



Parenting

Grades 9 - 12



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

.....

The more assets children have, the better able they will be to make good decisions, get past challenges and avoid risky health behaviours.

.....

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

Nurturing positive body image

Sexuality and healthy relationships

Drugs, alcohol, tobacco and gaming

Teen stress

Mental health

Healthy Eating

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

Key things to keep in mind are:

- 1. Make healthy choices easy** – Store fresh fruit on the counter and chopped vegetables and hummus dip in the fridge. Buy foods with low nutritional value like potato chips, pop, and cookies less often, and put them in the back of the cupboard.
- 2. Make breakfast a priority** – Even though teens are capable of preparing their own breakfast, they are often too rushed and don't make it a priority. If you are home with them in the morning, have a smoothie or other healthy option ready for when they wake up. This will go a long way in sending a message of the importance of breakfast.
- 3. Build a culture around food** – Talk about what food is, and where it comes from.
- 4. Respect your teen's choices** – Your teen may have different views than you do about many things, including food. Respect his or her opinion, avoid making judgments and encourage thoughtful discussions.
- 5. Be a good role model** – The most effective way to help your teen eat a healthy diet is for you to do it. Talk about healthy food in a positive way and avoid making judgments about a person's body weight.

When teens cook, they learn life skills and build confidence and independence. Cooking provides hands-on experience with food and nutrition, and young cooks are more likely to try new or different foods. Cooking together is a great way to spend time with 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. Of any age group, teens may have the most to gain from eating dinner with their families. Research shows that family meals can protect teens from a variety of risky behaviours. Teens who eat with their families also report less overall stress, feeling more understood by their parents, and having better relationships with them.

Benefits of family meals include:

- Healthier eating habits and healthier weights
- Lower risk of depression and eating disorders
- Closer relationships to parents and siblings
- Higher self-esteem and better ability to resist negative peer pressure
- Resilience in dealing with problems
- Better grades

Tips for a teen-friendly family meal

- Agree that dinner will be off limits for discussing conflicts
- Make dinner a technology-free zone as much as possible
- Have a healthy evening snack together if scheduling conflicts make family dinners challenging
- Start conversations about interesting topics
- Offer to make a new meal, based on your teen's interests
- Invite your teen to make a part of the meal
- Share something about your day in a positive way
- Ask your teen to choose music for you to listen to during dinner

For more information and tips on family meals, visit:



www.thefamilydinnerproject.org

Encourage a packed lunch

High school students have the option of packing a lunch, purchasing food in the cafeteria or walking (or driving) to a restaurant close to school. Many teens also get into the habit of drinking coffee and may be consuming high levels of caffeine (and sugar) depending on the type and amount of coffee (or tea) they are drinking.

Packing a lunch and carrying a refillable water bottle can be the healthiest and most affordable choice; however, the other options are often very appealing to teens.

If you pack a lunch to take to work, offer to make lunches together. The daily task of packing lunches is a great opportunity for learning healthy meal planning skills for life and it offers valuable time together.

Discuss what your teen could do with the money saved if he or she packed a lunch.

For tips on packing healthy school lunches and snacks visit:



www.eatrightontario.ca

Nutrition issues for teens

Between ages 13 and 19, teens grow rapidly and have some special nutrition needs. For helpful information on topics such as sports nutrition, weight issues, disordered eating, nutrient requirements, caffeine, vegetarianism and more, visit:



www.eatrightontario.ca
www.dietitians.ca



Physical Activity



Physical activity will improve your teen’s physical and mental well-being and ability to learn at school.

Youth aged 12 to 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. When your teen meets these physical activity guidelines, the greater the health benefits will be.

Moderate activities

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

Vigorous activities

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

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

Try a variety of activities with your teen as a family including taking walks after dinner or hikes on the weekend. Leave your car at home when going on short trips.

Encourage your teen to:

- Walk, bike, skateboard or inline skate to school
- Try new activities like yoga, Zumba or martial arts
- Join a gym or fitness club with his or her friends
- Enroll in sport programs each season with school or in your community
- Take the dog for a walk
- Rake leaves or shovel the driveway

Active video games and screen time

The average youth grades 6 through 12 is spending an average of seven hours and 48 minutes per day in front of a screen (Active Healthy Kids Canada).

