



## Who Said Men Don't Ask for Directions?

Today's dads welcome support for each stage of the parenting journey.

The City of Casey recognises that dads are an important part of a child's learning and development, and has developed a range of parenting services for men to access. Supporting men in their role as parents and partners directly benefits the family unit and is equally as important as supporting women and children.

Children who have a caring and involved father are more likely to:

- Develop better physically and mentally;
- Do better at school and in their career;
- Have more emotional well-being and resilience;
- Have greater social skills and relationships;
- Be less inclined to get in trouble with the law;
- Be less prone to mental health problems; and
- Have happier and more fulfilled parents.

The City of Casey offers a range of support programs for the residents of Casey, including:

- 'New Dads' sessions during pregnancy classes and in New Parent groups to help fathers and families get off to a great start.
- 'Pit Stop' - an eight session 'parenting tune up for dads who like firing on all four cylinders'. This popular course for dads at any stage of parenting is offered each term around Casey and includes a comprehensive manual, partner's evening and a Family Fun Day.
- Men's and Mixed Playgroups, a place where men can socialise together while providing an opportunity for their young children to play.

- Father and Son Camps with activities to develop interaction between fathers and sons, or to help facilitate the transition to manhood.
- Men's Health Promotion events and groups that promote physical, mental and relational health.



In recognition that men need support too, the City of Casey is amongst the first local governments in Australia to appoint a Men's Programs Officer to ensure the needs of men are more effectively addressed. The City of Casey's Men's Programs Officer is Rob Koch, and his role is as a community development worker rather than case worker or counsellor. Rob is available to provide support and advice, and can be reached at the Cranbourne Family Resource Centre on 5990 8333 during office hours.

## Contact

*For more information or if you would like to contribute articles please contact City of Casey Best Start Community Facilitator, Susan Heywood.*

*Ph: 9705 5200*

*Email: [sheywood@casey.vic.gov.au](mailto:sheywood@casey.vic.gov.au)*

*Website: [www.casey.vic.gov.au](http://www.casey.vic.gov.au)*

## Contents

Kids in the Kitchen	p2
Useful Websites	p2
NAPCAN	p2
Playgroups:	
The Benefits	p2
Best Start for Hampton Park Families	p3
Growing and Learning in the Family	p3
Nutrition Tips	p3
The Importance of Immunisation for Your Children	p4

## Playgroup: The Benefits

*If you have a young child under the age of five consider taking them to Playgroup. Playgroups offer the community a place to join together, support one another, and give their children opportunities to play.*



*Unlike preschool, playgroup is run by parents and carers, with children choosing from a range of games and activities that are set up to meet their varying needs.*

*Playgroup provides a great opportunity for parents and carers to discuss similarities and differences in their children's development and health and learn from one another.*

*The City of Casey has put together a directory that lists playgroups within your local area.*

*If you would like to receive a copy of the playgroup directory, please contact the City of Casey on 9705 5200. It will give you information on the playgroup venue and a phone number for the playgroup so that you can learn about the session and experiences you would expect when attending a playgroup.*

## Kids in the Kitchen

A great way to interact with your children, while encouraging learning and development, healthy eating habits and nutritious food, is through cooking.



Find some simple healthy and nutritious recipes and encourage your children to help prepare it.

Not only are you spending some quality time with your children, but you are encouraging them to take an active interest in what types of foods they eat.

To get you and your children started, a banana roll up recipe has been included. Cut it out and place it in an exercise book, and as you and your children find more recipes, add them to your collection.

### Healthy Recipe

#### Banana Roll up

Makes 4

#### Ingredients

2 large wholemeal lebanese/  
pita bread rounds  
1/3 cup smooth peanut butter  
2 medium bananas, peeled and sliced  
2 tablespoons sultanas  
honey

#### Method

1. Spread one side of each bread round with peanut butter.
2. Top with banana and sprinkle with sultanas.
3. Drizzle with honey.
4. Roll up to enclose filling and cut bread in half.

