



Parenting

Grades 5 - 8



Parenting is an important, rewarding and sometimes difficult job and we would like to help. Niagara Region Public Health has created a series of resource guides to provide you some support in your parenting journey.

All parents want their children to grow up healthy, happy, and successful. Researchers have found several important areas that help children to become successful adults. They are called the '40 Developmental Assets', and include such things as:

- Being involved and feeling supported by parents, neighbours, school and community
- Having boundaries, expectations and activities to be involved in
- Enjoyment of school and learning
- Learning positive values like honesty, responsibility and getting along with others
- Feeling good about oneself

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The more assets children have, the better able they will be to make good decisions, get past challenges and avoid risky health behaviours. The good news is you can build assets in your child. See the Search Institute to find out more about asset building at www.search-institute.org.

Adults also need care. Parents feel better when they fuel their bodies with healthy foods, get some exercise and enough sleep, and don't smoke. Your children will not suffer if you take time for an activity you enjoy, so go ahead – and don't forget the value of laughter.

It is also important to be able to cope with stress in a positive way. If you find that you are unable to manage your stress, ask for help. Talk to your physician or health care provider.

Our staff members are happy to answer any parenting questions that you may have by calling our Parent Talk Information Line at 905-688-8248 or 1-888-505-6074, ext. 7555. You can speak to a qualified public health nurse Monday through Friday from 8:30 a.m. - 4:30 p.m. They can put you in touch with many excellent community resources and parenting groups. You may also want to visit www.niagararegion.ca for more information.

A good life needs a good start. Remember, we're here, along with your primary care provider, to help you. Enjoy the journey of parenthood.

Dr. Valerie Jaeger

Pressing Issues



Healthy eating

Physical activity

Temperament

Self-esteem

Drugs, alcohol and tobacco

Mental health

Puberty

Healthy Eating



As a parent, you still have the greatest influence on your child's eating habits.

Your children are more likely to make healthy choices if you:

- Involve them in preparing healthy meals and snacks
- Show them that you enjoy a variety of healthy foods
- Eat together as a family

Family meals

Family mealtime is when everyone at home sits down and enjoys a meal together. This can be at breakfast, lunch, and/or dinner. Research has shown the benefits of family mealtime for children and youth of all ages:

- Healthier eating habits and healthier weights
- Closer relationships to parents and siblings
- Higher self-esteem and better ability to resist negative peer pressure
- Greater ability in dealing with problems
- Better grades

Nine to 14 year-olds who usually eat dinner with their families eat more fruits and vegetables and less pop and fried foods. Their diets also tend to have higher amounts of many key nutrients, like calcium, iron, and fiber. For more information and tips on family meals, visit:



www.thefamilydinnerproject.org

Pack lunches together

The daily task of packing lunches is a great opportunity for learning healthy meal planning skills for life and offers valuable time together. The experience will be more enjoyable if you take time to plan. Include your children when purchasing reusable lunch containers, a refillable water bottle and lunch bags to be sure they will use them. For tips for packing healthy school lunches and snacks, visit:



www.eatrightontario.ca

Junk food

Foods and beverages that are high in fat, sugar, and salt (e.g. pop, chips, candy and many fast foods) are often referred to as "junk" foods. As a parent, you don't want your children having too many of these foods and beverages, however, they may want them

more if you strictly forbid them. For help in teaching your children how to strike a healthy balance, visit:



www.ellynsatterinstitute.org

Ontario School Food and Beverage Policy

Elementary and secondary schools must follow the requirements of this policy that was put in place by the Ontario government in 2010. It applies to food and beverages that are SOLD at school and not to food that is offered at no charge or brought from home. For more information, visit:



www.ontario.ca/healthyschools

Nutrition Tools for Schools

Your child learns about healthy eating through classroom teaching, as well as from the food and beverages that are offered through catered lunch programs, celebrations, fundraising, and by watching other students, teachers and volunteers. Children will make healthier choices now and as they get older if the classroom lessons are reinforced outside of the classroom.

Parents have an important role to play in creating a healthy school nutrition environment. To see how you can help improve your child's school nutrition environment, visit:



www.nutritiontoolsforschools.ca

Physical Activity

Physical activity will improve your child's physical health and mental well being as well as their ability to learn at school.

Children aged five-17 years should participate in at least 60 minutes of moderate-to-vigorous-intensity physical activity daily. This should include vigorous-intensity activities at least three days per week and activities that strengthen muscle and bone at least three days per week.

Moderate activities

- Cause you to sweat a little and breathe harder
- Examples include: bike riding and playground activities

Vigorous activities

- Cause you to sweat and feel "out of breath"
- Examples include: running and swimming

Be a role model, children learn what they live and parents are the teachers. Parents should adopt a lifestyle that includes 150 minutes of physical activity per week. (For example, 30 minutes five days a per week)

Try a variety of activities with your children as a family including:

- Taking a walk or going for a bike ride after dinner
- Organizing neighborhood games and activities
- Creating a walking/wheeling school bus where your group stops at planned stops to pick up other children along the way
- Leave the car at home when going on short trips
- Play catching games using a wide range of soft objects

It is also recommended that your children participate in active play with their friends every day.

Active video games and screen time

It is recommended that children five to 11 years use no more than two hours of recreational screen time per day. Active video games are not recommended as a strategy to help your child get his or her daily 60 minutes of physical activity. Active video games are a good way to break up sedentary time (time spent sitting), but they are not as good as playing real active games outside or participating in sports.

Temperament



To be the best parent you can be, it is important to understand your child's temperament.

Temperament is all about how a child faces the world and responds to it day in and day out. It affects how he or she will deal with people, conflict, and stress.

There are many parts to temperament:

- How active a child is
- How sensitive a child is
- His or her awareness of things around him/her
- How a child shows feelings
- How well a child sticks to a task
- How easily a child is distracted
- Ability to accept change
- How a child handles new experiences
- Need for routine
- Usual mood

Temperament stays fairly consistent throughout our lives, but we can learn to choose how we express and use it.

Why is understanding temperament important?

1. Temperament affects how your child learns, reacts, behaves, and makes friends
2. Understanding your child's temperament helps you see how the world looks through their eyes. You can learn to see issues that might present difficulty for your child.
3. You can guide and discipline your child in positive ways that work best with his or her temperament
4. You will know what activities and environments will help him/her learn best. You can encourage your child to try activities that better suit his or her temperament.

