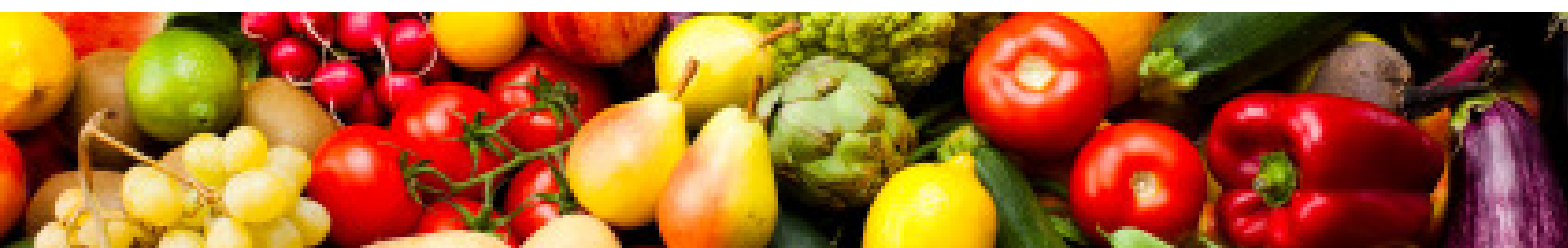


Parentalk

NEWSLETTER October 2011

Child's food preferences could be determined in womb



According to the latest research from Monell Chemical Senses Centre mothers can influence a baby's palate and food memories before it is born. The study finds that what a woman eats during her pregnancy shapes the baby's food preferences later in life.

It is known that within the womb the baby is surrounded and nourished on the amniotic fluid, which is filled with the flavours of what the mother has eaten. Julie Mennella, a researcher at Monell said, "*Things like vanilla, carrot, garlic, anise, mint -- these are some of the flavours that have been shown to be transmitted to amniotic fluid or mother's milk.*" The babies are feasting on the flavoured amniotic fluid, forming memories of these flavours even before birth. These memories result in preferences for these foods or odours for a lifetime.

Researchers speculate that very early exposure to flavours, before and after birth, and reinforcement of those flavours make it more likely that children will accept a wide variety of flavours. Researchers say this helps explain why kids from countries with more adventurous menus enjoy more diverse foods than a child exposed to American peanut butter and jelly and chicken nuggets.

Dr Mennella's study appeared in the journal *Paediatrics*. Her research involved giving pregnant women garlic or sugar capsules and asking a panel to smell and identify samples of the women's amniotic fluid. "*And it was easy,*" she explained. "*They could pick out the samples easily from the women who ate garlic.*" The sense of taste is actually 90-percent smell, she added, so they knew just from the odour that the babies could taste it.

Pregnant women were divided into three groups. One group was asked to drink carrot juice every day during their pregnancy, another during breastfeeding and a third to avoid carrots completely. Then when the children began to eat solid food, researchers fed them cereal made either with water, or carrot juice and videotaped their responses.

Continued on page 2.

Contents

- 2 **Editor's Column**
- 3 **Dadtalk**
- 4 **Baby Names**
- 5 **Cultural awareness**
- 6 **Easy Meals for Kids**
- 7 **Falls from Windows & Balconies**
- 8 **Family Counselling**
- 10 **FREE Parenting Courses**

Editor's Column

Hi everyone

Welcome to all of our new parents. Parentalk is a newsletter for first-time parents in the Coffs Harbour Region. As new parents, we need to know that we are not alone on our amazing journey. There is always someone else that feels the same way you do.

We welcome all contributions from parents. They can be in the form of a poem, a story, recipes, tips, ideas or you may just like to share your thoughts. Every contribution goes into a draw for a major prize at the end of the year.

To submit contributions, you can:

- email Paul at psheehy@burnside.org.au
- post to: PO Box 2058 Coffs Harbour NSW 2450
- or phone Paul on 6659 2841.

Disclaimer: *The opinions expressed in this newsletter are those of the authors and not necessarily those of UnitingCare Burnside. Any medical information in this newsletter is not a substitute for professional advice. Please see your healthcare provider if you have any concerns.*



Child's food preferences could be determined in womb continued.

"The babies who had experienced carrot in amniotic fluid or mother's milk ate more of the carrot-flavoured cereal," said Mennella. "When we analyzed the video tapes they made less negative faces while eating it."

This makes a lot of evolutionary sense, says Mennella. Since mothers tend to feed their children what they eat themselves, it is nature's way of introducing babies to the foods and flavours that they are likely to encounter in their family and their culture. *"Each individual baby is having their own unique experience, it's changing from hour to hour, from day to day, from month to month...As a stimulus it's providing so much information to that baby about who they are as a family and what are the foods their family enjoys and appreciates,"* she said.

