

## Crunch and sip your way to good eating habits



Getting children to eat fruit and vegetables can be a challenge for many parents but the Crunch & Sip program is there to help. The primary school program has a range of in-language resources to help parents follow Crunch & Sip at home. The program sets a time each day for children to refuel by eating fruit and vegetables and stay hydrated by drinking water. The resources are available in Arabic, Chinese Simplified, Macedonian and English.

Other Crunch & Sip tips for parents include:

- Send your child to school with a water bottle and ready to eat fruit or vegetables.
- Find time on weekends and school holidays to Crunch & Sip.
- Be a role model to your children.
- Get the kids involved in shopping, cooking and growing food.
- Trying adding vegetables to all meals.
- Keep fruit and vegetables in a fruit bowl on the counter.



## In the swim with Project Harmony

Families with children aged three to six and living in south west Sydney can sign up for free swimming lessons through Project Harmony. Royal Life Saving NSW has partnered with the NSW Office of Sport to run Project Harmony to ensure no preschool child misses out on essential swimming and water safety skills.

The program provides 10 complimentary swimming lessons to preschool children who have previously lacked access to such programs. It will run at Mt Annan Leisure Centre and Michael Wenden Aquatic Leisure Centre and Whitlam Leisure Centre until July.

Parents need to have a [NSW First Lap Voucher](#) for their child to join Project Harmony.



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# Healthy Family Bulletin

## Protect your family from whooping cough

There's a high number of cases of whooping cough (also called "pertussis") in our community this year, especially in school-aged children. Whooping cough can make children very sick, and is especially dangerous for babies. Whooping cough spreads easily from person to person.

### Signs to look for:

- It starts with a runny nose, fever and cough.
- The cough gets worse at night, and sometimes won't stop.
- Children may vomit after coughing. Babies can turn blue and may even stop breathing.

### The best protection is vaccination.

This protection builds up over several doses. Pregnant women should get vaccinated between 20 and 32 weeks gestation. Babies should have vaccinations at age six weeks, four months, six months and 18 months.

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Children should have another vaccination before school, when they are four years old and again in Year Seven. This last dose can be given at school through the NSW Health vaccination program. If you think you might have whooping cough, it's important to see your doctor for testing. If it is this disease, antibiotics can help you get better more quickly and stop you from passing whooping cough to others.

## Quitting is a breath of fresh air



### THE FACTS ABOUT VAPING

Vapes are electronic devices designed to deliver vapourised liquids into your lungs when you breathe in. Vapes aren't water. The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack. The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. Vapes are not safe.

#### DO YOU KNOW WHAT YOU'RE VAPING?

<b>NICOTINE</b> Many vapes contain nicotine making them <b>very addictive</b>	<b>FRUIT</b> The nicotine in 1 vape can = <b>50</b> cigarettes	<b>FRUIT</b> If you vape you are 3 times as likely to take up smoking cigarettes
<b>LUNGS</b> Vaping has been linked to <b>serious lung disease</b>	<b>WATER</b> Vape aerosol is <b>not</b> water vapour	<b>HAZARDOUS</b> Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.

Do you know what you're vaping? Get the evidence and facts at [health.nsw.gov.au/vaping](http://health.nsw.gov.au/vaping)

Smokers and people who vape are encouraged to quit the habit and enjoy a breath of fresh air on World No Tobacco Day, on Friday 31 May.

This year's theme aims to protect children from the tobacco industry and the marketing of these products through social media and streaming platforms. It's also a time to start conversations about the dangers of smoking and vaping. If you are thinking about quitting the habits, a range of support is available to help you:

- Speak to a GP or health service about quitting support.
- Visit [Growing Health Kids in South West Sydney](#) for facts for parents and carers.
- Speak to [Quitline](#) counsellors or the [Aboriginal Quitline](#) by phoning 13 7848 (13 QUIT).
- Find online tools and resources at [iCanQuit](#).

For more tips for families,

[CLICK HERE](#)



# Healthy Family Bulletin

## Make a screen time plan to keep your children safe



To find out more, visit the eSafety Commissioner website.



Creating a screen time family agreement plan with your children is a great way to help everyone stay safe online, manage the impacts of screen use and promote healthy habits and lifestyles.

Working on the rules together can help families get the most out of screen time, plan some fun activities during non-screen time use and build stronger bonds and social connections with others.

Here are some tips to help you get started:

- Include your children so the plan becomes a family decision.
- Work on the plan together. Children are more likely to follow the rules if they have contributed.
- Use a reminder such as '10 minutes to switch off' to help children transition from the screen to other activities.

## Take the challenge and exercise right

Whether you like bike riding, walking the dog, sport or gardening, it's time to get moving for 30 minutes a day for 30 days in May.

The Exercise Right Challenge is a great way for families to get active and enjoy healthy habits every day. It could also be the motivation you need as we move towards winter.

People can also take part in Exercise Right Week, which runs from 20 to 26 May, and host or join an activity near them.



[MORE INFO](#)

## Celebrate in May

### Heart Week

6-12 May. Never miss a beat! See your GP for a Heart Health Check.

[Read more.](#)

### National Families Week

13-19 May. Thank the important people in your life. [Learn more.](#)

### Volunteer Week

20-26 May. Make a difference to others. [Click here](#) for more.





## Recipe - Fast vegetable spaghetti



This quick, easy and tasty vegetable spaghetti recipe will become a family favourite. The recipe serves 4-6 people.

**Preparation time:** 10 minutes. **Cooking time:** 10 minutes.

### Ingredients:

- 500g spaghetti or pasta
- 2 teaspoons vegetable oil
- 1 small onion, thinly sliced
- 1 small celery, thinly sliced
- ½ capsicum, seeded and diced
- 1 small zucchini, diced
- 570g tomato-based pasta sauce
- ¼ cup grated parmesan cheese

### Method:

1. Cook and drain the pasta.
2. Heat oil in a saucepan, add onion and cook until soft.
3. Add the rest of the vegetables and mix well.
4. Lower heat, cover and cook for 5-7 minutes.
5. Add pasta sauce to vegetables and heat thoroughly.
6. Remove sauce from heat and serve over the pasta.
7. Sprinkle with grated cheese.

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## Celebrate Mother's Day at storytime

Mums and their bubs can share stories and songs at Mother's Day Storytime events at Fairfield's libraries.

Storytime is a fun way to develop children's brain development, imagination and listening and communication skills.

The fun reading events are held from 10.30am to 11.30am at Smithfield Library on Monday 6 May, Bonnyrigg and Cabramatta Libraries on Wednesday 8 May and Fairfield and Wetherill Park Libraries on Friday 10 May.

Mother's Day evening storytime will also be held at Wetherill Park Library from 6.30pm to 7.30pm, on Tuesday 7 May.

To find out more, [click here](#).



Mother's Day will be held on Sunday 12 May. A picnic, lunch or get together with loved ones are also fun ways to celebrate the day.

