

# Resource Update




November 2014




**New or revised resources now stocked in the Resource Room, Regional Public Health, 1<sup>st</sup> floor Community Health Building, Hutt Hospital, High St, Lower Hutt**

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**E Version** – [www.rph.org.nz](http://www.rph.org.nz) – Resources / RPH Resource Centre

<p><b>Let Your Baby Guide You – What, When and How to Introduce Solid Foods</b></p> <p><b>Layout:</b> A6 Foldout Z Card Poster</p> <p><b>Source:</b> Health Promotion Agency</p> <p><b>Order Resource:</b> <a href="#">Here</a></p>	<p><b>New</b> – Oct 2014</p> <p>An infant feeding resources for parents and caregivers about what, when and how to introduce solid foods at around six months of age. Presented as a novel fold-up guide</p>	
<p><b>Let Your Baby Guide You – Signs Your Baby Has Had Enough To Eat</b></p> <p><b>Layout:</b> DLE sized Magnet</p> <p><b>Source:</b> : Health Promotion Agency</p> <p><b>Order Resource:</b> <a href="#">Here</a></p>	<p><b>New</b> – Oct 2014</p> <p>A set of fridge magnets for homes showing how babies are very good at knowing when they have had enough to eat and the best foods for baby when starting on solids.</p>	
<p><b>Let Your Baby Guide You – Advice For Health Providers</b></p> <p><b>Layout:</b> A5 Cards</p> <p><b>Source:</b> Health Promotion Agency</p> <p><b>Order Resource:</b> <a href="#">Here</a></p>	<p><b>New</b> – Oct 2014</p> <p>Talk-cards for health providers.</p> <p>These contain background and additional information to support the advice in the parent guides above.</p>	 <p>Advice for health providers</p>

<p><b>Is Drinking Affecting Your Sexual Health? (set of 4)</b></p> <p><b>Layout:</b> A2 Posters</p> <p><b>Source:</b> Family Planning Association</p>	<p><b>New –</b></p> <p>A set of four sized posters with the messages:</p> <ul style="list-style-type: none"> <li>“Do you ever worry about the decisions you make when you drink?”</li> <li>“Have your friends and family ever been concerned about your drinking</li> </ul>	
<p><b>There's a Contraceptive That's Right For You</b></p> <p><b>Layout:</b> A2 Poster</p> <p><b>Source:</b> Family Planning Association</p>	<p><b>New –</b></p> <p>A poster promoting positive sexual health.</p>	
<p><b>Not Beersies – Available At Any Tap Near You (set of 6)</b></p> <p><b>Layout:</b> A3 Posters</p> <p><b>Source:</b> Health Promotion Agency</p> <p>There are also six new television commercials that each show a beautiful slow-motion shot of a Not Beersies being poured from a bar tap</p>	<p><b>New –</b></p> <p>The next phase of the alcohol moderation Say Yeah, Nah campaign launched on 2 November. This phase promotes water as a spoof beer brand..</p> <p>The target audience is those aged 18 to 35 who drink at medium to high-risk levels and are open to change.</p>	
<p><b>The Quit Book</b></p> <p><b>Layout:</b> A5 Booklet</p> <p><b>Source:</b> Health Promotion Agency - HealthEd</p> <p><b>Code:</b> HE10106</p> <p><b>View Content:</b> <a href="#">Here</a></p>	<p><b>Revised – Sept 2014</b></p> <p>The Quit Book can help you quit. It contains the best advice we know on how to quit smoking – in 5 simple steps.</p> <p>Should only to be used by cessation programs.</p>	