Triple P – Positive Parenting Program in Niagara

Kids don't come with an instruction manual, so when it comes to parenting, how do you know what's best and what works?

Triple P - Positive Parenting Program is one of the world's most effective parenting programs. For more than 30 years, Triple P has helped families around the world deal with issues ranging from temper tantrums to disobedience, bedtime dramas to homework battles, schoolyard bullying to teenage rebellion.

Whatever your parenting needs - no matter how simple or how complex - Triple P can help. To learn more about free seminars and group sessions visit:



www.niagararegion.ca

search Triple P or contact the Parent Talk Line at 905-688-8248 ext. 7555

Self-Esteem

Self-esteem is how a child feels about him or herself. It is formed as children grow and gain skills. Parents can have a big impact on self-esteem.

Having good self-esteem is important for people to lead healthy, happy, and productive lives. Children with poor self-esteem feel unhappy and view themselves negatively. They worry about making mistakes, so they give up easily or do not try at all.

Instead of punishing children for their mistakes, use the mistake as a teachable moment. Teachable moments are perfect opportunities to talk about feelings.

Build your child's self-esteem by:

- Modeling the skills you want your child to learn
- Talking with your child, not at them
- Being positive and affectionate. Spend quality time with your child and listen to him or her.
- Building on your child's strengths
- Teaching new skills in small steps and allowing for mistakes
- Encouraging friendships
- Supporting reasonable risk taking
- Expecting help with chores and encouraging your child to do things without your help
- Being firm but fair
- Allowing your child to make choices and decisions

Friendships

Friends become more important to children as they progress through school. What your children see as they watch your friendships teaches them how to behave with their friends. Talk with your child about the qualities of a good friend. Help your child have positive friendships by:

- Getting to know the children your child spends their time with by volunteering in the classroom, sharing the driving to extracurricular activities, and inviting your child's friends to your home. Go over the house rules before the friend arrives.
- Supervising your children's TV watching. Help them choose programs that show examples of good friendships and healthy relationships.
- Being clear about your expectations when your child visits friends outside your home. Ask for phone numbers and addresses.
- Getting to know the families of your child's friends.
- Saying encouraging things about their positive friendships and resisting the urge to criticize those that seem negative. Many children get defensive about the friends their parents don't like and may become even more determined to keep those friendships. Model good conflict resolution skills. Every moment is a teachable moment.

Drugs, Alcohol and Tobacco

Some pre-teens will experiment with tobacco, alcohol, cannabis (weed), and/or other drugs. It is important to talk with your child about all substances and the dangers associated with their use.

Alcohol

Alcohol is the most commonly used drug among teens and adults. Although peer pressure does play a part in teenage drinking, teens are also influenced by their parents' drinking habits and attitude toward alcohol. Frequent drinking or alcohol misuse in the home can contribute to teenage drinking and alcohol dependency.

Illicit/Illegal Drugs

Outside of alcohol, the top most misused illegal drugs among teens are cannabis (weed) and prescription drugs.

Teens begin to use drugs for a variety of reasons (e.g., out of curiosity, to fit in, for fun, or as a temporary escape/relief to cope with situations in their lives).

Tobacco

Tobacco use remains the leading cause of preventable death and disease in Canada. 'Chew tobacco' and flavoured tobacco products are not safe alternatives to smoking cigarettes. The tobacco industry targets these products towards youth by adding flavouring and using coloured packaging. Ninety two per cent of teenagers choose to be tobacco-free. Parents should talk to their children about the dangers of tobacco use and reasons they should live tobacco-free.

When should you be worried?

If you think that your pre-teen might be using any of these substances:

- Stay calm
- Talk to your spouse/partner or friend
- Educate yourself
- Create an open dialogue with your teen by having an honest discussion about your thoughts and concerns

Who should you go to for help?

Community Addictions Services of Niagara (CASON) has more information on how to get your child the treatment he or she needs and provides counselling services for concerned parents and families. Call 905-684-1183 or visit:



www.cason.ca

If your child is using tobacco products, call Smoker's Helpline 1-877-513-5333 or visit:



www.smokershelpline.ca

Mental Health



Mental health is the ability that each of us has to feel, think, and act in ways that help us enjoy life and deal with the challenges we face. It affects:

- How we think and feel about ourselves and others
- How we interpret events
- How we learn and communicate
- Our relationships with friends and family
- Our ability to cope with change, transition and life events (Public Health Agency of Canada)

Being mentally or emotionally well is about dealing with stress and having balance in your life. It also involves having a strong support system and knowing how to manage your feelings. When someone is emotionally well, his or her problems don't disappear. It might just mean that he or she is better able to cope with those challenges.

Self awareness, optimism, feeling connected, balance, and gratitude are all tools that someone might have to be able to cope and get through life's challenges. (mindyourmind.ca)

Unresolved stress and emotional problems (related to anger, sadness, fear and worry) can develop into serious mental health problems. Getting help early is important for a hopeful and healthy future.

Signs of emotional/mental health problems in children may include:

- Ongoing feelings of hopelessness, sadness; crying a lot

- Frequently angry, irritable, agitated, worrying, fearful
- Comments about themselves are constantly negative
- Any change in your child's usual behaviour

You may also observe behaviours such as:

- Not wanting to go to school; dropping grades, onset of poor behaviour at school
- Not wanting to be around family or friends, spending a lot of time alone, having imaginary friends after age 10
- Big changes in energy level, motivation, eating or sleep patterns
- No longer taking care of personal appearance and hygiene
- Engaging in self-harming behaviours, such as cutting
- Dangerous or illegal thrill seeking
- Rebelling against authority, stealing, frequent lying
- Alcohol and/or drug use
- Complaining of headaches and stomach aches
- Loss of interest in friends and/or previously enjoyed activities
- Difficulty coping with regular activities and everyday problems
- Aggression, hitting or bullying, damaging property

Remember, you are your child's best advocate! If you are concerned and think there is a problem:

- Speak with your child. Tell him or her why you are worried and ask if he or she has noticed these changes too.
- Ask teachers and school staff if they have any concerns, or noticed any changes. Seek support from school staff.
- Talk to your family doctor; ask about a referral to a specialist. If you are not sure what to do or want advice, call Pathstone Mental Health at 1-800-263-4944.
- If your child is in immediate danger call 9-1-1

Puberty

Parents can be hesitant to talk with their children about healthy sexuality. Often times when people hear the word “sexuality”, they only hear the word “sex”. Talking about sexuality is more than describing anatomy and reproduction. It involves relationships, families, decision-making, values and attitudes that are shaped by our culture and family beliefs. When you teach your children about sexuality, you are giving them the skills they need to develop healthy relationships throughout their lives.

