGROUP FOR CHILDREN UNDER FIVE WITH ALLERGIES

☎ 0800 340 800

Music groups

WELLINGTON SOUTH PARENT CENTRE

Fridays at Island Bay Presbyterian Church

☎ Anne 973 8774 88 The Parade, Island Bay

Musical Tots: 09:30–10:10am, 2½–5 years

Musical Jigglers: 10:30–11:10am, 1½–2½ years

Musical Dots: 11:15–11:45am, mobile babies

Musical Dots: 1:00–1:30pm, non-mobile babies

\$4 Parent Centre members/\$6 non-members

MUSIC AND MOVEMENT FOR KIDS

Classes for Babies – 7 yrs. Seatoun, Hataitai,
Lyall Bay, Northland, Karori, Brooklyn

www.moving2thebeat.co.nz

☎ Jo 04 970 5814

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For more information please call 3838255
or email: mothersnetwork.wn@xtra.co.nz

MOTHERS' NETWORK – DISCUSSION GROUPS

☎ Lisa Holden on 383 8255



MINI MINSTRELS

10am Wednesdays (during term time)

St Paul's Lutheran Church, 12 King St, Mt Cook

☎ Georgina 970 6123, \$4 per family

SONIA'S MUSIKGARTEN

Music and movement classes from newborn to 9 years. Kilmarnock Heights Elderly Care, 20 Morton Street, Berhampore

☎ Sonia on 388 5260

www.musikgarten.co.nz

Other activities

COOL BUBBAS CREATE

Island Bay Baptist Church

Art and craft group for toddlers, cost \$6

☎ Hailey on 971 0374

284 The Parade, Island Bay

YOGA BABES

Yoga class for mums and dads with babies

Tuesdays and Thursday 9.30am

Classes are run in blocks of 8 to 10 weeks

@ Island Bay Community Centre

Please contact oli to register

☎ 021 050 6598 | (04) 977 3066

oliwilesyoga@paradise.net.nz

COMMUNITY GARDEN KIDS' SECTION

Sunday afternoons. 2 Rhine St (off Murray St)

☎ Kate on 938 4548

SUNDAY SURPRISE AT PETONE SETTLERS MUSEUM

Free art & craft activities for children. Sun pm.

LITTLE GROOVERS

A dance and movement class for 2-5 year olds. Mondays 1:30pm - 2:15pm at Island Bay Presbyterian Church. \$5 per child.

STORYTIME

Pre-school storytime at the library

30 minutes, no need to book, free entry.

Island Bay: Thurs 10:30am

Newtown: Wed 10:30am

TE PAPA STORY PLACE

☎ 381 7000

6 months to 5 years. 45min storytelling and fun. 7 days: 10:15am, 11:30am, 1:30pm, 2:30pm and 3:45pm. \$3, bookings advised.

PARENTS' ROOMS IN THE CITY

ANZ, Cnr Lambton Quay and Featherston St

City Library, 1st Floor

Capital E, Civic Square

Kirkcaldie and Stains

Te Papa, 1st and 3rd Floors

Reading Cinema Complex, Courtenay Place

Childcare, Kindergartens and Playcentres

AUBERT CHILDCARE CENTRE

☎ 383 6430 Murray St, Island Bay

HOUGHTON VALLEY PLAYCENTRE

☎ 387 7614 84 Houghton Bay Rd

ISLAND BAY PLAYCENTRE

☎ 934 8670 158 The Parade

Island Bay Playcentre welcomes visits from local families with an interest in finding out about Playcentre - a place where parents and children learn and grow together. Visits to our Wednesday morning 0-2 year old group can be arranged by phoning 934-8670. For more information about Playcentre visit: www.playcentre.org.nz

ISOLA PRE-ENTRY PLAYGROUP

☎ 383 7136

100 Melbourne Rd, Island Bay

9-11am Mon-Fri, \$5 per family per session, bookings or casual welcome.

PLAYSPACE

☎ 389 4977 235 Adelaide Rd, Newtown

PORSE IN-HOME CHILDCARE

☎ 387 8612

20 free ECE hours for 3 and 4 year olds

BARNARDOS NZ, WELLINGTON SOUTH

☎ 802 3525

SALVATION ARMY EARLY CHILDHOOD CENTRE

☎ 389 9781 126 Britomart St, Berhampore

ISLAND BAY AFTER SCHOOL CARE

☎ 383 9618 88 The Parade, Island Bay

TE PUNANGA REO KUKI AIRANI

☎ 389 2125

Wellington Region Free Kindergartens

ISLAND BAY

☎ 383 7136 100 Melbourne Rd, Island Bay

BERHAMPORE KINDERGARTEN

☎ 389 8471 5 Stanley St, Berhampore

Schools

ISLAND BAY SCHOOL

☎ 939 3010 Cnr Thames and Clyde St

ST FRANCIS DE SALES SCHOOL

☎ 939 7370 11 Mersey St, Island Bay

OWHIRO BAY SCHOOL

☎ 383 7189

Happy Valley Rd, Owhiro Bay

HOUGHTON VALLEY SCHOOL

☎ 939 3318

110 Houghton Bay Road, Houghton Bay

BERHAMPORE PRIMARY SCHOOL

☎ 389 9391 105 Britomart St, Berhampore

SOUTH WELLINGTON MONTESSORI SCHOOL

☎ 389 2185 4 Duppa St, Berhampore

CAPITAL MONTESSORI SCHOOL

☎ 389 2395 14 Camrose Gr, Kingston.

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CONTRIBUTIONS

We want to fill this newsletter with what's relevant to you, our local parents. The deadline for the next issue is 1 December 2010. Email your thoughts and ideas to editor@islandbayplunket.org.nz

EVENTS, ADVERTS AND DIRECTORY

We try to make sure all information is correct, but recommend you check using the contact details listed, especially times and costs. If you find anything has changed, or to advertise, please email editor@islandbayplunket.org.nz

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