

Welcome

Winter 'done and dusted', although still cold and wet at times, we're moving into Spring with renewed sense of hope in the certainty of warmer weather and brighter days, hopefully with the winter ills and stresses further behind us too.

Paediatric Dietician

This is Robin Bout, the new Paediatric Community Dietitian. Born and raised here in Ōtautahi, she is looking forward to the opportunity of meeting the needs of the pēpi, tamariki and whānau in our communities. Robin is based at Christchurch Hospital, where she works alongside the Nutrition and Dietetics paediatric team and paediatricians. Currently she runs clinics at Christchurch Outpatients and Burwood Hospital. Telehealth appointments are also available as well as home visits. To improve access further they are working on adding community-based clinics across Canterbury. For the request process see Dietitian Services for Children on [Community Health Pathways](#). (Refer child to GP who can then refer to this service).



Criteria

- Food allergy to wheat or dairy, or multiple allergies (must include wheat and/or dairy).
- Faltering growth
- Weight management if younger than 5 years: obese (BMI > than the 98th percentile).
- Problem eater with faltering growth or evidence of micronutrient deficiency.
- Suspected or confirmed diet-related micronutrient deficiency, e.g. vegan, vegetarian.

Watch your language

Language is a powerful motivator. When we refer to the B4SC as a **B4** school check it suggests that it is a check that should be carried out just before the child turns 5 and is about to start school. We know, however that the ideal is that we carry out the check as close to a child's 4th birthday, after they turn 4. The idea being that any intervention that may be required is sorted and addressed well before the child starts school. Parents aren't expected to know this, and of course the name of the programme doesn't support the intention either. So our challenge to you is to try and use the term '**4 year old check**' wherever you can to promote it to whānau in a way that encourages and supports the check being done as early as possible once a child turns 4.

Perhaps one day the name of the check might be changed to something more suitable?

New Consent form

You will soon notice a new consent form in the B4SC booklet. Please make yourselves familiar with it so that you can provide informed consent when discussing this with whānau. If you have any questions regarding the new wording in the consent please do feel free to contact a B4SC co-ordination team member.

Growth

Remember we no longer require consideration of an offer of referral to the GP between the 91-98th centiles however we do still expect to see an offer of referral to the GP for clinical assessment and monitoring for **ALL** children who have a BMI over the 98th centile as per the growth referral pathway.

This is Lee Feng, thank you Ailing



IN THIS ISSUE

- Welcome
- Paediatric Dietician
- Health info handouts
- Watch your language
- New Consent form
- Growth
- Professional development
- M\OE referrals
- Listening
- Admin reminders
- The Booklet
- PEDS
- 2022 Education dates

*He taonga te mokopuna,
kia whāngaia,
kia tipu, kia rea.*

*A child is a treasure,
to be nurtured,
to grow, to flourish.*

Health info handouts - See links below that may be useful
[Iron](#), [Fussy eating](#), [Fussy eaters](#), [Fibre rich diet](#), [Vegetarian eating](#)

Professional development 2022

The B4SC professional development this year continues to involve an interactive 4 hour online update. (Plus 4 hours self directed tasks to complete after attending the online update).

The Thurs 15 Sept and Wed 2 Nov are both now already fully booked. However, there are a couple of places left on Tues 13 Dec, from 9am til 1pm. Click on this [link](#) to book your place in the December update. Or if this date does not suit and you are yet to complete this education, you can also click on the same link and register your interest for the session scheduled for Thursday 9th February next year.

The self directed work will need to be completed and submitted within 6 weeks of attending the online session in order to receive a certificate and professional development hours.

MOE referrals

In our last newsletter we said that “Parental or nursing concerns relating to conditions such as ADHD etc cannot be diagnosed by MOE (Ministry of Education). It is recommended that a referral to the GP is made for assessment and possible follow-on referral to paediatrics, as required.” This means that you can still offer a referral to MOE for support, it’s just that it is not part of their remit to provide a diagnosis.

Listening

We received some feedback from a mum who felt offended during a B4SC recently. She felt undermined, patronised and not heard. The ability of the nurse to listen, hear and reflect what the parent is saying about their child is critical. Parents want to feel heard and validated. What do you do / say to a parent to show that you have heard them?

Admin reminders

When documenting on the database that you have offered a referral for the parents to attend a [parenting course](#), please remember to be specific and document what parenting course it is eg Incredible Years, or triple P etc.

When [making referrals](#) to Child Health Support Services or Right Service Right Time it is useful for them if you include in your documentation what other referrals have been made.

Whenever you mark “yes” or “a little” on the PEDS form in the database be sure to provide detail as to what the concern is. If no concerns exist no comment is required.

The Booklet

You will soon notice on the front page of the B4SC booklet a new layout with a list of topics whānau can expect to talk about during a 4 year old check. This serves as a reminder of topics that could be discussed during a check.

Many practices are now no longer sending the booklets out to whanau to have them complete it and bring it back in with them to the check. The ideal practice is that the nurse will complete the filling out of the booklet during the check. This is not only more whānau centric, it also saves money (and trees) on not needing envelopes or using multiple booklets for one child.

PEDS

Be sure to summarise and offer an explanation as to what the PEDS form and ensuing discussion means to the family; offer any referrals with consent and provide a summary as to the next steps or course of action. Check in with them to make sure that their understanding of the discussion is an accurate one. Encourage them to ask questions, if anything is unclear. Always find ways to affirm something that the child and / or parent are doing well. We all need a bit of encouragement and support now and then.

Remember to meet the needs of the whānau first and foremost. If you have any troubles or concerns scoring or choosing the right pathway, contact Sharon.

Contact Us

If you’re not sure of something, want some more information or support please contact us.

B4SC Coordination Team:



Susan, Sharon & Frances

Pegasus Health Building
401 Madras Street, Christchurch

Susan Ph (03) 3539920 / 021 775 176
Susan.Booth@Pegasus.health.nz

Sharon Ph (03) 3539321 / 021921878
Sharon.Bennett@Pegasus.health.nz
(Mon/Tues all day & Wed 8.30-12.30)

Frances Ph (03) 3537898 / 0224158759
Frances.West@Pegasus.health.nz
(Mon, Tues, Thurs 8-3)

2022 Education Dates

B4SC Nurse - Annual Update 2022 Webinar recordings online; Contact Sharon for link

New B4SC nurse provider training 2022: Tues & Wed 8th & 9th November 8.45am - 5pm

B4SC 4 hour update: Tues 13 Dec 9am - 1pm

Thurs 15 Sept & Wed 2 Nov (now both fully booked)

**** see newsletter for further details****

Whakatō te kākano aroha i
roto i o tatou taitamariki kei
puawai i roto tō rātou
tupuranga aranui orange.

Plant the seed of love in our
children and they will
blossom, grow and journey
towards the greatest
pathway of life.

Atawhaitia nga kōhungahunga, ko rātou hoki te uri whakatipu
Nurture the young for they are our future