Menella says parents should keep exposing young children to healthy flavours because they can eventually learn to like them.

Dadtalk By Paul Sheehy

I remember a few months before we had our first child a mate asked “What type of father do you want to be?” A simple question I suppose but it made me think how many different types of fathers there are. They seem to come in all shapes and sizes and from infinite backgrounds with a vast variety of interests. Every father is different and they come with their many strengths and weaknesses.

I thought of how accepting and trusting I was of my parents when I was a child. Wow! What a huge responsibility to take on. With all my own strength and faults, I will now be care giver and role model for a child who will be relying on me to do a ‘good job’ for at least some part of it. I realised that there is no backing out. I needed to get a plan together.

I asked my partner and she said “You will do just fine”. That was not enough as I needed detail. This was to be the most important task of my life and I had no qualifications or on the job training. I then reflected on what I loved most about my own father.

Yes, sure he bought me my first bike and that was really great, shouted me junk food and stuff without telling mum (and even gave me some money on the side that was probably in the form of a soft bribe so I remained quiet about some little secret project he was building). He did a lot of silly things like coming home late from work one night and eating food mum had cooked up for our dogs. It was made from meat that was well past it’s use by date. He complimented her in the morning on what a great casserole she had cooked. We never did tell him the truth as he seemed to survive with no major side effects. We always had a sly smile on our faces when we told him we were having casserole tonight and it was his favourite.

While reflecting on past times and some great experiences spent with Dad I came to the conclusion that I loved his great sense of humour, sense of adventure and willingness to accept all people. All my friends loved him and he had time for them. It was never a problem to accept a couple more kids on one of his ill fated



adventures. We usually survived intact and had some great stories to tell at the end of them. That was exciting and I’m sure there is a book in it but there had to be something more specific. Could it be a special quality or maybe even a secret ingredient.

We definitely were not wealthy as four hungry and active kids would keep anyone struggling. What was this secret ingredient that seemed to bond families or from my angle father and son? I went to the library and started reading parenting books as I decided to get right into it and found a lot of useful information but what was it I was searching for?

One Saturday morning, I was walking down the beach about to go for a surf when I spotted a dad with his young daughter. He was pushing her along in the whitewater on a bodyboard. They were having the best time and they were so engrossed in what they were doing that the outside world didn’t seem to exist.

It was then that the penny dropped and I understood clearly what that most important ingredient was. It was simple, uncomplicated and it cost nothing. It was the catalyst for fun, a healthy lifestyle and the most important of all it gave parents and children the opportunity to create a bond.

I realised that the greatest gift we could give our children was our time. Time which is so precious in our modern fast paced demanding world. Time to play and have fun. Time to let them be children. Time to share and time to love.

I decided to give them this most precious of all gifts. Then asked myself “How simple is that?”



Baby Names

Some of the names given to babies in Coffs this year.

Abby	Carter	Harlow	Kade	Nadia	Sean
Abigail	Cayley	Harly	Kaleb	Nakoa	Seth
Adam	Charli	Harper	Kennedy	Nathandha	Sia
Addison	Charlotte	Hauden	Kirra	Nicholas	Sinnius
Aisha	Chase	Heath	Knox	Noa	Sophie
Akaya	Cloe	Holley	Kobe	Noah	Summer
Alby	Coby	Ian	Lanieka	Odern	Taio
Alex	Connor	Imarni	Lava	Oliver	Taj
Alisha	Cooper	Imogen	Leilani	Otis	Talarah
Amelia	Daisy	Indiana	Lennox	Owen	Talon
Angie	Damon	Indica	Levi	Patrick	Tate
Angus	Darcy	Isis	Lexie	Pearl	Taya
Anouk	Declan	Isla	Liam	Piper	Taye
Archie	Dexter	Isaac	Lilah	Polly	Teddy
Aria	Dylan	Indy	Lily	Poppy	Thea
Asher	Echo	Jacka	Lincoln	Rainn	Thomas
Ayden	Eden	Jackson	Logan	Rees	Tiernin
Ayla	Ella	Jacob	Lora	Rily	Tilda
Ayva	Elle	James	Lucas	Riva	Tileah
Bailey	Eli	Jaymz	Lyla	Robert	Toby
Banjo	Elka	Jasmine	Mannix	Rocco	Traeh
Bella	Emma	Jasper	Marcus	Roman	Tyler
Bianca	Eshani	Jayden	Mariah	Rory	Vicki
Blade	Evie	Jem	Marlee	Rosella	Violet
Blake	Falicity	Jesse	Mathanael	Ruby	Vivain
Blair	Felix	Jhett	Matilda	Ryan	Willow
Bonny	Finn	Jodin	Max	Sabastion	Wyatt
Bronte	Gabriel	Joel	Mia	Sally	Xander
Brooklyn	Gavin	Jonah	Michael	Sam	Xavier
Bryce	Georgie	Jonty	Milo	Sari	Zac
Byron	Grace	Jorja	Mitchell	Sasha	Zari
Callun	Gwenda	Joslyn	Molly	Saxon	Zayne
Carson	Hamish	Juda	Munsa	Scarlett	Zenny





Cultural awareness

This timeline is a continuation of Aboriginal History in Australia.