## Useful Websites

[www.cyh.com.au](http://www.cyh.com.au) – Child and Youth Health

[www.parentlink.act.gov.au](http://www.parentlink.act.gov.au) – Parent Link

[www.casey.vic.gov.au](http://www.casey.vic.gov.au) - City of Casey

[www.beststart.vic.gov.au](http://www.beststart.vic.gov.au) – Best Start

[www.vicparenting.com.au/vp/index.php](http://www.vicparenting.com.au/vp/index.php) -  
Victorian Parenting Centre



## NAPCAN — National Association for Prevention of Child Abuse and Neglect

The NAPCAN Foundation focuses on reducing the amount of abuse and neglect that children receive within their family environment.

Parents may not be aware of the types of child abuse and the negative impact that this has on a child's learning and development.

Abuse is common within all communities and may

be sexual, physical, emotional or neglectful.

NAPCAN raises community and family awareness about child abuse and ways to reduce levels in the community.

Children most at risk come from families who may:

- Have low income and be financially stressed;
- Suffer from social isolation;

- Have less support from immediate families.

To address child abuse communities need to:

- Ease the financial burden;
- Not allow families to become isolated;
- Support parents; and
- Connect with children.

For further information visit [www.napcan.org.au](http://www.napcan.org.au)

## Best Start for Hampton Park Families

Parents and early childhood service providers within the Hampton Park area have linked up with the Casey Best Start Project and have set up a local community group aimed at improving the well being of children in the area.

Service providers include local primary schools, preschools, and child care centres, as well as the Community House and Library.

The Hampton Park group meets monthly to discuss the common issues affecting families in Hampton Park. The group has focused activities on providing information and advice to parents and carers, to assist them in raising their children.

One of the key achievements has been to produce a calendar for residents that provides information to families regarding child development, suggestions on fun activities for home or in the local community and a directory of local services. This calendar was distributed to every household in Hampton Park and has proved very useful in helping families to access services and programs.



*From left to right: Susan Heywood (Best Start coordinator), Christine Wakeling (Principal Hampton Park Primary School), Jan White (Principal Kilberry Valley Primary School), The Mayor, Cr Neil Lucas, Rachel Shambrook and Amanda Dalton, local parents with their sons.*

Another key focus of the Hampton Park group is a reduction in school absences. A marketing campaign was developed to promote regular school attendance, including a poster titled "it's not ok to be away, it's more cool to be at school" which has been handed out to all Primary School aged children within the Hampton Park area and promoted on billboards placed in front of local schools. For more information or to join the group contact Susan Heywood 9705 5200.

## Growing and Learning in the Family

There are many ways of learning. Children learn by watching, listening and especially by doing. Children are natural learners, and they do most of their important learning within the family.

Between birth and 5 years children grow and learn at a rapid pace and this time in their lives is seen as the most important in terms of development. It is therefore easy to see why so much emphasis is placed on parents and carers having an active role in the development of their children. It is this active role in their learning and development that will assist their education.

Here are a few tips for making the most out of play time for you and your child:

- When playing with your children follow their lead and do activities that interest them. Play is most valuable when they are making the decisions rather than the adult.
- Give young children lots of opportunities for physical play both indoors and

outdoors. Physical play helps children to develop strength, balance and skills.

- Have fun with words; sing songs, rhymes and jingles.
- Provide paper, paints and play dough, as well as things such as sand, dirt and water. Lots of learning is messy, but it is an important part of child development.

Some of the areas of learning include self-esteem, social development, health and physical development, communication, creativity, thinking, learning about the environment, and technology. As a parent you can help to develop these skills by providing an environment where your children can watch, listen, think and question. It is important to give your child lots of encouragement and play time.

Remember, don't feel guilty about asking for information or support for your child or for yourself.