Reflect on your own upbringing

- How did you learn about sexuality?
- How do you want your child to learn about sexuality?

Keep it positive

- Use the correct terms for body parts. If you are comfortable with these words, your child will be too.

Communicate your values

- Remember that not saying anything allows others, like the media or friends, to form your child’s values
- Talk about healthy relationships, feelings, peer pressure, body image and responsibility
- Help your child learn about the emotional side of sexuality and relationships and how to make informed decisions

Listen and stay calm

- Listen as much as you talk. Find out what your child already understands by asking questions, such as “Tell me what you know about that?”
- Answer questions when they ask. If you don’t have time or it isn’t the right setting, say something like, “That’s a good question. Let’s talk about it when we get home.” And make sure you do.
- Expect your child to ask the same questions over and over. With teens, repeated communication has a bonus. It helps increase their comfort talking about sex and promotes a more connected parent-teen relationship.

Be honest and give accurate information

- You don’t have to be an expert. Your answers can be simple. If you are unsure of an answer, do some research. “That’s a great question, but I’m not sure of the answer. Let’s find out together!”
- Provide books and websites they can explore on their own

Use everyday opportunities

- It’s easy to find chances to talk about sexuality. Listening to music or watching movies with your child can open the door to many conversations.
- Ask a question to get started: “What did you think of that?” “How does this situation compare to real life?” Share information as well as opinions and values.
- Look for a teachable moment and dive in. Situations that don’t have direct eye contact, such as car rides, walks and yard work, can lead to open, meaningful conversations.
- As with all aspects of parenting, it always helps to have a sense of humour

Sexual Development

Preteens aged nine to 12 may begin puberty. You can expect that they may or may not:

- Become more modest and want privacy
- Experience increased sexual feelings and fantasies
- Develop crushes on friends, older teens, teachers, musicians and movie stars among others
- Have romantic feelings towards people of the same sex
- Take part in sexual exploration with peers
- Masturbate
- Have to face decisions about sex and drugs

Just the Facts

Anaphylaxis

Concussions

How long must my child stay home when sick

Hygiene

Immunizations

Head lice

Transitioning to high school

Smoke-free outdoor spaces

Ticks

Anaphylaxis

Anaphylaxis (pronounced anna-fill-axis) is a severe life-threatening allergic reaction that happens fast and may cause death. While deaths are rare, anaphylaxis must always be considered a medical emergency requiring immediate treatment.

What can cause anaphylaxis?

Although many substances have the potential to cause anaphylaxis, the most common triggers are:

- Foods (i.e. peanut, tree nuts, milk, egg, seafood, sesame, soy, wheat, mustard, and sulphites which is a food additive)
- Insect stings
- Drugs and medications

How can anaphylaxis be prevented?

Avoidance is the best way of preventing an allergic reaction. The primary responsibility for allergen avoidance lies with the allergic person (or parent/caregiver). Awareness and support from the school community can help create safer environments for children at risk. It is important for all children to:

- Wash their hands before and after eating
- Eat only foods brought from home (and no sharing of food or utensils)

Being a buddy

Children with severe allergies benefit when they feel that others are aware of their allergy, ready to respond in an emergency, and when they are treated with respect. Like all other children, they just want to fit in. As classmates learn about their allergic friend's condition they often become proud "allergy ambassadors", watching out for their peer and educating their own parents and others about how to keep their friend safe. You can help support your child by encouraging them to 'be a buddy' to a classmate with anaphylaxis.

Sabrina's Law

- Requires that every school board in Ontario have an up-to-date anaphylaxis policy
- Requires that principals work with parents to develop individual plans for students at risk of anaphylaxis

Schools can be expected to create an "allergy-safe" environment, NOT an "allergen-free" environment.

For more information:

Anaphylaxis in Schools & Other Settings 3rd Edition available from:



www.allergysafecommunities.ca
and click 2011 Guidelines

EatRight Ontario (tips for packing peanut butter-less lunches):



www.eatrightontario.ca

Anaphylaxis
Think F.A.S.T.
(order of symptoms may vary)

Face

- itchiness, redness, swelling of face and tongue

Airway

- trouble breathing, swallowing, speaking
- wheezing, coughing

Stomach

- stomach pain, nausea, vomiting, diarrhea

Total body

- swelling, hives, rash, itchiness
- dizziness, weakness, paleness
- feeling of impending doom, anxiety
- loss of consciousness

If the person displays any of the above symptoms, proceed immediately with emergency treatment

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Concussions

A concussion is a type of traumatic brain injury. Any blow to the head, face or neck, or a blow to the body that causes the head to move rapidly may cause a concussion. Concussions are particularly common among children and youth who are active in sports and recreational activities, but can also occur from falls, motor vehicle collisions, or violence. The young brain - especially the adolescent brain - is more susceptible to concussion and takes longer to recover (compared to adults). It's important for parents to know how to recognize a concussion and know what to do when one has occurred.

Signs and symptoms of concussion can be physical (e.g., headache, dizziness), cognitive (e.g., difficulty in concentrating or remembering), behavioural (e.g., depression, irritability), and/or related to sleep (e.g., drowsiness, difficulty in falling asleep). The vast majority of concussions occur without a loss of consciousness (i.e., passing out). Signs and symptoms may be immediate, or delayed by hours or days so parents should monitor their child, especially the first 24 to 48 hours.

Any child with a suspected concussion should:

- Be immediately removed from the activity or sport
- Not return to play in that game or practice
- Be assessed by a medical doctor or nurse practitioner

To help ensure the safety of students/young athletes, all publicly-funded elementary and secondary schools in Ontario are required to have a concussion policy in place (effective January 30, 2015). A student with a diagnosed concussion needs to follow a medically supervised, individualized Return to Learn/Return to Physical Activity Plan. Talk to your child's principal or teacher to learn more. Parents with children enrolled in community sports should encourage their child's minor sports league or club to have a concussion policy, too. Without such a policy, many concussions go unnoticed and untreated, or are not managed properly.

To learn more about concussions, visit these websites:



Ontario Government
www.ontario.ca/concussions



Parachute
www.parachutecanada.org

How Long Must My Child Stay Home When Sick?