Teens should have no more than two hours of recreational screen time per day. Active video games are not recommended as a strategy to help your teen get his or her daily 60 minutes of physical activity. Active video games are a good way to break up time sitting, but they are not as good as playing real active games outside or participating in sports.

Nurturing Positive Body Image

It's common for teens to feel self-conscious about their bodies, but constantly feeling bad about their bodies, worrying about weight or feeling guilty when they eat is not normal or healthy. This is called negative body image. Teens that have a negative body image often lack confidence in other areas of their lives as well.

Did you know?

- About one in every two teenage girls and one in every four teenage boys have tried dieting to change the shape of his or her body
- More than one in three girls (about 33 per cent) who are at a healthy weight still try to diet
- Dieting can lead to dangerous eating disorders

(Canadian Paediatric Society)



Nurturing positive body image – ideas for families

Start with taking a look at yourself:

- Examine your own beliefs and attitudes about weight, dieting, and appearance. Do you talk negatively about your body in front of your kids? Are you critical of others' weight and appearance? We are often unaware of the impact of comments we make like "I'm getting fat" or "wow – she's so skinny"
- Be a good role model. Do you model healthy eating or are you constantly dieting?
- Emphasize the positive aspects of healthy eating, rather than focusing on the effects of unhealthy eating
- Be active every day and encourage your teens to do the same

Next, talk to your teen:

Help your teen challenge media norms about how we are "supposed to" look by discussing the images seen on TV and in magazines. Advise your teen (girls especially) that dieting doesn't work and may actually lead to overeating.

Eating Disorders

See National Eating Disorder Information Centre for more information and what you can do to connect your teen to the help he or she needs.



www.nedic.ca

To connect to help locally, including speaking to a counsellor, visit:



www.niagarahealth.on.ca
search eating disorder

Sexuality and Healthy Relationships

Talk to your teen about sexuality early. Research suggests that children and youth who are knowledgeable about sex are less likely to engage in risky sexual behaviours.

Some facts about teens and sex are:

- Youth are faced with a variety of sexuality issues, including cyber-sex, peer pressure, gender, and sexual identity
- 40 per cent of Niagara youth aged 15-19 reported having sex in 2009-2010 (Canadian Community Health Survey, Statistics Canada)
- Niagara's teen pregnancy rate is 2.9 per cent, which is higher than the provincial average
- In 2013, 64 per cent of all chlamydia (a sexually transmitted infection) infections were in youth ages 15-24

Healthy relationships

Relationships are great when you are in a good one, but unhealthy ones can be difficult and dangerous. Healthy relationships have: mutual respect, trust, honesty, fairness, equality, and good communication.

Warning signs of abuse can include:

- Unexplained bruises and marks
- Excessive guilt or shame for no apparent reason
- Secrecy or withdrawal from friends and family
- Avoidance of school or social events with excuses that don't seem to make any sense

Gender and sexual identity – GLBTQ

Gay, Lesbian, Bisexual, Transgender, Queer (GLBTQ). Being gay or straight is not a choice, it is who you are. For a list of youth and family support options please visit:



www.niagararegion.ca/health
search sexual orientation

Birth control and teen pregnancy

- Half of teen pregnancies happen within six months of a girl starting to have sex, however, most girls don't seek birth control options until a year after they have started having sex
- Abstinence provides 100 per cent protection against pregnancy
- Teen pregnancy can be a stressful time on a family. Your teen's school nurse or one of Niagara Region Public Health's four Sexual Health Centres can provide relationship, contraception and pregnancy counselling for your teen.

Sexually transmitted infections (STIs)

Teens are often more concerned about pregnancy and forget about serious infections that can be passed through sexual contact.

