



July 2016

Little Lungs - Pūkahukahu Iti

Early Childhood Centres in Waimate have teamed up with WAVE (team members including Debbie Johnstone ECE WAVE facilitator and Leola Ryder, Smokefree Health Promoter, Community and Public Health Timaru office), to develop and implement smokefree initiatives within their centres in the form of a programme called Little Lungs – Pūkahukahu Iti. The staff have recognised that the most effective solution lay in taking a broader, whole-of-centre approach to embracing the smokefree kaupapa.

Little Lungs – Pūkahukahu Iti, a collaborative project developed by WellSouth Primary Health Network and the Southern District Health Board and adapted locally for WAVE, involves looking at what is occurring both in and around the centre teaching and practices and what is happening at home with respect to smokefree. With support from WAVE, the ECE's have developed individual action plans based on what was currently happening, what they wanted to achieve and how, as well as identifying what resources were needed. Appropriate success measures were also developed. The Waimate ECE's were chosen due to the community having the highest rate of daily smokers within South Canterbury.



Learnings from this successful project include the value of an hour and a half workshop in each centre where all staff learnt about the government's smokefree 2025 goal, second and third-hand smoke and what staff can do to embed smokefree practices into their own settings.

Kristy, Head teacher at the Waimate Mobile Kindergarten made the comment after attending a workshop "This was great, to be

honest when I heard we were doing smokefree professional development I inwardly groaned but I have learnt so much, it's about thinking outside the norm".

Little Lungs – Pūkahukahu Iti signs have started appearing in all the Waimate ECE's external entrances and settings are well under way on completing their action plans. These same settings will also gain their smokefree icon as part of WAVE's new award.

Visits were made to all settings from Debbie and Leola and the Waimate Mobile Kindergarten sites in particular benefited from learning first hand about our smokefree mascot Hari and learning his song.



World Smokefree Day – 31 May was used as a launching pad for some where a cardboard cut-out smokefree car was used in three of the settings to promote the Little Lungs – Pūkahukahu Iti programme and engage parents in the importance of smokefree cars and homes for their children.



A display at the Waimate District Council Library on Smokefree also popped up for the week of World Smokefree Day where Little Lungs bookmarks were given out to all those who lent books that week.

WAVE will continue to work with these settings for the remainder of the 2016 year to progress the smokefree message within the Waimate Community and assist the centre's to achieve their WAVE award in the area of Smokefree.

We look forward to seeing some fantastic progress.