Chicken Pox	For mild illness (low fever, less than 30 spots) – no exclusion as long as your child is well enough to participate normally in all activities; for moderate to severe illness (fever over 38.5 °C and/or many new spots) – exclude until rash has crusted over or five days from the start of the rash.
Diarrhea	Until 24 hours after diarrhea stops. This may vary depending on the cause of illness, number of cases and source of the infection.
Fifth Disease	Your child may continue to attend school if feeling well enough to take part in activities.
Hand/Foot/Mouth Disease	Until your child is feeling well enough to participate normally in all activities. Those with fever, mouth sores or oozing lesions should not attend school.
Impetigo	Until the antibiotic prescribed by a doctor has been taken for at least one full day.
Influenza (flu)	Until seven days after the start of symptoms.
Pink-eye (bacterial)	A child should be excluded until he/she is seen by a doctor. If bacterial, child care/school after 24 hours of antibiotic treatment. If viral, can return with doctor's approval.
Pinworm	Until the medication prescribed by a doctor has been taken.
Strep Throat	Until the antibiotic prescribed by a doctor has been taken for at least one full day.
Pertussis (Whooping Cough)	Until antibiotic treatment has been taken for at least five days. If no treatment is given, wait three weeks from when cough began.

Hygiene

Cleaning your hands is the most effective way to prevent the spread of germs. Regular hand cleaning with either soap and water, or an alcohol based hand sanitizer will reduce the risk of getting sick. Children often are in too much of a hurry to do a proper job of hand washing and need to be reminded to wash properly.

They need to be taught when to wash their hands:

- Before eating
- After blowing their nose
- After using the washroom
- After playing with pets
- After accidentally coughing and sneezing on hands
- Anytime hands are dirty

It is important that children use soap and warm water, and wash all surfaces of their hands, top, bottom, fingertips and in between fingers. Include cleaning your hands as part of their daily routine.

Alcohol-based hand sanitizers are a good second choice when soap and water are not available and there is no visible dirt on the hands. Hand sanitizers are safe for children. After using the hand sanitizer, the alcohol content evaporates. Store it safely.

Children should be taught to cover their mouth with a tissue or their upper sleeve when coughing or sneezing. They should NOT use their hands. If coughing or sneezing in a tissue, remind them to throw the used tissue in the garbage right away and to wash their hands or use a hand sanitizer to clean their hands.



Immunizations

What immunizations are recommended for my child?

All Grade 7 students (offered through school-based immunization clinics):

- Hepatitis B vaccine
- Meningococcal (Meningitis) Quadrivalent Conjugate (A,C,Y,W-135) vaccine - Menactra®

All Grade 8 female students (offered through school-based immunization clinics):

- Human Papillomavirus (HPV) vaccine

Varicella (chickenpox):

- A second dose of the Varicella vaccine is recommended, and publicly funded, for those born in the year 2000 and after

All elementary school students:

- Influenza vaccination (seasonal and H1N1)

Proof of immunization for school attendance

Immunization protects children from many serious diseases that are easily spread in schools. Children and adolescents attending elementary or secondary school in Ontario must have proof of immunization against the following diseases unless a valid medical or philosophical/religious exemption is on file at Niagara Region Public Health:

- Diphtheria
- Tetanus
- Polio
- Measles
- Mumps
- Rubella
- Meningococcal disease - NEW requirement for 2014/15 school year
- Pertussis (whooping cough) - NEW requirement for 2014/15 school year
- Varicella (chickenpox) - NEW requirement for 2014/15 school year, for children born in 2010 or later

For more information on childhood immunizations, including the immunization schedule, speak with your doctor or visit:

 www.health.gov.on.ca

If you have further questions, please call the Vaccine Preventable Disease Program at 905-688-8248 or 1-888-505-6074 ext. 7425 to speak to a public health nurse.

Did you know?

Niagara Region Public Health is required by law to have immunization information on file for every child attending a school in Niagara. Having this up-to-date information on file helps us to protect all children in case of an outbreak of a vaccine preventable disease in the community.



REPORT your child's vaccination ON TIME

 [905-688-8248](tel:905-688-8248)
 www.niagararegion.ca/vaccines
 [1-888-505-6074](tel:1-888-505-6074)
 [905-688-8225](tel:905-688-8225)

Call the Immunization Report Line:
 905-688-8248 or
 1-888-505-6074 ext. 7459
 Fax 905-688-8225

Parents and caregivers: You are responsible for reporting to Public Health each time your child receives a vaccination. Health care providers do not do this for you.



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Disease	What is it?	Disease symptoms	Vaccine side effects
Hepatitis B (hep B)	<p>Hep B can be:</p> <p>Acute</p> <ul style="list-style-type: none"> • Short term viral infection in the liver <p>Chronic</p> <ul style="list-style-type: none"> • Up to one in four people develop lifelong liver disease such as cirrhosis and liver cancer <p>Disease is spread by blood and bodily fluids of an infected person through:</p> <ul style="list-style-type: none"> • Unprotected sex • Sharing needles • Contaminated piercing or tattoo equipment • Childbirth from an infected mother to her baby 	<ul style="list-style-type: none"> • Causes serious illness (fever, fatigue, loss of appetite, yellow skin and eyes (jaundice) and/or leads to chronic hepatitis • Many do not show any symptoms but pass the disease to others 	<ul style="list-style-type: none"> • Headache, fever, fatigue, rash, redness, swelling and/or pain at injection site (1 in 10 people) • Dizziness or flu-like symptoms (1 in 100 people)
Meningitis	<p>Infected fluid surrounding the brain and spinal cord causes the protective layer of the nervous system to become irritated. This can cause brain damage, blood poisoning and sometimes death within 24-48 hours.</p> <p>Meningitis is spread by:</p> <ul style="list-style-type: none"> • Kissing, coughing, sneezing • Sharing food, drinks, cigarettes, lip gloss, straws, musical instruments, toothbrushes, water bottles, and mouth guards 	<ul style="list-style-type: none"> • Sudden high fever • Severe headache • Stiff neck • Vomiting/nausea • Confusion • Seizures • Sleepiness or difficulty waking • Sensitivity to light • No appetite • Skin rash 	<ul style="list-style-type: none"> • Sore arm (2 in 3 people) • Headache or feel tired (1 in 3 people) • Redness or swelling in arm (2 in 25 people)
Human Papillomavirus (HPV)	<ul style="list-style-type: none"> • Infection spread by skin-to-skin contact during intercourse or other sexual contact • 8 out of 10 Canadians become infected with HPV during their lives • Every year in Canada, 1,400 women are diagnosed with cervical cancer and more than 400 will die from it 	<ul style="list-style-type: none"> • Many people don't have any signs or symptoms • HPV infection can develop into genital warts or lead to cervical cancer and other cancers such as mouth, throat and tongue 	<ul style="list-style-type: none"> • Redness, tenderness, and swelling in arm • Less common: dizziness, nausea, headache, fever <p>*Side effects occur as infrequently as one in 7000.</p> <p>Learn more at www.hpvinfos.ca or www.cancercare.on.ca</p>

Head Lice

Head lice are tiny, wingless grey/brown insects that live only on the scalp of humans. They do not cause disease, but feed on the scalp and lay eggs on the hair. Anyone can get head lice.