- The majority of STIs have no signs or symptoms
- Niagara's chlamydia rates have more than doubled in the last 10 years
- Human papillomavirus (HPV) is Canada's most common STI with approximately 80 per cent of the population having one type of the infection in their life-time
- Viruses like herpes stay with a person for life

- Besides abstinence, latex condoms are the best form of protection against STIs
- The HPV vaccine Gardasil is strongly recommended as safe, effective protection against genital warts and cervical cancer

Free and confidential STI education, testing, and treatment can be provided at any of Public Health's four Sexual Health Centres. For your nearest locations and hours, visit:



www.niagararegion.ca/health



Drugs, Alcohol, Tobacco and Gaming

Some teens will experiment with tobacco, alcohol, cannabis (pot/weed), and/or other drugs. It is important to talk with your teen 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, teenagers are also influenced by their parents' drinking habits and attitude toward alcohol. Frequent drinking or alcohol misuse in the home can lead to teenage drinking and alcohol dependency.

Other Drugs

Outside of alcohol, the top most misused 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. The good news is 92 per cent of teenagers choose to be tobacco-free. Parents should talk to their children and youth about the dangers of tobacco use and reasons they should live tobacco-free.

(Ontario Student Drug Use and Health Survey)

If you are concerned?

- 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

Computer and Video Game Addiction

For most young people, playing games on a computer, video game console, or handheld device is just a regular part of the day. Most are able to juggle the multiple demands of school, sports, work or chores, and family life. Gaming becomes an addiction when it starts to interfere with a person's relationships or their pursuit of other goals, such as good grades or being a contributing member of a sports team, affects eating or sleeping patterns and becomes time-consuming. (Taken from Video Gaming Among Canadian Youth: A Public Health Framework) video-game-addiction.org/signs-you-need-help.html

Who could you go to for help?

Community Addictions Services of Niagara (CASON) has more information on how to get your teen 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 teen is using tobacco products, call Smoker's Helpline 1-877-513-5333, or encourage your teen to talk to the school nurse.



www.smokershelpline.ca

Stress

Thoughts, feelings, and beliefs about a situation can make stress feel 'good' or 'bad'. People often see stress as 'bad' when they feel a situation is frightening, difficult, or painful, and they think they can't cope.

Sources of teen stress:

- School and extra-curricular demands
- Pressure to fit in with peers
- Family and peer conflicts
- Unrealistic or high expectations
- Worry about the future
- Loss (loved ones, relationships, financial security)

When stress becomes too frustrating and lasts for long periods, it can lead to anxiety, withdrawal, aggression, depression, and physical illness. Teens need coping skills to keep stress from becoming more serious.

Help your teen cope:

- Be available to talk
- Encourage a break from pressures with physical activity or a hobby
- Give positive feedback when your teen is doing something well
- Teach your teen how to keep things in perspective and 'let go' of the little things
- Show your teen how to focus on the positive by listing the benefits and opportunities created by a situation, rather than the problems
- Encourage healthy nutrition, family meal time, physical activity, and enough sleep

Teens that don't learn how to deal with stress in a positive manner may turn to alcohol, drugs, or risky sexual activity. Some teens will engage in self-harm to ease the pain they are feeling- this could involve cutting or burning their skin. Talk to your family doctor if your teen seems overwhelmed and is not coping well.

For more parent resources on teen mental health, visit:



www.thejackproject.org

Sleep

Teens need nine to 10 hours of sleep every night, according to the Canadian Paediatric Society. Not getting enough sleep can affect overall mood, attention and memory. Changes in the brain during teen years, along with lifestyle and social demands such as homework, after school activities, friends and jobs, mean the average teenager may have trouble getting to sleep at a reasonable hour. Encourage your teen to get enough sleep – this may mean putting the cell phone away and turning the computer off.



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.

Bravery, 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. (Mind your Mind)

Adolescence is an emotional rollercoaster ride, so it's normal to go through ups and downs. Stress and pressure alone, however, do not cause mental health disorders. Mental health disorders are the result of many factors including genetics, biology, the environment, and personality.

Did you know?

- Mental health disorders affect approximately one in five Canadian youth
- 75 per cent of mental health disorders begin by age 24
- Only one in three young people seek treatment, often due to stigma

(The Jack Project)

For more mental health information, visit:



Centre for Addiction and Mental Health
www.camh.ca

Pathstone Mental Health at:
www.pathstonementalhealth.ca

Seeking professional help

Mental illness responds to treatment just like any other medical illness. Symptoms vary depending on the type and severity of the mental health disorder.

