

# Howick & Pakuranga Plunket Newsletter



January & February 2012

Volume 1, Issue 10



Well Welcome to 2012, Its sure to be another busy year for our Howick Plunket Committee and its hard to believe we are already into February. I hope you all enjoyed a safe Christmas and New Year period and I am looking forward to Easter and the chocolate treats that go with it.

We have four Baby Fairs this year (first one on February 11) which are bound to have lots of bargains, we also have some First Aid Courses For Littlies and PEPE Courses (Parenting Courses) running, dates of which can be found on our website.

Annual Appeal is just around the corner in March so donations would be greatly received. We have lots of other exciting events planned including a Movie Night and our Girls Night Out later in the year. Stay tuned for more details in our newsletters and website.

*Kind regards,*  
**Annalee Hayward,**  
Plunket volunteer— *President Howick & Pakuranga Plunket*  
[annalee.hayward@plunket.org.nz](mailto:annalee.hayward@plunket.org.nz)

## First Aid

**Come along and learn the skills you need to save a life!**

**Concentrating on first aid for under 5's, this course will teach you:**

*CPR for infants and children*

*Techniques for helping a choking child*

*Basic first aid for childhood illness and accidents*

Run for Plunket by a paramedic, this course will give you the peace of mind to be able to cope in an emergency.

**Cost:** \$15 per person, limited numbers

**Time:** 7:00pm-9:00pm

**Dates:** Tuesday 21st February 2012

**Location:** Highland Park Community Centre, Aviemore Drive

**Contact:** [firstaid@howickplunket.org.nz](mailto:firstaid@howickplunket.org.nz)



### LOOK INSIDE

Recently we have read many stories about children being hurt by dogs. Page 2 has some safety tips for your child around dogs.

Come along and enjoy rock climbing in your local park these school holidays. Suitable for all ages and abilities. More details page 3.

Page 4 has a great recipe for the kids, Chocolate Crackles. Try them with your kids and let us know how it goes!

# Car Seats, Checking Clinics & Anchor Bolt Installation

To travel safely in cars children need to be in a car seat from their very first ride. **The law in New Zealand requires you to have all children under 5 years of age restrained in a child car restraint for every ride.**

The restraint must be a child restraint appropriate for the height and weight of the child, the vehicle safety belt on its own is not enough.

Children 5-7 years old must use a child restraint if there is one appropriate for their height and weight in the vehicle, otherwise they must use the vehicle safety belt. For children 8-14 years old you must use a safety belt if available, children must travel in the back seat.

Plunket car seat rental schemes offer a variety of infant and child restraints and booster seats at affordable rental prices. There are both short and long-term hire options available. A bond is charged in addition to rental, and this is refunded when the seat is returned in good condition.

Our car seat rental scheme staff are trained child restraint technicians which means they have the knowledge to provide the best advice on the installation and use of child restraints.

It is strongly recommended that to keep babies and toddlers safe they travel rear-facing until 2 years of age. Older children should stay in their forward-facing child restraint or booster seat until they outgrow it.

If you would like to book a car seat please contact:

Address: Plunket Rooms, Wharf Road, Bucklands Beach

Phone: 535 1107

Email: [csa04@plunket.org.nz](mailto:csa04@plunket.org.nz)

Business hours are Monday, Wednesday & Friday 9:30am - 12:30pm.

Counties Manukau Plunket have a car seat checking clinic and free anchor bolt installation on Tuesday February 28th from 10:00am -12:00pm in the Warehouse Car-park located at Roscommon Road, Clendon. For more details please call 266 46690.



## Safety Around Dogs

Recently we have read many stories about children being hurt by dogs. Parents should supervise children at all times when they are interacting with a dog, especially visiting children. Never leave your baby (or young child) and dog alone together even to answer the door or go to the toilet - take either one of them with you.