To read the earlier parts of the history go to www.burnside.org.au and click on Our Services, Newsletters and scroll down to read the previous Parentalk Newsletters.

1967

A national referendum is held to amend the Constitution. Australians confer power on the Commonwealth to make laws for Aboriginal people. Aborigines are included in the census for the first time.

1969

By 1969, all states had repealed the legislation allowing for the removal of Aboriginal children under the policy of 'protection'. In the following years, Aboriginal and islander Child Care Agencies ("AICCAs") are set up to contest removal applications and provide alternatives to the removal of Indigenous children from their families.

1975

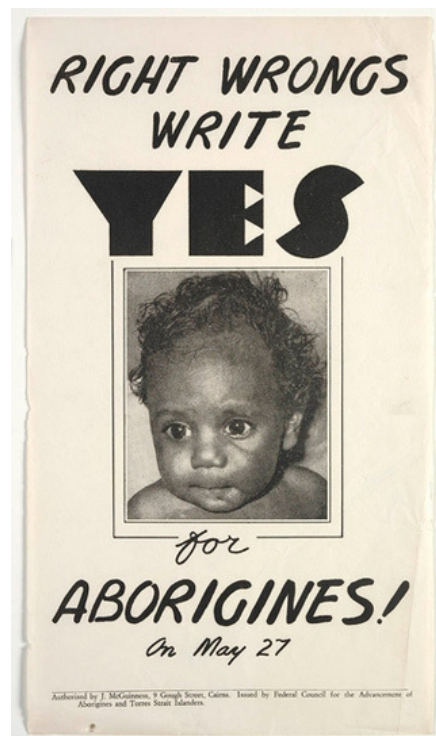
The Commonwealth Government passes the Racial Discrimination Act 1975.

1976

The Aboriginal Land Rights (Northern Territory) Act is passed by the Commonwealth Parliament in 1976. It provides recognition of Aboriginal land ownership, granting land rights to 11,000 Aboriginal people and enabling other Aboriginal people to lodge a claim for recognition of traditional ownership of their lands.

1980

Link-Up (NSW) Aboriginal Corporation is established. It is followed by Link-Up (Brisbane) in 1984, Link-Up (Darwin) in 1989, Link-Up (Tas) in 1991, Link-Up (Vic) in 1992, Link-Up (SA) in 1999, Link-Up (Alice Springs)



in 2000, and Link-Up (WA - seven sites) in 2001. Link-Up provides family tracing, reunion and support for forcibly removed children and their families.

1981

Secretariat of the National Aboriginal and Islander Child Care (SNAICC) established. SNAICC represents the interests on a national level of Australia's 100 or so Indigenous community-controlled children's service organisations.

1983

The Aboriginal Child Placement Principle, developed principally due to the efforts of Aboriginal and Island Child Care Agencies ("AICCAS") during the 1970s, is incorporated in NT welfare legislation to ensure that Indigenous children are placed with Indigenous families when adoption or fostering is necessary. This is followed in NSW (1987), Victoria (1989), South Australia (1993), Queensland and the ACT (1999), Tasmania (2000) and Western Australia (2006).

1987

Northern Territory elections are held and for the first time voting is compulsory for Aboriginal people.

1988

The Bicentennial of British Settlement in Australia takes place. Thousands of Indigenous people and supporters march through the streets of Sydney to celebrate cultural and physical survival.



Easy Meals for Kids

Vegetable Pikelets

These savoury vegetable pikelets are full of hidden veggies that the kids won't see. They are perfect for toddlers and can also be popped into lunch boxes.

Ingredients:

- 2 cups wholemeal self-raising flour
- 2 cups raw vegetables, chopped finely
- 2 eggs, lightly beaten
- 1 cup tasty cheese, grated
- 1 1/2 cups milk
- salt and pepper
- 50g butter
- Cream cheese to serve

Method:

In a bowl, whisk all ingredients together. Heat a little butter in a frying pan. Using quarter cup measures, fry each pikelet until golden and turn. Serve warm with cream cheese spread on top.

Notes

- This recipe makes 12 pikelets.
- For this recipe I used grated carrot, cauliflower, broccoli and shallots. You can just use whatever veggies you have on hand.
- Don't forget to season these well. They really need the flavour!

You can use low-fat milk and low-fat tasty cheese if you want to lower the fat content.



Microwave Jacket Potatoes

Microwave jacket potatoes make a great snack and are very economical and filling. Use what you have in your fridge to make a tasty topping or sprinkle with cheese and enjoy!

Ingredients:

- 1 large potato, scrubbed clean

Toppings of your choice such as:

- Sour cream and chives
- Baked beans and butter
- Bolognese sauce and cheese
- Garlic & cheese

Method:

Prick the potato all **over with a large fork**. Place inside a paper bag and cook in the microwave on high for 5 minutes. Turn bag over and cook for a further 5 minutes.

Remove from the microwave oven and leave to stand for 5 minutes.

Cut a large cross on the face of the potato and squeeze the base upwards.

Add toppings of your choice.

Notes

- The bag helps keep the heat around the potato.
- Microwave ovens vary in power so you may have to use some trial and error runs to see how long it will really take to cook the potato. For a smaller potato you may only need 3 minutes.

- If you don't have a paper bag a clean tea towel achieves the same outcome.

You may run a rolling pin over the potato before removing it from the bag- this breaks up the inside of the potato.

Falls from windows and balconies

An increasing number of children are admitted to hospital each year, with serious injuries, as a result of falling from windows and balconies.



These falls often occur in the child's own home, over the warmer months when families leave windows and doors to balconies open both during the day and at night. Children aged from one to five years are most at risk as they are naturally curious but lack the ability to recognise danger.

Although the current Building Code of Australia permits a maximum opening of 12.5cm for windows and balustrades (where regulated), The Children's Hospital at Westmead recommends for enhanced safety, a maximum opening of 10cm. Please note, there are no laws that require window and balustrade openings in older buildings to meet current building standards.

To increase the safety of your children near windows and on balconies, please follow our recommendations below.

Window Safety for Children

Children can fall out of a **window which is open more than 10cm, even if a fly screen is present.** To prevent children falling from your windows, The Children's Hospital at Westmead recommends:

- All windows above the ground floor to be opened no more than 10cm.
- All windows have window locks/latches fitted to stop windows opening more than 10cm, or guards to protect the opening
- Where possible, open windows from the top.
- Beds and other furniture are kept away from windows, so that children cannot climb up to windows.

- Parents do not rely on flyscreens to prevent a child from falling out of a window.
- Children are taught to play away from windows.
- **Children are always supervised.**

Balcony Safety for Children

To prevent children falling from your balcony, The Children's Hospital at Westmead recommends:

- Balcony balustrades (railings) be at least 1metre high.
 - Make sure that any vertical bars in the balustrade are no more than 10cm apart (use a ruler to measure).
 - Your balustrade should have no horizontal or near horizontal parts that would allow children to climb.
 - All furniture, pot plants and other climbable objects are kept away from the edge of the balcony.
 - Parents be aware of furniture that is light enough for children to drag to the balcony edge.
 - Children are always supervised.
- Keep doors leading to balconies closed so that children cannot gain access to them.



For more information go to: www.kidsafensw.org.au



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Family Counselling

What is family counselling?

Family counselling is the name for counselling under the Family Law Act. It helps people with relationship difficulties better manage the personal or interpersonal issues to do with children and family during marriage, separation and divorce. Family counselling may be about hurt feelings, problems between you and your partner or another person in the family, new living arrangements and issues relating to the care of your children and financial adjustments.

Why go to family counselling?

Relationship problems can arise at various stages of our lives. Keeping relationships on track is not always easy. Having a shaky moment does not mean your relationship is in trouble but it may be a sign that you could do with some help. Family counselling can guide and support couples to meet the challenges of life.

Family counselling can help maintain valued family relationships even after separation. At this time, parents need to focus on what is best for their children. Children will have feelings and emotions that they may not be able to understand or deal with.

Who can go to family counselling?

A family counsellor can help adults, young people, couples and their children. You can go to family counselling as an individual or a couple or a family.

Is counselling available for children?

Yes, family counselling is for the whole family, including children. The Family Law Act allows for children affected by separation or divorce to be helped by a family counsellor. A family counsellor needs to have special skills for counselling children.

When do I see a family counsellor?