Child and Youth Health [www.cyh.com.au](http://www.cyh.com.au)

## Nutrition Tips

- Children need a variety of nutritious foods.
- Limit children's intake of sugary sweets and foods.
- Provide healthy snacks as an alternative to sweets.
- Limit the intake of sugary and acidic drinks.
- Encourage children to drink water rather than soft drink and cordial.
- Allow children to help prepare a healthy meal, so as to encourage them to think about what they are eating.
- Allow children a small vegetable patch/garden where they can grow their own vegetables.
- Teach children the importance of brushing their teeth morning and night.
- Breakfast is important, as it provides nutrients which improve brain function and the ability to concentrate.

### Children Should Have

- Five serves of fruit or vegetables each day.
- Three serves of bread, cereal or grains each day.
- Three serves of milk, cheese or yoghurt each day.
- Three serves of meat per week.
- Snack foods or soft drink no more than once per week.
- Water as the preferred beverage to quench thirst.

(Health Promotion Division, Dental Health Services Victoria, 2003).

# The Importance of Immunisation for Your Children



Immunisation is a simple, safe and effective way of protecting children against certain diseases. The risks of these diseases are far greater than the very small risks of immunisation.

By ensuring your child has been immunised you are not only protecting your child but also other children in the local community.

Children should be immunised against diphtheria, tetanus, whooping cough, poliomyelitis, measles, mumps, rubella, Haemophilus influenza type b (Hib), hepatitis B, meningococcal C, chicken pox and pneumococcal.

Vaccines for these diseases are provided free to children at certain ages as part of a National Immunisation program.

Your child can be immunised by your doctor, local councils, community child health nurses and by some hospitals. Within the City of Casey there are a number of places that provide scheduled immunisation days that you can attend. Please find included in this newsletter, an immunisation calendar, with relevant dates, times, and areas for immunisation.

It is also important to remember that some family allowances and payments may not be accessible if your children are not up to date with their immunisations.

For further information contact the City of Casey customer service on 9705 5200 or log onto the City of Casey website.

## Immunisation Schedule

Venue	Day	Oct	Nov	Dec
<b>Endeavour Hills</b> , Endeavour Hills Leisure Centre, Raymond McMahon Boulevard, 9.30 – 10.00am	Tuesday	4	-	6
<b>Doveton Learning Centre</b> , Oak Avenue Doveton, 10.45 – 11.15am	Tuesday	4	-	6
<b>Narre Warren Library</b> , Overland Drive Fountain Gate, 10.00 – 10.45am	Wednesday	5	2	7
<b>Berwick South</b> , Brentwood Park Community Centre, Bemersyde Drive, 9.30 – 10.00am	Friday	7	4	2
<b>Narre Warren South</b> , Oakgrove Community Centre, Oakgrove Drive, 11.00 - 11.30am	Friday	7	4	2
<b>Cranbourne Library</b> , Conference Room A, Berwick-Cranbourne Road, 9.30 – 10.15am	Monday	10	14	12
<b>Hampton Park</b> , Community Hall, Stuart Avenue, 9.30 – 10.00am	Tuesday	11	8	13
<b>Berwick</b> , Rossmoyne Family Resource Centre, Beldale Crt, 9.30 – 10.15am	Wednesday	12	9	14
<b>Narre Warren Library</b> , Overland Drive Fountain Gate, 10.00 – 10.45am	Tuesday	18	15	20
<b>Cranbourne Library</b> , Conference Room A Berwick-Cranbourne Road, 9.30 – 10.15am	Wednesday	26	23	28
<b>Pearcedale Maternal and Child Health</b> , Pearcedale Road, 11.15 – 11.45am	Wednesday	26	23	28

## Night Sessions: 6.15 – 6.45pm

<b>Cranbourne</b> , Old Shire Offices, Sladen Street	Tuesday	6	4	6
<b>Fountain Gate</b> , Council Chambers, Magid Drive	Thursday	6	3	1
<b>Endeavour Hills</b> , Endeavour Hills Leisure Centre, Raymond McMahon Boulevard	Wednesday	19	16	21
<b>Fountain Gate</b> , Council Chambers, Magid Drive	Thursday	20	17	15
<b>Hampton Park</b> , Community Hall, Stuart Avenue	Thursday	27	24	22