Checking for lice

- Part hair in small sections. Use a bright light to look near the scalp. Check in warm spots behind the ears or back of the neck.
- If you find lice, check all the people that live in your house, and treat those who have lice
- Tell everyone in close contact with your child including the school and daycare
- The Wet Combing Method is the best way to find head lice and to remove them

Getting rid of lice

- The Wet Combing Method involves soaking the hair with conditioner causing lice to remain still, and combing lice out with a very fine tooth comb. Wet Combing must be done every four days for two weeks to remove all lice as they hatch before they can lay more eggs. Wet Combing saves money and uses no harmful chemicals.

For step-by-step instructions for Wet Combing, visit:



www.niagararegion.ca
search lice

Treatment products designed to kill lice are also available. Talk to a health professional about which product may be right for your child.

- Follow instructions carefully; they may be different for each product
- No product kills all of the eggs. A second treatment seven to 10 days after the first treatment is recommended to kill any newly hatched lice.
- Treatment products are to be used only on those who have head lice, as they do not prevent lice

Prevent the spread of lice

Remind your children to avoid head-to-head contact, and not to share hats, combs and brushes. Tie back long hair.

For more information call the Parent Talk Line at 905-688-8248 or 1-888-505-6074 ext. 7555 or visit:



www.niagararegion.ca
search lice

Transitioning to High School

Prepare your child by:

- Attending Grade 9 open house to see the school and learn how to get involved
- Making sure your child knows the route to school before the first day
- Getting to know the school staff such as youth counsellor, guidance counsellor and school nurse. Check out the school's website together for more information.
- Keeping connected by calling the school if you have any concerns and being aware of opportunities for parent involvement

High school can be stressful. Help your teen cope with stress by:

- Being available to talk and taking time every week for one-on-one time
- Eating dinner together which provides routine and a great chance to connect with your teen
- Encouraging healthy escapes such as physical activity, laughter and creativity to help relieve stress
- Catching your teen doing something good which builds confidence and self-esteem
- Helping your teen see things differently such as teach them to focus on the positive and to keep problems in perspective
- Being aware of negative choices such as drugs, alcohol or other self-harming behavior. Talk to your teen about these dangers.

Recognize when there is a problem

Be alert for changes in your teen's behaviour, mood, thinking or perceptions, especially if these changes last for weeks or keep coming back.

If you are concerned, talk to your teen, school staff, doctor or school nurse.



Smoke-Free Outdoor Spaces

In accordance with a Regional by-law, smoking is not allowed on any regionally or municipally owned properties. This means that areas where children play such as parks, playgrounds, sports fields and splash pads are smoke-free.

The minimum fine is \$305.

For more information, contact the Tobacco Hotline, 905-688-8248 ext. 7393 or 1-888-505-6074 ext. 7393.



Smoking on School Property

The Smoke-free Ontario Act states that smoking or holding lit tobacco is not allowed anywhere on school property by anyone at any time.

This includes:

- Students, staff, parents, visitors and rental groups
- Cars parked on school property or cars coming onto school property
- 24 hours a day, seven days a week, even in the summer

Protect Yourself and your Child from Tick Bites

- Dress in light coloured clothing to easily spot ticks
- Wear clothing that covers arms and legs when walking in wooded areas. Tuck in loose clothing and have your child wear shoes that cover the entire foot.
- Spray insect repellent that contains DEET on exposed skin and clothing. Always follow manufacturer's instructions.
- Check yourself and your child's skin for ticks after outdoor activity. Pay special attention to areas such as the groin, scalp and armpits. Tick bites are usually painless, so your child will likely not feel the tick.
- If you find that you or your child has been bitten and/or symptoms including red, raised rash, fever, chills, sore joints, neck and headache appear after 3 days, go to walk-in clinic or family doctor
- Cut your grass and dispose of leaf litter where ticks can live

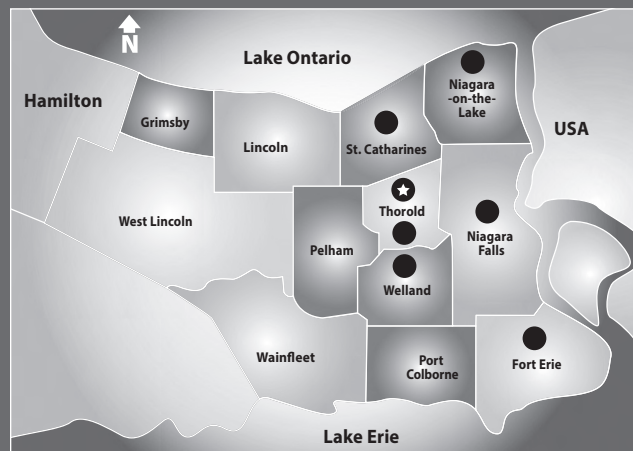


For further information, call Environmental Health at 905-688-8248 ext. 7767 or 1-888-505-6074 or visit:



www.niagararegion.ca

Public Health Can Help



The school nurse

Services for children and families

Immunization for children and adults

Dental health

Safe and healthy communities

Safe food and water

Infection prevention and control

Sexual health services

Emergency Medical Services

Locations

Public Health Can Help

Niagara Region Public Health: 905-688-8248
or toll free: 1-888-505-6074

The school nurse

Every elementary and secondary school in Niagara has a school nurse.

