

# Sun, Safety and Nutrition



An activity guide for under-fives



**SPORT  
NEW ZEALAND**

On 1 Feb 2012, SPARC  
changed its name to Sport NZ.  
[www.sportnz.org.nz](http://www.sportnz.org.nz)

## ? What is Active Movement/ Koringa Hihiko?

😊 Active Movement is just as important for newborns as it is for older children. By helping your child to get active, you help their body to develop, you help them to learn and to feel safe, and you show them they are loved.

The Active Movement series of brochures helps you with ideas for fun activities.





## ? Why is it important to be careful in the sun?



New Zealand has one of the highest rates of skin cancer in the world and “exposure to sunlight in childhood is the main risk factor for melanoma and other types of skin cancer in adulthood”.<sup>1</sup>

- Damage to the skin is caused by UV radiation (UVR) from the sun. UVR can't be seen but it can burn and permanently damage skin.
- Young children have more delicate skin than older children and adults, and will burn more easily.
- We can still burn if it is cloudy or if the sun doesn't feel very hot.
- The sun can be particularly intense from and during the months of October until March.
- The sun is strongest between 11am and 4pm (during the months of daylight saving).
- Keep your child out of the sun between 11am and 4pm as much as possible. If you go outside:
  - stay in the shade
  - cover the pram or play area with a shade cloth or thickly woven blanket
  - dress your child in a broad-brimmed hat or legionnaire's hat and close-woven clothing that covers the arms and legs
  - be careful of using umbrellas and light coverings as they can let the sun through
  - use broad spectrum (30+) sunscreen on parts of the body that are uncovered. Apply evenly and re-apply frequently.

(<sup>1</sup> Al-Yamen et al, 2002:290)





## ? How do I use sunscreen?

- ☺ Be careful when using sunscreen on babies under one. It is best to try and keep your baby in the shade.
- ☺ If you need to use sunscreen, use it on areas that are not covered by clothing.
- ☺ Test the sunscreen on a small area of skin to check there is no reaction to it.
- ☺ Choose a sunscreen without fragrance as this might help avoid a reaction.



## ? Where can I find out more about safety in the sun?

- ☺ Much of this information comes from the Cancer Society. More information is available from:  
**[www.sunsmart.co.nz](http://www.sunsmart.co.nz)** and **[www.cancernz.org.nz](http://www.cancernz.org.nz)**

## ? Why is a smoke-free environment important?

- 😊 It is very important to keep your baby or young child in a smoke-free environment. It decreases:
- the risk of Sudden Infant Death Syndrome
  - the number of colds, chest infections and ear infections
  - the risk of respiratory problems
  - the likelihood of your child growing up to be a smoker.
- 😊 If you are a smoker, have a place to smoke that is away from your child and try to smoke outside. Keep your car smoke-free too.



## ? What else can I do to keep my child safe?

### 😊 Water and bathing

- The hot water from your tap should be no more than 50°C. Make sure you always run a bath with cold water first.
- Always stay with your child when they are in the bath. A child needs to be supervised until they are five. Take the phone off the hook or into the bathroom with you so you won't need to rush away. If you need to leave the bathroom, take your child with you.
- Never leave your child alone around water – a child can drown in even a bucket or a plant pot in the garden.
- Remember to keep the door to the toilet shut – curious toddlers can find water in places that we least expect!



## ? What else can I do to keep my child safe? (continued)

### 😊 In the car

- By law, all children under the age of five must be restrained in a car seat when travelling by car or van. Choose an age-appropriate car seat.
- Teach your child to get out of the car on the footpath side.
- Hold your child's hand when crossing the road and talk about watching for traffic.
- When you leave your car, always take your child with you.





## What else can I do to keep my child safe? (continued)



### Burns

- Put your baby or child down when you are having a hot drink.
- Keep heaters and fires away from your child. A fireguard can help – even with heaters.
- Use safety plugs in electric sockets.
- Do not let your child play with matches, lighters or candles.



### Toys

- Check toys for rough edges and for small parts that have come loose. These should be removed before giving the toy to a child.



### Baby walkers

- Baby walkers are not recommended. Children are at risk of being hurt from tipping, burns, falling and drowning. Baby walkers do not benefit the child's development.



### Jolly Jumpers

- Jolly Jumpers are not recommended. They are poor for children's development as they encourage children onto their toes which shortens the Achilles tendon at the back of the leg.



### Poisons

- Make sure all poisons are out of reach and locked away.
- Check your garden for poisonous plants.
- Make sure you give your child the correct dose for her size and weight when using liquid paracetamol. Mistakes with dosage, poison many children each year.

