



Towards Healthy Families

AUTUMN 2017

*Ija Mulanggari, Goodtha Mulanggari
Thriving Mothers, Thriving Babies*



From the President



Another year for CMS and QEII is underway and once again it's a special one for us. This year we'll be marking the 20th year of QEII's move from Civic to Curtin. It was a big move for everyone involved in 1997.

There was pressure to get established in the new 'home'; pressure to implement a new model of care; integration with the ACT Government primary health care program; as well as the task of getting the organisation accredited - all successfully achieved.

Within the first few months of the move, Curtin residents (later community members on the

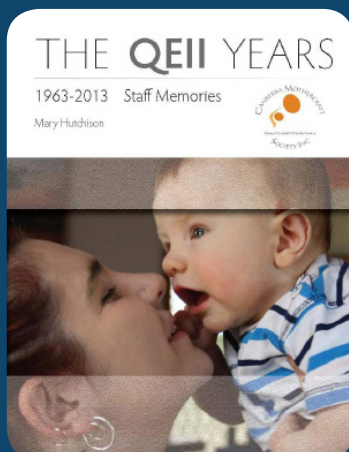
Board - Wendy Saclier and Lynne Johnson), with many others, organised a Craft and Fine Item Auction at The Statesman to welcome QEII into the community and to raise funds for CMS's various programs. Community members and local businesses donated many attractive and sought after items - it was fun and very successful. That support was much appreciated at that time and continues to this day.

Our 20 years at Curtin will be marked by CMS's participation, with one of our now famous stalls, at the Fair in Curtin Square on Saturday 6th May. We will be alongside other community groups and various entertainment and other interesting activities. Please join us and help us celebrate by adding to the 'fun of the fair'.

Viola Kalokerinos

The QEII Years: 1963-2013 Staff Memories

By Mary Hutchison



The QEII Years is an historical account of the Queen Elizabeth II Family Centre, told through the memories of decades of staff. Filled with "little gems", the stories in this book are fascinating and show how things have both changed and stayed the same over time.

For \$15 you can purchase a hard-copy or an e-copy, by contacting reception on 6205 2333 or cms@cmsinc.org.au. All proceeds will go to the Canberra Mothercraft Society Community Development Fund.

NEW BOOK
AVAILABLE FOR PURCHASE

Message from the Director of Nursing & Midwifery/ Executive Officer



In August 2017 we will once again engage in an external survey for accreditation against the Australian Commission on Safety and Quality in Health Care Standards for Small Hospitals.

At QEII we look forward to these opportunities and we are currently in the process of collating data for the report that we provide to the external surveyors from Quality Innovation Performance.

As we analyse the data for the first half of the 2016/17 financial year, I thought you may be interested in the activity at QEII to date.

Our clients have come from:
ACT Residents - 65%
Non ACT Residents - 35%

Admissions have been for:

- behavioural issues;
- child at risk;

- failure to thrive;
- feeding problems;
- mood disorders;
- parenting support;
- special needs families; and
- unsettled infant.

Referrals have come from:
GP's - 25%
MACH services - 66%
Paediatricians - 2%
Others - 7%

Community Development programs have included: Relaxing Into Parenting + Baby Makes 3; dissemination of quilts from the Thursday Friendship Group at Addicted to Fabric; and the Grand Jugglers Program.

CMS finances all Community Development programs through fundraising. Our Agreement with the ACT Government dictates the issues and conditions that may be admitted to QEII, which are then partially funded through an ACT Government grant.

Mary Kirk

The Hydrangeas - 2017 Meetings

The first get together for the Hydrangeas in 2017 is at **10.30am on Thursday, 23rd March** at Floresco in the Botanic Gardens. As ever, current and past QEII staff and CMS members are most welcome to join us.

Other meetings this year will be held on:

- Thursday 15th June
- Thursday 2nd November

For further information, please contact: Robyn Steele, robyn.steele22@gmail.com or Lynne Johnson, lynnejohnson@grapevine.com.au.



Covering a pram with a muslin cloth or blanket may actually be putting babies at risk!



