

Food ideas for busy parents



If you are time poor, you can still make sure your family enjoys healthy meals and snacks by thinking ahead. Here are some tips:

- Plan your meals for the week and create a shopping list based on the required ingredients.
- Whenever you have time to cook, make twice as much as you need and freeze the extra portion to eat later in the week.
- Keep the pantry stocked with a variety of handy ingredients, including tomato-based pasta sauces, stock powder, pasta, rice, couscous, baked beans and canned food like tuna, salmon, tomatoes, corn, beans and chickpeas.
- Stock your fridge and freezer with frozen vegetables and stir fry mixes.



LEARN MORE >>

For more ideas, [click here](#).

Active Fest for teenage fun



Teenagers from age 14-18 are invited to play fun sports and games and improve their wellbeing at [Active Fest](#) at Lurnea Community Hub every Friday from 4pm to 6pm, until 25 August.

Bring your friends and enjoy showbags, giveaways and free refreshments. Active Fest is a free afterschool program with fully qualified sports coaches who hold Working With Children Checks and speak multiple languages.

The program is a partnership between South Western Sydney Local Health District, NSW Office of Sport, Liverpool Council, Urban Rec Australia, Collective Leisure and South West Wanderers FC.

REGISTER NOW



Healthy Family Bulletin

How to keep your family safe online

Here are some tips from the eSafety Commissioner:

- Have regular conversations about online safety as a family, so your child feels comfortable coming to you if they need help working out an issue.
- Create a Family Agreement together that outlines when and how digital technology will be used at home. Your agreement could cover: time limits, apps your child is allowed to use and online behaviour.
- Set parental controls that let you monitor and limit what your child sees and does online.
- Choose games and apps carefully. You can use the [App checklist for parents](#).
- Use digital technology together. Using devices with your child can be a positive experience that encourages learning and development.



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Breastfeeding and returning to work or study



World Breastfeeding Week will be held on 1-7 August. This year's theme highlights that you don't have to stop breastfeeding your baby when you return to work or study. Here are some tips to consider when planning to go back to work or study:

- Discuss your needs with your employer and find out what support is available.
- Update your baby's carer with your breastfeeding plan.
- Think about what you will need each day such as pumping equipment, a change of clothes or a cooler bag.



- >> The [Australian Breastfeeding Association](#) has helpful resources to support your transition to work.
- >> Free support is available any time 24/7 from the Breastfeeding Helpline on 1300 686 268.
- >> A range of videos about breastfeeding in public are also available on the [Growing Healthy Kids](#) website.



Healthy Family Bulletin

Get creative for the Five Ways to Wellbeing project



Registrations are now open for the Five Ways to Wellbeing Schools Creative Project. The art competition celebrates October's Mental Health Month with school-aged children in south west Sydney.

Winning artworks will be displayed online to raise awareness of the Five Ways to Wellbeing. Schools and individual students can enter the competition until Monday 16 October (Term 4, Week 2), with winners announced in December.

Entry is free and great prizes are up for grabs!

Participating schools will receive lesson plans with links to curriculum learning outcomes, class wellbeing activities and the student competition entry form.



(Above): 2022 Winner, 16-18 Years: Takara, Camden High School.



(Above): 2022 Highly Commended, 10-12 Years: Capri, Picton Public School.



>> To register or for more information, scan the QR code or email our [Mental Wellbeing team](#).

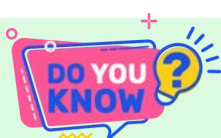
How to keep your teeth and gums healthy



Dental Health Week will be held on 7-13 August to highlight the importance of good oral care for overall health and wellbeing. Here are some tips to keep your teeth healthy:

- Brush your teeth twice a day.
- Eat a wide variety of fruit and vegetables.
- Limit sugar consumption.
- Visit your dentist regularly for a check-up.

>> The [Australian Dental Association](#) has some fun activities, podcasts and story books that can be shared with families to keep everyone's teeth and gums healthy.



One in four children aged 5 to 10 has untreated tooth decay in their baby teeth. (Source: [Australian Institute of Health and Welfare, 2022](#)).





Enter the wonderful world of books



Read, Grow, Inspire is the theme of Children's Book Week, which runs from 19-25 August. The week is a great time to celebrate reading and expose children to new books, authors and book-based activities.

Book Week can spark excitement and adventures in children, families and educators.

You can celebrate Book Week in many ways:

- Dress up and take part in a book parade.
- Plan a book-inspired craft activity with your children, like drawing a new cover of their favourite book.
- Create a book nook, a special chair or place where children can read and relax.
- Visit your local library where children can choose their own book and enjoy reading.



Parcel for Gorilla by Shelley Knoll-Miller, is a popular early childhood book.



The [Children's Book Council of Australia](#) has a list of books for all ages, including reviews and recommendations.



Vaping prevention workshop for parents and young people



Our Population Health staff will run a free workshop to warn parents and young people about the dangers of vaping and talk about prevention methods at Liverpool City Library on Wednesday 16 August from 6pm to 7pm.

The interactive workshop will explain the risks associated with vapes, their addictive nature and their impact on young minds and bodies. It includes a Q&A session, where people can join in and find out how to protect their family's health.

>> Register using the QR code:

