Hornsby Ku-ring-gai Child and Family Health Service

As the school holidays are fast approaching, our thoughts are of activities for children, child health, safety and sun protection. Following are some tips for enjoying the summer holidays.

Hydration
In summer our bodies require more water because we are more active and our bodies use the water to help keep us cool. Water is essential for life, being a component of all cells and involved in many bodily processes. Recommended daily requirements of water for healthy bodies:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Daily Requirement</th>
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<tbody>
<tr>
<td>5-8 year olds</td>
<td>1 litre per day</td>
</tr>
<tr>
<td>9-12 year olds</td>
<td>1.5 litres per day</td>
</tr>
<tr>
<td>13+ years</td>
<td>2 litres per day</td>
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Beverages provide the main source of water, however, foods such as fruit and vegetables also contribute water. The regular intake of adequately fluoridated water has conclusively been found to lower the prevalence and experience of tooth decay and dental caries.

Food
Summer brings plentiful fresh fruits and vegetables, perfect foods for hotter weather.

Get children into the habit of snacking on fruit
The earlier you start, the easier it is to get them used to eating fruit as a snack at home or at school, rather than eating something from a packet. It's a good habit that will help them grow up healthy. Try and have a variety of different fruits so they don’t get bored with the same thing. Make fruit salad with a variety of different fruits for dessert - again, the more colours you can combine, the better. In warmer weather, fruits like grapes or peeled bananas taste great when frozen.

Let children help prepare fruit and vegetables
It’s all part of learning to enjoy these foods - and a first step in learning how to cook.
Share a piece of fruit
Children, who might baulk at eating a whole apple, will often happily eat a piece if you cut it up and share it. It’s a good strategy to use with the men in the family too – research into food habits has found that many men are more likely to eat fruit if it’s cut up. The next time you think time is too short to eat properly, remember that fruit and vegetables can be among the most convenient foods around. Fruits like bananas, apples, pears, or mandarins are easy to carry and need no preparation, and you can cook most vegetables in just a few minutes if you steam, stir-fry or microwave them.

This information is available from the 2&5 website in the following languages: Arabic, Chinese, Italian, Khmer, Korean, Macedonian, Serbian, Thai, Turkish and Vietnamese as well as English.
Out and About
As families are out and about with more outdoor activities it may be time to review tetanus vaccination currency. In the event of an accident a check-up with your GP or a visit to the local hospital is a good idea. Tetanus is caused by the bacterium Clostridium tetani. The bacteria can spread from the environment to open wounds where they can enter the bloodstream. Tetanus is an often fatal disease caused by a toxin made by bacteria present in soil and manure. You do not catch tetanus from other people. Tetanus attacks the nervous system, causing severe muscle spasms, felt in the neck and jaw muscles (lock jaw). The effects spread, causing breathing difficulties, painful convulsions and abnormal heart rhythms.

Recommended vaccinations for school age children:

4 years
- Diphtheria, tetanus, acellular pertussis (whooping cough) and inactivated poliomyelitis (polio) (DTPa-IPV)
- Measles, mumps and rubella (MMR) (to be given only if MMRV vaccine was not given at 18 months)

10–15 years (see http://www.immunise.health.gov.au/)
- Hepatitis B (hep B)
- Varicella (chickenpox)
- Human papillomavirus (HPV)
- Diphtheria, tetanus and acellular pertussis (whooping cough) (dTpa)

Holiday activities
Go to a patrolled beach or pool: remember slip (on a shirt), slop (on sunscreen), slap (on a hat), seek (shade) and slide (on sunglasses) and consider the time of the day to minimise sun exposure.

Go Swimming
Swimming is one of the most popular sports in Australia. Our nation is surrounded by water and swimming is one of our great passions. As well as being fun, swimming is a great way to keep fit, stay healthy and make friends. Swimming is a healthy activity that you can continue for a lifetime. It is a low-impact activity that has many physical and mental health benefits.

Benefits of swimming
Swimming is a great workout because you need to move your whole body against the resistance of the water. Swimming is a good all-round activity because it:
- Keeps your heart rate up but takes some of the impact stress off your body
- Builds endurance, muscle strength and cardiovascular fitness
- Helps maintain a healthy weight, healthy heart and lungs
- Tones muscles and builds strength
- Provides an all-over body workout, as nearly all of your muscles are used during swimming.
- Is a relaxing and peaceful form of exercise
- Alleviates stress
- Improves coordination, balance and posture
- Improves flexibility
- Provides good low-impact therapy for some injuries and conditions
- Provides a pleasant way to cool down on a hot day
- Is available in many places – you can swim in swimming pools, beaches, lakes, dams and rivers. Make sure that the environment you choose to swim in is safe.

Some general tips
Before you enter the water:
- Make sure you know how to swim.
- Choose a safe environment; how deep is the water, any obstacles, check the current.
- Have plenty of fluids on hand and drink regularly.


REMEMBER: It takes only seconds for a child to drown, so never take your eyes off children near the water.
**Go surfing**
Take surfing lessons to learn the correct technique and get started safely.

**Benefits of surfing.**
- Cardiovascular fitness – from paddling.
- Shoulder and back strength – these muscles will strengthen from paddling.
- Leg and core strength – once you’re standing up on the board, strong legs and a strong core will keep you up.
- It is a great way to spend time outdoors and enjoy the natural environment.

**Getting started**
Surfing is not as easy as it looks. It is worth taking some lessons to give you the basics and hopefully get you up on your feet.

As surfing involves the ocean, you should be a strong swimmer and always be aware of the safety aspects of being in the surf. If you are not sure about a suitable surfing spot, ask the local lifesavers.

Having the right equipment is essential to get the best out of the surf. Your board should suit your body and your ability. For example, start with a long board as they are easier to stand up on, paddle and ride. Wear a wetsuit if necessary to keep you in the water long enough to learn.

**Surfing etiquette**
Although surfing tends to be a fairly free sport and a mostly recreational activity, there are certain rules based on common sense that are important to consider:
- If someone is already riding a wave, don’t try to paddle around them.
- The person closest to the breaking wave has right of way.
- Respect other riders’ right of way.
- Share the surf and don’t steal other riders’ waves.
- Remember that surf board riders cannot surf in between the flags on a patrolled beach.
- Don’t take it out on other people if you’re having a bad day. Respect other people, their gear and their belongings. This applies not only in the water but on the shore and in the car park.
- Always apologise and make sure that everyone is okay if you make a mistake and cause a collision.

**Learning to read the ocean**
The ocean environment is a relaxing place, but it can also be dangerous. You need to be able to identify the safe and dangerous spots. People getting caught in rips are the cause of most surf rescues. A rip is a strong current running out to sea. You need to know how to identify and avoid them. Where there is a rip you will see:
- Darker colours in the ocean (indicating deep water)
- Murky brownish water caused by sand being stirred from the bottom of the ocean
- Smoother surface with much smaller waves, alongside white water
- Waves breaking further out to sea on both sides of a rip
- Debris floating out to sea.

Enjoy surfing but at the same time be aware of rips, as they can pull a weak or tired swimmer out into deep water and into trouble.

**Avoiding injury**
Here are some tips to follow before you hit the waves:
- Check the beach and make sure you are not alone – take a friend.
- Look for any restrictions on the beach and follow them.
- Make sure the top of your board is waxed up or has some form of grip and check your leg rope is in good condition.
- Wear a leg rope tied to your surfboard.
- Wear sunscreen; even on cloudy days.
- Wear what makes you comfortable, everyone has different tolerances for cold water.
- Watch the area before you go in to see the best place to paddle out. Watch other people to see how they are getting on out in the surf.
- Warm up before entering the water.

**Where to get help**
- Local surf lifesaving club
- Surfing Australia Tel. (02) 6674 9888
- Smartplay Tel. (03) 9674 8777

**Things to remember**
- Surfing has benefits for your health and overall wellbeing.
- You need to take care in the water at all times.
- Choose the equipment and the surf spot that’s suitable for your ability and fitness.


The main cause of injury when surfing is contact with a surfer’s own board or that of another surfer.
Cycling around

Hornsby Mountain Bike Trail

Stage One of Hornsby Shire Council’s much-anticipated Mountain Bike Trail has opened to the public. Located in bushland near the centre of Hornsby, it is just a few minutes’ walk from the train station. It’s the only trail of its kind in the region.

The cross-country trail winds through 3.25 km of the picturesque Hornsby Park Bushland Reserve and Old Man’s Valley. The one-metre-wide natural surface trail (known as a ‘single track’) has been designed with gentle gradients that are not prone to water erosion and much of it will look like a regular bushwalking trail.

One of the great side benefits of this project is that it will reduce unauthorised mountain biking in areas that cannot sustain it, where the sensitive natural habitat is being damaged.

Features of the trail

This trail allows access to the unique landscape that lies between the Hornsby CBD and Berowra Valley Regional Park. It contains a mixture of parkland and bushland. The single track mountain bike trail is a combination of narrow handmade bushland and machine-made trails. This ‘flowtrail’ is a popular design which increases riders’ momentum and fun factor.

Who can ride it?

At the bottom of the trail is a “Green Loop” that can be safely ridden by children and mountain biking novices. From there it is possible to build up through the various levels until you’re able to ride the full course of rollers, jumps and berms.

Trail closures

To ensure the safety of riders and good trail condition for all riders, trail closures will occur during extreme fire danger periods and wet trail conditions. After prolonged or very heavy rain, the trail will sometimes be closed for a number of days so the surface can dry out. Trail closures will be announced on the Hornsby Mountain Bike Trail Twitter page so make sure you check that out before heading to the trail.

Parking

Parking is available on Quarry Rd. Please park towards to the end of Quarry Rd and consider the local residents by keeping noise to a minimum.

Jubes Mountain Bike Park

This purpose-built facility is located at the back of Golden Jubilee Fields off Esk Street in Wahroonga. It has three distinct areas:

- **Skill development** - designed to help riders improve off-road cycling with rock, wood and narrow sections
- **Pump track** - easy, medium and difficult levels to encourage the rider to use their upper body to ‘pump’ through the course
- **Single track** - 800 metres of track that meanders up and down the hillside

Other popular mountain biking sites include:

- Grosvenor Avenue to Gwydir Avenue fire trails
- Upper Lane Cove River Valley fire trails (accessible via Canoon Road and Kissing Point Road trailheads or Pennant Hills Park)

Check Ku-Ring-gai Council website for track closure information.
**Wet weather play ideas**

**Papier Mache Pulp**
Newspaper, paste, cold water, 2 large basins
Tear newspaper into small pieces & soak overnight. The following day, place layer of soaked newspaper pieces & layer of paste in second basin, then mix thoroughly mix with hands to make pliable.

**Bubble Pipe Mixture**
¼ cup glycerine, ½ cup water, 1 tablespoon liquid detergent

**Playdough**
Mix ½ cup salt, 1 cup flour, 2 tablespoons cream of tartar. Then add 1 cup water, 1 tablespoon oil & food colouring.
Stir, cook over medium heat for 3-5 minutes until dough is pliable.
Allow to cool before playing with it.

**Make a scrapbook**
If you get your kids to do activities with their hands as well as their brains, they're far more likely to get into it.
Ask your kids to think of a theme (it could be school holidays, their favourite football team, whatever) and hand them paper, photos, magazines, glue, glitter and scissors (make sure they're the safety variety) and let them come up with their very own creation.
Not only will this be fun, but it should also help their creativity and hopefully keep them busy for a couple of hours.

**Local Festivities**

**Christmas Spectacular 2013**
Proudly brought to you by Hornsby Shire Council and Community Church Hornsby
Saturday 7 December 2013 | Rofe Park, Galston Road Hornsby Heights | 5pm – 9.30pm

**Australia Day Family Fun Day**
Proudly brought to you by Ku Ring Gai council
Sunday 26 January Bicentennial Park 11am – 3pm.

**Sydney Festival**
9-27 January 2014
Locations around Sydney and Parramatta, various venues, both free and costed events.


ABA Cooks. Recipes for Busy mothers

Hornsby Ku-ring-gai Child & Family Health Service thanks these organisations for their contribution to this fact sheet and invites you to visit their websites for more information.