In general, mental illness is most likely to be present when:

- There is a clear change in the teen's normal mood or behavior
- The symptoms last over a period of time (at least 2 weeks)
- The symptoms are observed in several contexts: home, school, work, friends, and social events

If you are concerned:

- Speak with your teen. 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 (school nurse, youth counsellor, guidance teacher)
- 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 teen is in immediate danger call 9-1-1**

Non-Suicidal Self-Injury

Non-suicidal self-injury (NSSI) is the deliberate and direct injury to one's body tissue, without suicidal intent and for reasons not socially or culturally accepted. The most common methods include cutting, burning, scratching, and bruising. These injuries can range from superficial to moderate.

For information and help for self-injury, visit:



www.sioutreach.org

Suicide

Many individuals will think about suicide at some point in their life. These thoughts are not abnormal, but rather a normal part of living. Likewise, it's normal for caring friends and family members to want to stop and prevent these thoughts from leading to a death.

TALK outlines the steps that help someone who may be having thoughts of suicide.

Are they **T**elling you they need help?

What do you see and hear?

- Helpless or hopeless
- Alone or withdrawn
- Do they feel that they are a burden?
- Do they feel they have no purpose in life?

What have you learned? Have they:

- Lost someone close to them?
- Experienced rejection before?

Ask about suicide directly

After seeing the warning signs, find out if the person is thinking about suicide. What to say:

Are you thinking about suicide?

Talk openly about suicide. Talking about suicide will not make them more likely to try it.

Be there to **L**isten

Next, if the person answers yes to the question, be there for them by listening to what they are going through. What to say:

This is important, let's talk about this, I am listening.

Keep them safe

After listening, find someone who can help keep them safe. What you can say:

We should get more help. I want to keep you safe by connecting you with someone who can help you.

Your KeepSafe Connections

Mental Health and addictions access line
1-866-550-5205

To learn more about the safeTALK steps and how to use them, consider taking a 3hr safeTALK training offered by Distress Centre Niagara. The training is a program of Living Works. For more information, visit:



Living works

www.livingworks.net

Distress Centre Niagara

www.distresscentreniagara.com

If you are not sure what to do or want advice, call Pathstone Mental Health at 1-800-263-4944. If your teen is in immediate danger call 9-1-1.

Just the Facts



Anaphylaxis

Concussions

Vaccinations for teens

Smoke-free outdoor spaces

Tanning beds

Ticks and head lice

Anaphylaxis

What is anaphylaxis?

Anaphylaxis (pronounced anna-fill-axis) is a severe life threatening allergic reaction that is very fast and may cause death. While deaths are rare, anaphylaxis is always 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 (a food additive)
- Insect stings
- Drug allergies

How can anaphylaxis be prevented?

Avoidance is the best way to prevent 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.

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)

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:



www.allergysafecommunities.ca
click 2011 Guidelines

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



www.eatrightontario.ca

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

Vaccinations for Teens

Children are at greater risk for some communicable diseases or infections, and as a parent, it’s important to know the risks for your teen and how they can be protected.

Take a moment to review their vaccination records (yellow cards) and ensure they are up to date. If you have lost yours, call Public Health at 906-688-8248 ext. 7425

Immunization is required for attendance at school in Ontario

Immunization protects children from many serious diseases that are easily spread in schools. Children and teens 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

Which boosters or vaccinations does your teen need?

Teen Booster:

- Your teen needs a tetanus, diphtheria, pertussis booster at age 14-16 and can receive this at no cost
- After dose is received, a booster for diphtheria and tetanus (Td) is needed every 10 years for life

HPV (Human Papilloma Virus) Vaccine:

HPV is an infection spread by skin-to-skin contact during intercourse or other sexual contact. There are more than 100 different kinds of HPV. Certain kinds can cause genital warts and cervical cancer. 80 per cent of Canadians become infected with HPV during their lives.

If your daughter missed getting her HPV vaccination in grade 8, or did not finish all three doses, she can still get it for free until she finishes high school. There are three options:

- Call Public Health at 906-688-8248 ext. 7425 to make an appointment at the nearest immunization clinic;
- Visit your nearest Sexual Health Centre (if you are a current client); or
- Speak to her family doctor

For more information on HPV, visit:



www.hpvinfos.ca or
www.cancercare.on.ca



Meningitis

Talk to your teen about the importance of not sharing water bottles, eating utensils, and grooming supplies as this puts them at risk of serious illness, specifically meningitis, which can be fatal.

