



Towards Healthy Families

SPRING 2017

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



CMS Annual General Meeting 2017

CMS held its Annual General Meeting at the Canberra Southern Cross Yacht Club on the evening of 15 November. The meeting was attended by members, friends, the CMS Board and members of staff. In attendance were previous CMS Presidents Wendy Saclier, Lynne Johnson and Jane Smyth. Reports were received from the outgoing President Viola Kalokerinos, the Director of Nursing and Midwifery/ Executive Officer Mary Kirk and the Finance Officer Kathy Forster.

The incoming Board are Fiona Smith du Toit (President), Maria Edwards, Lynne Johnson, Philippa Lynch, Kathy Metallinos, Gia Metherell, Dr Sue Packer, Wendy Saclier, Jane Smyth and Chin Wong.



The guest speaker for the evening was Emma Zen from Rocking Horse Music who provided an inspiring presentation on intergenerational music groups. Emma founded Rocking Horse Music in 1996 which is dedicated to offering an innovative and comprehensive early childhood music education program of the highest quality. Rocking Horse Music specialises in early childhood music education based on Kodaly, Orff and Dalcroze. At the intergenerational groups babies, toddlers and preschool children attend weekly music classes with their parents/carers as well as older people in residential aged care. Emma shared footage of the groups and those in attendance were impressed by the obvious joy these groups bring to all participants.

Christmas Message

It is so easy to get caught up in the hectic hustle that leads up to Christmas. End of year formals, school plays, presentations, work functions and that is even before we start on preparing for the demanding family responsibilities of Christmas. Those in the northern hemisphere don't realise how lucky they are with the separation of the end of the school year and summer holidays from the Christmas period.

No matter the maddening Christmas rush all of us at CMS constantly reminded through our work what Christmas is about – the birth of a

baby. Every day, all day that reminder is in front of us at QEII and we can't help but realise how lucky we are in the work that we do. We take this opportunity to thank everyone that supported CMS and it's staff throughout 2017. As you get caught up in the fuss and the rush and put all sorts of expectations upon yourselves, take a breath and feel the joy that is Christmas – just think of a baby.

Wishing you all peace and joy,
The Board and staff of CMS

Our DON&M elected Vice-President of the ICM

We are very proud to announce that our Director of Nursing and Midwifery/Executive Officer, Mary Kirk, has been elected Vice-President of the International Confederation of Midwives (ICM).

This appointment was made after the ICM council delegates voted for the new Board, on 16th June 2017 in Toronto, Canada. Mary will serve as Vice-President with the new ICM board for the next three years.



ICM supports, represents and works to strengthen professional associations of midwives throughout the world. They work to promote autonomous midwives as the most appropriate caregivers for childbearing women and keeping birth normal, in order to enhance the reproductive health of women, their newborns and their families.

We congratulate Mary on this prestigious international appointment and wish her and the entire ICM board every success in this next three year term.

QEII contribute to Walk4BrainCancer fundraiser

On Friday, 17 November 2017, QEII Staff participated in the Walk4BrainCancer, raising a total of \$1952.

Despite the stormy weather, the team managed to complete the walk and finish with a get together and nibbles.

Thank you to everyone who participated and donated to support this important cause. Thanks also to Karen A for holding fort at the table while we walked, it was much appreciated.



The Hydrangeas

The Hydrangeas meetings for 2018 will be announced in the New Year. We will send around a notice with dates as soon as they are announced. They will also go on our website and Summer newsletter.



QEI introduce Pepi-Pods

In April this year, QEI introduced Pepi-Pods to all rooms, in response to a growing number of parents wanting to co-sleep with their babies.

Developed in New Zealand as a public health response for babies at a higher risk of sudden unexpected death in infancy (SUDI), a Pepi-Pod sleep space is a protected place for babies to sleep when they are on an adult bed, in a make-shift setting, or away from home. Pepi means 'baby' in Maori and a pod is a symbol of protection in nature.

"Research shows that sharing a sleep surface with a baby can increase the risk of sudden unexpected death in infancy, including sudden infant death syndrome and fatal sleep accidents. A Pepi-Pod provides the baby with its own safe sleep space on the parents' bed, allowing families to enjoy the benefits of co-sleeping," said Mary Kirk, Director of Nursing/Executive Officer at QEI.

The sleep space has been designed from a baby's point of view, to align with developmental needs for closeness, connection, regulation and safety. Features include:

- Windows enabling babies to open their eyes to familiar faces and places, and parents to see in easily when lying next to their babies.

- Ventilation slits cradle the harakeke (flax) symbol and help with moving exhaled gases away from a baby's face.
- Marks in each side of the pod show where adult pillows should be so that adult bedding does not also cover the baby.
- Portability allows parents to have their babies close by when they change their own location.



- Low sides make it easy to settle babies and offer comfort and reassurance, with loving touch.
- Size accommodates growing babies throughout the first five months of life, a period of developmental vulnerability
- Materials of the Pepi-Pod, mattress and bedding are stable, non-toxic and custom designed.
- Safety information and care of the Pepi-Pod is embossed onto the base and which stress the essential requirement for safe placement, use and care

With funding from the Australian Government, Red Nose has begun introducing Pepi-Pods into WA's Kimberley region with the aim of reducing the number of Indigenous babies dying from SUDI.

STAY CONNECTED

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.

Our Giving Program



Before Christmas in 2002 the then Operations Manager, Robyn Steele, suggested we cease the custom of 'Secret Santa' at QEII and give instead to someone in our local community. Everyone thought this was great idea and our focus at that time landed on the Richmond Fellowship House for young people located near QEII.

Since that time, the staff giving program has expanded. It now includes gift givers from the CMS Board and members as well as friends and family members of staff. Chris Laven has in more recent years taken over from Robyn in the

running of the program and is ably supported by Jacqui Larkham and Debbie Tibbles.

The places that we share Christmas and Easter joy with today are still the Richmond Fellowship House, though the residents are older and with different reasons for residing there, and the Abbeyfield residences in Curtin and Garran. At Christmas, we share gifts such as music and movie vouchers, personal care items, clothing and treats to the Richmond Fellowship House residents and a large hamper to the Abbeyfield houses. At Easter donations of chocolate eggs and other treats are provided to each of the residences. Being in a position to give is a gift in itself and we are most grateful to these communities for allowing us to share in their Christmas in this way.

CHRISTMAS CLOSURE DATES

QEII Family Centre will be closed for Christmas from 12pm on Saturday 23rd December, re-opening to clients on Friday 29th December. The Administration team will resume on Tuesday 2nd January.

Merry Christmas and a Happy New Year to all of our friends, clients and colleagues. We look forward to another wonderful year in 2018.

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