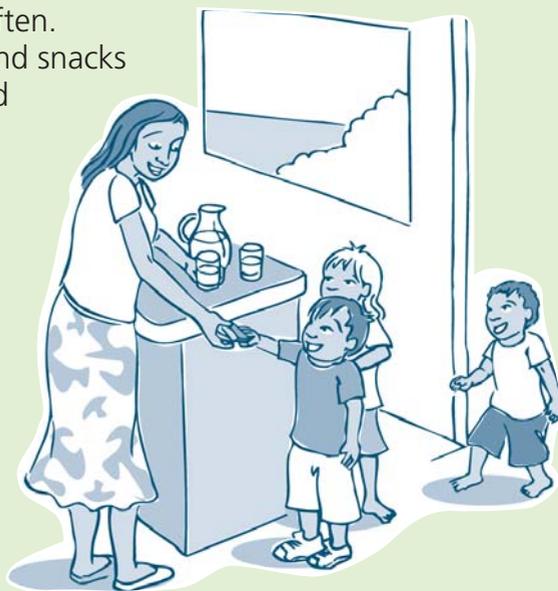
## ? How does nutrition help my child stay healthy?

- 😊 Developing good nutrition and eating behaviours early on will help children stay healthy and grow. If you eat healthy foods you are being a good role model for children in your care.
- 😊 Remember breast milk is best for babies. Babies are usually ready for their first (weaning) foods around six months, although the age will differ between babies.



## ? What should I give healthy children to eat?

- 😊 **Enough food for growth and activity** – children experience different stages of growth, so the amounts of food they eat will change. The more active a child is, the more energy they will need from food.
- 😊 **Many different foods** – choose a variety of foods from the four food groups every day (vegetables/fruit, breads/cereals, milk and milk products, and lean meats, chicken, seafood, eggs, and dried beans, peas and lentils).
- 😊 **Mini-meals and snacks** – children have small stomachs so they need to eat often. Provide small meals and snacks that are nutritious and low in salt and sugar.



## ? What should I give healthy children to eat? (continued)

😊 **Plenty to drink** – children need small drinks often. Water is best and milk is also a good drink for children as it is highly nutritious. Serve between or after meals.

😊 **Treats now and then** – treat foods are different from snack foods. Treat foods are often high in fat, sugar or salt and are best left for special occasions.

### 😊 **Reference:**

For further information see Eating for Healthy Babies and Toddlers from birth to 2 years old (Code 1521) and Eating for Healthy Children aged 2 to 12 (Code 1302) produced by the Ministry of Health. Contact your local Public Health Unit, the National Heart Foundation, your Well Child nurse or practice nurse for copies of these resources.



## ? Who can I contact for more information?

- 😊 **Barnados** – Barnados works within the community to provide a range of care, education and support services for children and their families. [www.barnados.org.nz](http://www.barnados.org.nz)
- 😊 **Cancer Society** – information on sun safety is available from the Cancer Society [www.cancernz.org.nz](http://www.cancernz.org.nz)
- 😊 **National Heart Foundation** – the National Heart Foundation has information on nutrition for 'under-fives'. [www.nhf.org.nz](http://www.nhf.org.nz)
- 😊 **New Zealand Gymnastics** – [www.nzgymnastics.co.nz](http://www.nzgymnastics.co.nz) – supports the delivery of early childhood movement learning opportunities in the community.
- 😊 **Parents Centres** – Parents Centres provide a range of support and information for parents. [www.parentscentre.org.nz](http://www.parentscentre.org.nz)
- 😊 **Parents as First Teachers** – the Parents as First Teachers (PAFT) programme in New Zealand is a parent education and support programme that helps parents understand how their infant develops and learns and how best they can help their child reach his or her full potential. [www.ecd.govt.nz/paft.html](http://www.ecd.govt.nz/paft.html)
- 😊 **Plunket** – Plunket is a nationwide health provider of well child and family services. They provide a wide variety of services and information. [www.plunket.org.nz](http://www.plunket.org.nz)
- 😊 **Regional Sports Trusts** – For contact details of your Regional Sports Trust refer to the Contacts page on [www.sparc.org.nz](http://www.sparc.org.nz)
- 😊 **SPARC** – [www.sparc.org.nz](http://www.sparc.org.nz) – Sport and Recreation New Zealand (SPARC).



## ? Which books do you recommend?

- *Awakening the Child Heart* by Carla Hannaford
- *Help Your Child to Learn* by Barbara Pheloung
- *Moving Kids* by Sue Murray
- *Moving to Learn* by Robyn Crowe and Gill Connell
- *Physical Activities for Improving Children's Learning and Behavior* by Billye Ann Cheatum and Allison A Hammond
- *Smart Moves* by Carla Hannaford



# ? Where do I go for more information?

😊 This brochure is one of a series of 16 Active Movement resources:



**Acknowledgements** SPARC (Sport and Recreation New Zealand) express their sincere appreciation to the people and organisations who have contributed both directly and indirectly to this Active Movement resource.



Further information can be found on the SPARC website or call 0800 ACTIVE (0800 22 84 83).

[www.sparc.org.nz](http://www.sparc.org.nz)