The school nurse provides teachers, parents and students support and resources on health related topics, including:

- Healthy eating
- Physical activity
- Tobacco use prevention
- Parenting
- Mental and emotional health
- Puberty and sexual health
- Drugs and alcohol

In addition, secondary school nurses in public schools provide:

- Sexual health counselling
- Birth control
- STI testing

School nurse ext. 7379

Healthy children and families

- Planning for pregnancy and prenatal classes
- Breastfeeding support and clinics
- Parenting resources
- Home visits for new parents
- Baby Talk, Triple P, @NiagaraParents
- Post-partum mood disorder support group
- Car seat installation classes

Parent talk, ext. 7555

Immunization

- Travel immunizations
- Flu shot clinics (seasonal)
- School-based immunizations for grade seven and eight students
- General clinics for routine childhood immunizations

Flu clinics, ext. 7443

Travel health, ext. 7383

Immunization clinics, ext. 7425

Immunization reporting, ext. 7459

Dental health

Five dental clinics and one mobile dental clinic provide free dental screening for children and youth 17 years and younger. Dental staff will identify children and youth eligible for various programs and services.

Dental screening is provided annually to children in grades JK, SK, two, four, six and eight. Parents will be notified if their child has an urgent dental condition or if preventive services are recommended.

Dental health, ext. 7399

Safe and healthy communities

- Tobacco control, prevention, and quitting
- Mental health treatment, counselling, and support
- Physical activity and community food advisors
- Health bus and outreach nursing
- Disease, injury, drug and alcohol misuse prevention
- Road, home, and outdoor safety
- Workplace health and safety

Health bus/outreach nursing clinics, ext. 7512
Tobacco, ext. 7393

Mental health referral, ext. 7262

Volunteer supervisor, ext. 7395

Safe food and water

- Niagara InfoDine, InfoInk, InfoBeauty and InfoSplash- restaurant, tattoo, salon and public pool inspections
- Food handling and preparation course
- Private well water testing
- Beach water testing

Food handler certification, ext. 7230

Well water testing, ext. 7268

Beach hotline, ext. 7789

Infection prevention and control

- Outbreak and disease management
- Clean your hands education
- Rabies investigations
- West Nile virus and Lyme disease surveillance
- Nursing home and migrant worker housing inspections

West Nile virus line, ext. 7335

Rabies, ext. 7269

Sexual health

- Sexual health counselling with public health nurse
- Sexually transmitted infection (STI) testing and treatment
- Birth control at a reduced price
- Pregnancy testing and morning after pill
- Free condoms

Clinics:

Fort Erie: 905-871-5320

Niagara Falls: 905-358-3636

St. Catharines: 905-688-3817

Welland: 905-734-1014

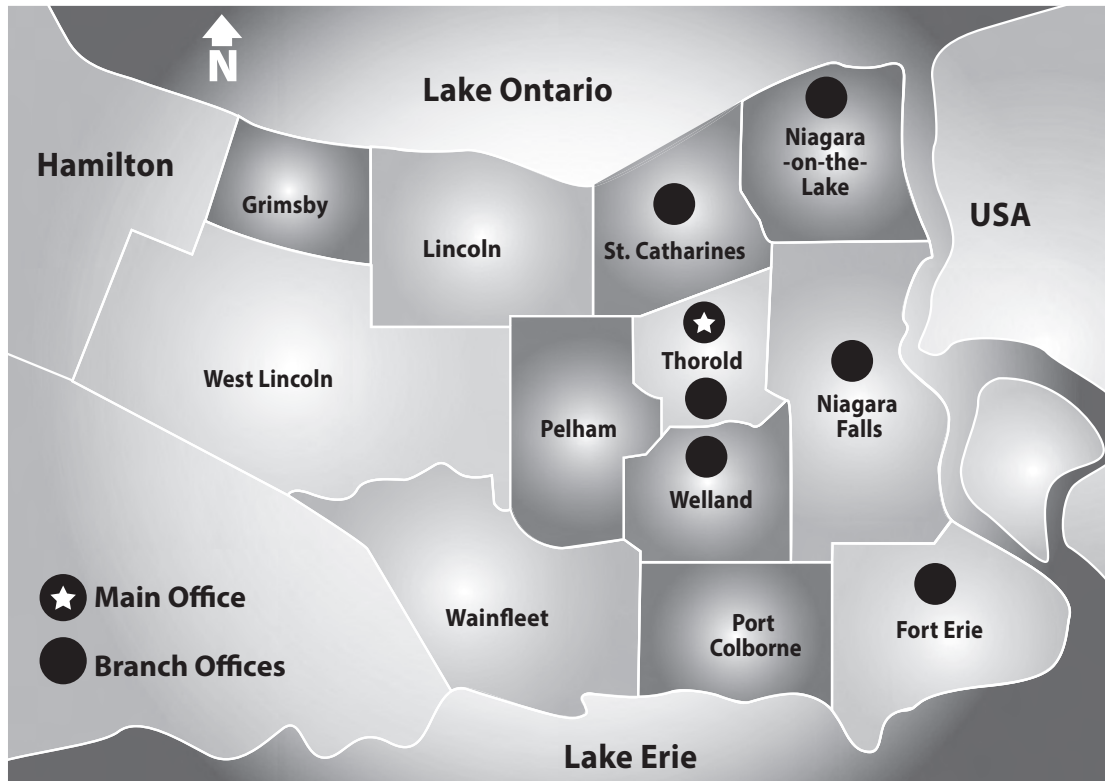
Emergency Medical Services

- Pre-hospital emergency medical services
- Paramedics and emergency medical dispatchers
- Community outreach for injury prevention, CPR, safety, and when to use 9-1-1

To find out more about our services visit:



www.niagararegion.ca/health



Our locations

Main Office

Office of the Medical Officer of Health

2201 St. David's Road, Campbell East,
Thorold

Phone: 905-688-3762

Toll Free: 1-800-263-7248

Fax: 905-682-3901

Branch Offices

Niagara Falls

5710 Kitchener Street

Phone: 905-356-1538

Fax: 905-356-7377

Sexual Health Centre

Phone: 905-358-3636

Fax: 905-358-2717

Welland

200 Division Street

Phone: 905-735-5697

Fax: 905-735-4895

Sexual Health Centre

Phone: 905-734-1014

Fax: 905-734-1770

Fort Erie

43 Hagey Avenue

Phone: 905-871-6513

Fax: 905-871-3020

Sexual Health Centre

Phone: 905-871-5320

Fax: 905-871-3333

St. Catharines

Sexual Health Centre

277 Welland Avenue

Phone: 905-688-3817

Toll Free: 1-800-263-5757

Fax: 905-688-6063

Thorold

Niagara Region Mental Health

3550 Schmon Parkway,

2nd floor, Unit #2

Thorold, ON L2V 4T7

Phone: 905-688-2854

Fax: 905-684-9798

Niagara-on-the-Lake

Niagara Emergency Medical Services

509 Glendale Avenue East

Phone: 905-984-5050

Fax: 905-688-5079

Community Resources



Need help? Want more information?