You can try family counselling at any time. The earlier you see a family counsellor, the more likely that the counsellor can help you. It can be before marriage, during marriage or a de-facto relationship, after separation or divorce or when you re-marry. You can see a family counsellor about issues affecting your children whether or not you have ever married or lived together. If you are separated, you can see a family counsellor whether or not you have started court action. Family counsellors can help you work through emotional problems with your spouse or partner or reach agreement about your parental responsibilities.

What information will a family counsellor provide me with?

You may receive information and referral to services that can help your situation. This will depend on where you are in the relationship — are you in a new relationship; building your relationships, in a blended family; trying to reconcile or separate?



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If you are married and considering divorce, the family counsellor may give you information about services available to help with reconciliation (unless they think that there is no reasonable possibility of a reconciliation).

What happens in family counselling?

A family counsellor will listen to your worries and problems and help you find your own answers.

Is family counselling confidential?

Under the Family Law Act, anything said at a counselling session is confidential – except in certain circumstances, such as to prevent a serious threat to someone's life or to prevent the commission of a crime. What is said during family counselling cannot be used as evidence in any court. However, a family counsellor must report child abuse, or anything said that indicates a child is at risk of abuse and this may be used as evidence.

What if you are feeling unsafe?

Family Relationship Counselling Services have arrangements in place to protect the safety of clients and staff. If you have concerns about your safety or the safety of your children, you should let the Service staff know as soon as possible.

What's the point of counselling if you don't want to get back together?

Family counselling can help couples come to terms with the many changes that happen when a relationship breaks up. It can help parents make decisions about arrangements for their children and how they will share parenting after separation. The Family Law Act encourages parents to sort out differences over their children themselves instead of going to court.

Family counselling can also help where there are disagreements about the division of property.

Courts and family counselling

If you decide to go to court for a decision about your children, you may still have to see a family counsellor. A court can order you and your spouse or partner to see a family counsellor at any time during legal action to discuss and try to resolve differences about the care, welfare and development of your children. Generally, the court will not make a parenting order unless you have seen a family counsellor. This may not be required in some circumstances (such as in urgent cases).

What will it cost?

Family Relationship Counselling Services will charge fees according to your capacity to pay. Let the Service know if you are on a low income or experiencing financial difficulties as the Service will have arrangements in place to ensure you can access family counselling.

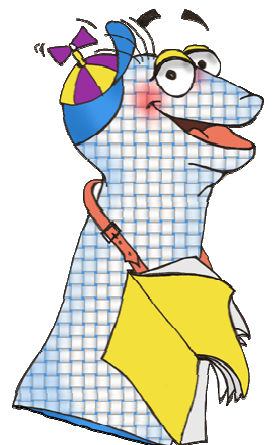
How do I contact a family counselor?

You can phone Interrelate Coffs Harbour on **6659-4150**.

Office hours are:

Mon - Wed 9:00am - 5:00pm
Thursday 9:00am - 8:00pm
and
Friday 9:00am - 5:00pm.

Interrelate is situated at:
24 Park Avenue
Coffs Harbour.



Family Support Service Parenting Courses Term 4, 2011

All courses run by UnitingCare Burnside Family Support Service are free of charge.

COURSES	SESSIONS	DATES & TIMES	VENUE
1-2-3 Magic Encouraging good behaviour, independence and self esteem – a simple discipline program that really works!	One session per week for 3 weeks	Day course Mondays 10:00am - 12:30pm 24th Oct - 7th Nov	Burnside Family Centre 7 McLean Street Coffs Harbour
1-2-3 Magic Encouraging good behaviour, independence and self esteem – a simple discipline program that really works!	One session per week for 3 weeks	Evening course Mondays 6:30 - 9:00pm 24th Oct - 7th Nov	Burnside Family Centre 7 McLean Street Coffs Harbour
Women & Life For women who have experienced domestic violence. Covers issues such as patterns in relationships, self-awareness, communicating and celebrating change.	One session per week for 6 weeks	Wednesday 10:00am - 1:00pm 19th Oct - 23rd Nov	Women's Health Centre Victoria Street Coffs Harbour
Social & Emotional Development of Babies How to identify strategies to assist your child to grow and reach their social and emotional potential.	One session for 3 hrs	Monday 10:00am – 1:00pm 17th October	Burnside Family Centre 7 McLean Street Coffs Harbour
Parenting a Child with ADHD For parents who have children diagnosed with Attention Deficit Hyperactivity Disorder. Covers issues such as understanding ADHD; managing behaviour; working with schools; self-esteem and looking after yourself.	One session for 3 hours	Monday 10:00am – 1:00pm 10th October	Burnside Family Centre 7 McLean Street Coffs Harbour

To enrol in any of the courses, please phone UnitingCare Burnside on 6659 2800. Places are limited, so please book early.