Here in Australia, we know the importance of keeping babies cool in the summer heat, but is a common thing that most of us do to help us keep the sun from babies actually putting them at risk?

Researchers in Sweden suggest that by covering up a pram - even with a thin cloth like a muslin wrap - actually creates a furnace-like heat within the pram, reducing the air circulation. Young children are more sensitive to heat than older children or adults, as their body temperature can rise three-to-five times faster. This puts them at greater risk of heatstroke and other health risks, such as major organ damage and even sudden death, as their body temperature reaches dangerous levels much sooner.

We know that cars heat up rapidly on a hot day, but what about prams?

"It gets extremely hot down in the pram, something like a thermos. There is also bad circulation of the air and it is hard to see the baby with a cover over the pram," says Svante Norgren, paediatrician at the Astrid Lindgren Children's hospital in Stockholm.

An experiment conducted in Sweden revealed on a 20°C day and without a cover the pram temperature reached 22°C. A thin cover placed over a pram for the next 30 minutes, by which time the heat rises to 34°C. After an hour it reaches 37°C. Remember, that is Swedish summer heat - around 30°C tops - here in parts of Australia we see temperatures much higher than that.

We often see mums and dads walking with covered prams. They believe that the baby is being

protected, and they don't understand that the opposite may well be happening. It can get very, very hot even on a mild day. Parents may think the baby is fine because it is sleeping a lot, but that can actually be more of a concern because an overheated baby may initially be irritable and then become sleepy.

So what is the advice here?

- Be careful when buying your prams. Buy a pram with the baby facing you so that you can always see if they are happy or heat stressed (they love to be able to see you as well).
- Avoid prams with covers. Covers restrict air flow and remember even the best mesh will restrict air flow and increase the temperature inside the pram.
- If there are mesh covers on your pram - take them off. Let the air circulate freely around the child.
- Restrict walking in summer to before 10am and after 4pm- even later when there is a heat wave.
- Regularly check your baby's temperature manually. If he or she is sweating or feels hot to touch, it's time to get out of the sun. Very little babies may not show they are too hot.
- Staying indoors and out of the heat when possible is a safer alternative.
- Even in winter always be able to see your child and ensure fresh air is freely circulating around their face.
- It is important to maintain the same practice and refrain from covering the pram to create a sleep environment. The child will learn to sleep where you can always see them, and you can be assured that they are happy and well.

Meet Anna Kotini



Anna has worked as part of the Support Team at QEII for more than 4 years.

A much loved and valuable member of the team, she began her time at QEII not long after migrating from Greece to Australia.

Anna says that QEII was the ideal place for her to work to help her settle into living in Australia.

“Starting work at QEII was the perfect beginning to my life in Australia. I didn’t know anyone when I arrived. Everyone at QEII was so supportive of me and helped me to navigate life here, including supporting me to achieve my driver’s licence,” said Anna.

Anna has three children, a 24 year-old daughter, 22 year-old son and a 21 year-old daughter. All are studying and working to build their future.

Anna studied nursing in Greece and loves to work around small children, so she really enjoys the work environment at QEII.

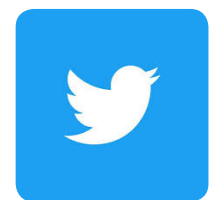
“I love QEII - my work, the staff and the clients. It is such a nice community and feels like family to me. I think I would feel lost without this place,” said Anna.

Follow us on social media

Our Facebook and Twitter pages are updated weekly and we would love your support to grow our network. Links can be found on our website www.cmsinc.org.au or you can go directly to:

Facebook - <https://www.facebook.com/QEII-Family-Centre-472155609517857/>

Twitter - <https://twitter.com/QE2FamilyCentre>



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For inclusions in upcoming editions of the newsletter (photos and articles are welcomed for consideration), to opt out of the newsletter mailing list, or to **SAVE PAPER** by receiving this newsletter electronically, contact Colleen at Colleen.Josifovski@act.gov.au or phone (02) 6205-2322.

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Thriving Mothers, Thriving babies
[Ngunnawal meaning]

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