Crisis

Mental Health & Addictions Access Line	For adults who want to connect with an appropriate mental health and/or addictions support for themselves or a loved one 1-866-550-5205
Distress Centre Niagara 24-hour distress line	St. Catharines 905-688-3711 Welland/Port Colborne 905-734-1212 Grimsby/West Lincoln 905-563-6674 Fort Erie 905-382-0689
Pathstone Mental Health	Telephone counselling and crisis services for youth 1-800-263-4944
Kids Help Phone	24-hour help for ages five to 20 1-800-668-6868 kidshelpphone.ca
Niagara Region Sexual Assault Centre	24-hour, ages 16 and up 905-682-4584 sexualassaultniagara.org

Alcohol, Drugs, Tobacco and Gambling

Alateen/Al-Anon	For teens affected by someone else's drinking 905-328-1677 or 1-888-425-2666 al-anon.org
Community Addiction Services of Niagara	Assessments, treatment planning, counselling, and referrals 905-684-1183 cason.ca
Canadian Cancer Society Smoker's Helpline	1-877-513-5333 smokershelpline.ca
Youthbet.net	Problem gambling support through YMCA youthbet.net
Health Canada	Keep your children smoke-free hc-sc.gc.ca search keep your kids smoke free

Allergies	
Anaphylaxis Canada	Provides information, programs and services about life-threatening allergies anaphylaxis.ca
Canadian Allergy, Asthma and Immunology Foundation	Latest research and resources about allergy, asthma, and immunology allergyfoundation.ca
Allergy Safe Communities	Information and resources to help non-medical people better manage anaphylaxis allergysafecommunities.ca
Sabrina's Law	Outlines how schools must protect children with life threatening allergies edu.gov.on.ca search Sabrina's Law

Bullying	
PREVNet	Canada's authority on bullying prevention, parent resources available prevnet.ca

Counselling and Support Services	
Family and Children's Services Niagara	Support and protection for children up to 16 905-937-7731 facsniaagara.on.ca
Kristen French Child Advocacy Centre Niagara	For children up to age 16 who have been abused; counselling available 905-937-5435 kristenfrenchdacn.org
Contact Niagara	Connect to community services for mental health and development for children up to 18 905-684-3407 or 1-800-933-3617 contactniagara.org
Quest Community Health Centre-Rainbow Youth Niagara	Individual, group support and social activities for sexually and gender diverse youth 905-688-2558 ext. 222 questchc.ca
Lesbian, Gay, & Bisexual Youth Line	Anonymous, confidential, peer support line 1-800-268-9688 youthline.ca
Transgender Niagara	Group meetings and social gatherings for transgendered persons transgenderniagara.com
PFLAG	Parents, Families, and Friends of Lesbians and Gays (Canadian) pflagcanada.ca

Food Banks

Community Care	West Niagara 905-563-5822 St. Catharines 905-685-1349 Thorold 905-227-9240 West Lincoln 905-957-5882
Newark Neighbours	Niagara-on-the-Lake 905-468-3519
Salvation Army Community and Family Services	Niagara Falls 905-358-8394 Fort Erie 905-871-1592 St. Catharines 905-935-4311 Welland 905-735-5700
Pelham Cares	905-892-5300
The HOPE Centre	Welland 905-788-0744 thehopecentre.net
Project SHARE	Niagara Falls 905-357-5121 projectshare.ca
Community Outreach Program (COPE)	Fort Erie 905-871-2526
Grimsby Benevolent Fund	905-309-5664 gbfgrimsby.com
Port Cares Reach Out	Port Colborne 905-835-1914 portcares.on.ca
Open Arms Mission	Welland 905-788-3800 openarmsmissionwelland.com
St. George Catholic Church	Fort Erie (Ridgeway/Crystal Beach) 905-894-2853
Niagara Worship Centre	Niagara Falls 905-356-0635

Health

Niagara Region Public Health	Talk with a school nurse 905-688-8248 or 1-888-505-6074 ext. 7379 niagararegion.ca search School Nurse
Find a Doctor	Connect to a doctor or nurse practitioner ontario.ca search find a doctor
Canadian Paediatric Society	Information for parents from Canadian paediatricians caringforkids.cps.ca
Medic Alert	Order a medic alert bracelet to protect your child in a medical emergency medicalert.org
Trillium Drug Program	Assistance in covering the cost of prescription drugs health.gov.on.ca search Trillium Drug Program

Hearing, Vision and Dental

The Hearing Foundation of Canada	Find information on hearing loss and how to get help thfc.ca
Dental care	Dental programs and services for children and youth up to 17 905-688-8248 ext. 7399 or 1-888-505-6074 ext. 7399
Eye See...Eye Learn	Find an eye doctor, program for free eye exam and glasses for some JK children eyeseeyelearn.ca

Housing and Shelters

Nightlight Youth Shelter	Niagara Falls 905-358-3678 boysandgirlsclubniagara.org
YWCA Emergency Housing Facilities	Shelter for women 16 years and older and their children; life skills program St. Catharines 905-988-3528 Niagara Falls 905-357-9191
The RAFT	Hostel shelter provides basic needs, food and support programs for youth 905-984-4365 theraft.ca
The HOPE Centre	Welland 905-788-0744 thehopecentre.net
Gillian's Place	Domestic violence shelter Grimsby, Lincoln, West Lincoln, Niagara-on-the-Lake, St. Catharines and Thorold 905-684-8331
Women's Place of South Niagara	Domestic violence shelter Niagara Falls, Fort Erie and surrounding areas 905-356-5800 Welland, Port Colborne, Wainfleet, Pelham and surrounding areas 905-788-0113 womensplacesn.org

Jobs and Money

Ontario Works	Financial support (welfare) for basic needs Niagara Region Community Services 905-641-9230
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Job Gym	Employment and career guidance St. Catharines 905-682-8372 Fort Erie 905-871-3932 Welland 905-732-7655 jobgym.com
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Legal Issues

Legal Assistance	1-800-668-8258
Niagara Regional Police Service	(for emergency call 9-1-1) 905-688-4111 or 1-888-668-3911 nrps.com

