

Dried fruit is best in small amounts

Dried fruit often appeals more to picky eaters. It is sweet, small and easy for children to eat.

Dried fruit should be enjoyed in small amounts and not every day.

Too much dried fruit can:

- Increase the risk of tooth decay due to pieces of dried fruit getting caught on and/or between the teeth.
- Increase the chance of unhealthy weight gain as dried fruit is high in kilojoules.
- Be a choking risk for younger children.
- Cause stomach troubles as dried fruit can be high in fibre.

Dried fruit compared to raw fruit

Sultanas - 30g
Total sugars: 22g



Grapes - 30g
Total sugars: 4.6g



Dried apricots - 30g
Total sugars: 12.2g



Apricots - 30g
Total sugars: 2.3g



Measurements: [Australian Food Composition Database](#)

The [Australian Dietary Guidelines](#) suggest children can occasionally have up to 30g of dried fruit. This is equal to 1½ tablespoons of sultanas or four dried apricot halves.

Get moving and celebrate our diversity



MULTICULTURAL HEALTH WEEK 2023
Celebrate culture through movement - Every move counts
4 to 10 September 2023

[Read More](#)



We are a proud multicultural region and home to residents from all parts of the world. A great time to honour our diversity is during Multicultural Health Week, from 4-10 September. Held annually since 2009, the week is a time to raise awareness and address health issues relevant to culturally and linguistically diverse communities.

This year's theme has a focus on physical activity. The message is celebrate culture through movement - every move counts!

People are invited to register an event or organisation that supports the health of multicultural Australians and let others know about it.

>> To register your event or organisation, [CLICK HERE](#)



Healthy Family Bulletin

Stay safe when you are online

A range of free resources are available at the click of a button to help parents and carers keep children safe when they are online.

The [eSafety Commissioner](#) website is running a series of free webinars until November on topics including eSafety 101, getting the most out of gaming, privacy and sharing online, good practices in group chats and easy ways to explain online boundaries and consent.

The eSafety website also has information to help educators, young people, seniors, women, First Nations peoples, culturally and linguistically diverse communities and industries when they are online.

>> To register for a webinar or read more:



CLICK
HERE

Book a free 20-minute breast screen



Women aged 40 and over can access free breast screening locally with the BreastScreen NSW program. A breast screen could save your life through the early detection of breast cancer – before you or your doctor notice any changes. Stay healthy for you and your family!

Permanent clinics: Bankstown, Bowral, Campbelltown and Liverpool.

Mobile clinics (September to December 2023): Tahmoor and Cabramatta.

The friendly, female staff are ready to welcome you. Simply [book](#) online or phone 13 20 50.

>> To learn more about breast screening and breast awareness, [click here](#).



Watch the inspirational video: [Following in the Footsteps of My Sistas](#).





Healthy Family Bulletin

Sing and grow your way to school



Families with children starting school next year can come along to some fun sessions to help them get ready for their big day.

Off to School sessions are being held at Children & Family Hub, in Bankstown, every Friday from 10am-11am, ending on 22 September.

A music therapist leads the sessions, with parents and children singing, dancing and playing instruments.

The sessions build confidence and classroom skills.

[REGISTER NOW](#)



Support for young children

Giving your child the best supports early in life is important! Talk to your doctor, child health nurse or a health professional if you have concerns about your child's development. Providing support as early as possible can improve outcomes for your family.



EACH is a professional service for children aged 0-6 and families in south west Sydney.

- It provides early intervention for children with developmental delay or disability.
- Staff work with families to identify support and activities in the community.
- It can help people access funded support, if required, through the National Disability Insurance Scheme.

[Learn more](#)



Good night, sleep tight!



[Watch a video about good sleep habits.](#)

Getting enough sleep is important to support children's learning, mood and behaviour.

To help children get a better night's sleep:

- Have a regular bedtime.
- Have good nutrition.
- Limit awake activities in bed as much as possible.
- When children are tired, try and rev them down in the 30 minutes before sleep.