Never tie a dog leash to the baby's pram - hold it in your hand. Consider putting a muzzle on your dog if it's tied up in a public place. This protects your dog as much as it protects children.

Dogs should have their own toys. A child may try to get their toy back off the dog and the dog may bite them trying to protect its new toy.

Teach children:

- not to approach a dog that is eating, sleeping, has puppies or is hurt
- that not all dogs are as friendly as their own dog
- how to understand 'dog language'
- never tease or annoy dogs - they are not toys!
- to never try to discipline a dog.
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If a dog approaches them:

- not to hug or kiss dogs, face-to-face contact is a common cause of bites to the face
- to always ask the owner's permission before patting a dog - even if they have met the dog before
- it's best to pat a dog on the chin, chest or side of the neck
- to never scream and run away or stare a dog in the eyes (dogs will usually sniff you and go away)
- to be 'as still as a statue' if a dog rushes at them. They should drop any food or toys they are holding and stand still and straight, with feet together, their fists held under their chin and elbows close against their chest
- to be 'like a stone' if they fall or are knocked to the ground by a dog - they need to curl into a ball, face down, with their hands over their head and neck

## Rock Up Rock Wall

Come along and enjoy rock climbing in your local park these school holidays. Suitable for all ages and abilities, the climbing walls will be in parks across Auckland. Come along and have a go!

### Where:

10 February - Eastern Beach, southern end of The Esplanade, Pakuranga

17 February - Barry Curtis Park, corner of Stancombe and Chapel roads, Flat Bush

24 February - Orangewood Park, Orangewood Drive, Howick

2 March - Maraetai Park, Maraetai Drive, Maraetai

**Time:** 3:30pm-5:30pm

**Contact:** trevor.hey@aucklandcouncil.govt.nz



## Plunket Appeal 2012:

Behind a happy baby is a happy family and behind a happy family is Plunket.

Donate today and help keep our babies happy!

Donate online or go into any BNZ store to donate.

The birth of a baby is an exciting and challenging time for parents. And Plunket is there to support New Zealanders through this time.

Plunket's Well Child service is free to all parents.

As a not-for-profit we urgently need more funding to help deliver other services in our communities.

Howick & Pakuranga Plunket's Annual Appeal week is from 5th -11th March 2012.

**Please make a donation today and help us support local families.**



## Baby Fair:

Come along for great bargains on new and used baby/children's clothes, books, toys, nursery equipment, maternity items and much more! Entry by gold coin donation. Bookings are open 9th February.

**Contact:** for all queries and bookings email Jo at [plunket.babyfair@gmail.com](mailto:plunket.babyfair@gmail.com)

**Location:** Howick Recreation Centre, 563 Pakuranga Road, Pakuranga.

**Date & Time:** Saturday February 11th & Sunday April 29th between 10am-12pm

# Contact us



**Address:**

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Counties Manukau Plunket  
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[www.howickplunket.org.nz](http://www.howickplunket.org.nz)

If you want to help make a difference by giving a donation or contributing your time for a cause you believe in, Plunket is a great place to start.

The time, talent, and effort that volunteers give means we can continue to provide our support and services to families with young children throughout New Zealand. If you are interested in giving something back to your community? Contact Howick and Pakuranga Plunket now and become a volunteer!

**Phone:** Annalee Hayward on 09 533 0307

## CHOCOLATE CRACKLES



4 cups crispy rice cereal  
1 ½ cups icing sugar  
1 cup desiccated coconut  
250g/8.8 ounces vegetable shortening  
3 tbsp cocoa

in a large bowl, mix the rice cereal, icing sugar, cocoa & coconut.

slowly melt the vegetable shortening in a saucepan over a low heat.

allow to cool slightly.

add to dry ingredient mixture, stirring until well combined.

spoon mixture into cupcake papers and refrigerate until firm.

makes 24.

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<http://www.drawpilgrim.com/2010/07/birthday-month-chocolate-crackles-recipe-card/>