Mental Health

Pathstone Mental Health	Mental health services for children, youth and families 1-800-263-4944 pathstonementalhealth.ca
Contact Niagara	Connect to community services for mental health and development for children up to 18 905-684-3407 or 1-800-933-3617 contactniagara.org
Niagara Region Mental Health	Confidential services for individuals who suffer from serious and ongoing mental illness 905-688-2854, ext. 7262
Kids Help Phone	24-hour help for ages five to 20 1-800-668-6868 Always There app available kidshelpphone.ca
Anxiety BC	Strategies for anxiety, information, self-help activities and videos MindShift app available youth.anxietybc.com
Teen Mental Health	Training programs, publications, tools and resources teenmentalhealth.org
Self-injury Outreach and Support	Providing resources for parents and caregivers sioutreach.org

Nutrition

EatRight Ontario	Trusted information and advice on nutrition and healthy eating from registered dietitians eatrightontario.ca
National Eating Disorder Information Centre	Provides resources on eating disorders and weight pre-occupation nedic.ca
Nutrition Tools for Schools	Equips parents to help improve your child's school nutrition environment nutritiontoolsforschools.ca

Parenting	
Parent Talk Line	Speak with a public health nurse about any parenting issue 905-688-8248 or 1-888-505-6074 ext. 7555
Triple P	Parents living in the Niagara area with children aged two to 16 can sign-up for free parenting courses 905-688-8248 ext. 7555 or 1-888-505-6074 niagararegion.ca search Triple P
HOPE (Helping Others Parent Effectively) support group	For parents with children who have Attention Deficit Hyperactivity Disorder (ADHD) niagararegion.ca search HOPE or Learning Disability Association of Niagara ldaniagara.org
The Search Institute	Assets are building blocks of healthy development; read about the 40 assets for children and adolescents search-institute.org/developmental-assets/lists
The Hospital for Sick Children	Information on youth development aboutkidshealth.ca click Ages and Stages tab

Physical Activity	
Active Healthy Kids Canada	Information and report card on kids' activity levels activehealthykids.ca
ParticipAction	Ideas to get your children moving participaction.com
Physical Literacy	Learn more about the basic skills that children need to learn to live healthy, active lives physicalliteracy.ca/play
Active and Safe Routes to School	Ideas for communities to have more students walk and cycle to school saferoutestoschool.ca

Recreation Centres	
YMCA	Fort Erie , 1555 Garrison Rd., 905-871-9622 Niagara Falls , 7150 Montrose Rd., 905-358-9622 St Catharines , 25 YMCA Dr., 905-934-9622 Grimsby , 325 Main St E., 905-309-9622 Welland , 310 Woodlawn Rd., 905-735-9622 Port Colborne , 550 Elizabeth St., 905-835-9622 ymcaofniagara.org

Safety	
Canadian Safety Council	Resources to help keep your child safe. Topics include: Babysitters; children home alone; strangers; cyber bullying and online safety; outdoor safety (bicycles, trampoline, pools and playgrounds) canadasafetycouncil.org/child-safety
Concussions	ontario.ca/concussions

Success in School

School Boards in Niagara

District School Board of Niagara	Public school board 905-641-1550 dsbn.edu.on.ca
Niagara Catholic District School Board	Catholic school board 905-735-0240 niagaracatholic.ca
Conseil scolaire de district Catholique Centre-Sud	Catholic French school board 905-682-6732 boardcsdccc.edu.on.ca
Conseil scolaire Viamonde	Public French school board 416-614-0844 csviamonde.ca
Individual Education Plan	Understand what an IEP is and how it can help your child edu.gov.on.ca/eng/general/elemsec/speced/individu.html
Learning Disability Association of Niagara Region	Resources and support to individuals who are affected by learning disabilities 905-641-1021 ldaniagara.org

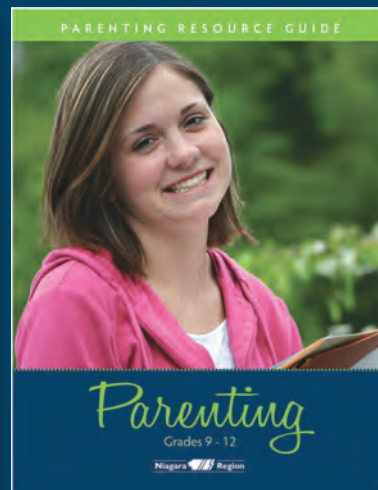
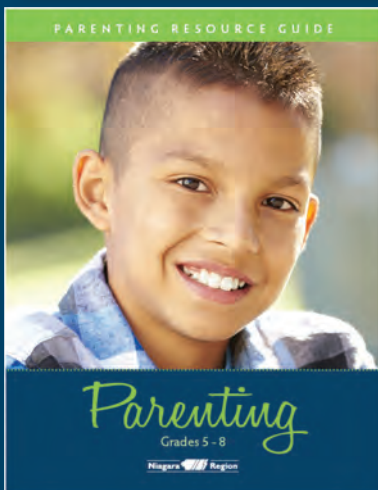
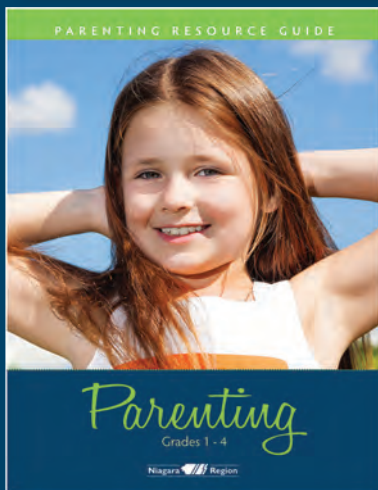
Sexual Health

AIDS Niagara	Support, education, and advocacy services and programs for people infected or affected by HIV and AIDS 905-984-8684 aidsniagara.com
Sexual Health Centres (Public Health)	Confidential information, counselling and clinic services Fort Erie 905-871-5320 Niagara Falls 905-358-3636 St. Catharines 905-688-3817 Welland 905-734-1014
Society of Obstetricians and Gynecologists	Birth Control, STIs and Sexuality sexualityandu.ca hpvinfo.ca (specific to the Human Papilloma Virus)
Planned Parenthood Toronto	Facts about sex teenhealthsource.com
Public Health Ontario	STIs and FAQs sexualhealthontario.ca

Still not sure who to call?

Call 2-1-1 free, confidential, 24-hour line. They can tell you who to call.

PARENTING RESOURCE GUIDES



www.niagararegion.ca/health

Niagara  Region

@niagara
parents

Parent
Talk Line