What is meningitis?

- Serious infection of the fluid and membrane covering the brain and spinal cord
- Early signs of infection include fever, irritability, drowsiness, reduced alertness, and may proceed to severe headache, vomiting, stiff neck, pain when moving head and neck, loss of consciousness, red spots on skin that don't disappear when pressed
- Symptoms progress quickly
- One in 20 will die
- One in 20 will have brain damage

Cause

- It is a germ that lives in the back of the nose and throat
- Spread by kissing, sneezing, coughing, or sharing grooming or eating utensils

Protection

- Immunization is available
- Avoid sharing any eating or grooming items
- Use good hand washing technique
- If teen is diagnosed, treat the whole family

If you have any 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. The importance of 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.

Smoke-Free Outdoor Spaces

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

Smoking and 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.



Tanning Beds

Effective May 1st, 2014, the Skin Cancer Prevention Act makes selling, advertising, marketing and/or providing tanning bed services to youth under 18 against the law in Ontario.

What does that mean?

- Tanning salons must check identification (ID) before they sell or provide tanning services to those who appear under 25 years old
- Tanning salons must refuse tanning bed services to youth under 18

- Tanning bed users must have adequate eye protection
- Inspections will be done by public health inspectors
- Salons may not direct marketing or advertising to youth under 18 years old

For more information, visit:



www.niagararegion.ca
search Info Beauty

Ticks

- Wear light coloured clothing to easily spot ticks
- Wear clothing that covers arms and legs when in wooded areas. Tuck in loose clothing and wear shoes that cover the entire foot.
- Spray insect repellent that contains DEET on exposed skin and clothing. Follow manufacturer's instructions.
- Check skin for ticks after outdoor activity. Pay attention to areas such as the groin, scalp and armpits. Tick bites are usually painless, so your teen will likely not feel the tick. Cut your grass and dispose of leaf litter where ticks can live.

- 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

Call Environmental Health for more information at 905-688-8248 ext. 7767 or 1-888-505-6074 or visit:



www.niagararegion.ca

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

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 and 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, so a second treatment seven - 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

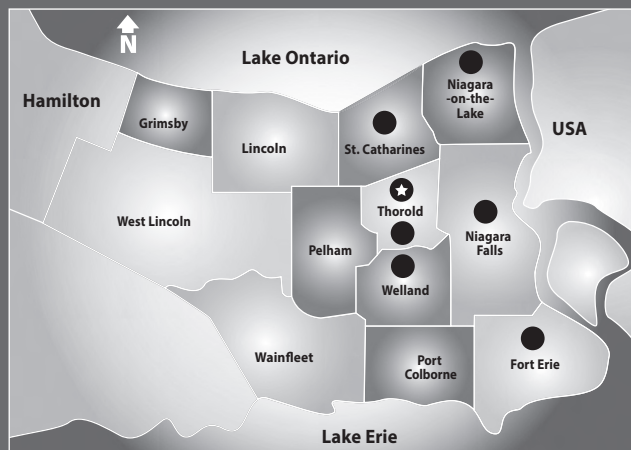
Remember:

- Everyone who has head lice will need to be cleared of lice at the same time to stop the spread
- Check the hair weekly as part of a regular routine

Prevent the spread of lice

Remind your children to avoid head to head contact, and not to share hats, combs and brushes. For more information call the Parent Talk Line at 905-688-8248 or 1-888-505-6074 ext. 7555

Public Health Can Help



The school nurse

Services for healthy 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

Niagara Region Public Health

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 public secondary schools, nurses also provide:

- Sexual health counselling
- Birth control
- STI testing

To learn more about the school nurse, please call ext. 7379 or visit:



www.niagararegion.ca
search school nurse

Services for 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 line, ext. 7555

Immunization for children and adults

- 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 services

Six 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 grade 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, InfoSplash, and InfoBeauty - restaurant, tattoo, public pool and salon 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 services

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

Clinics:

Fort Erie: 905-871-5320

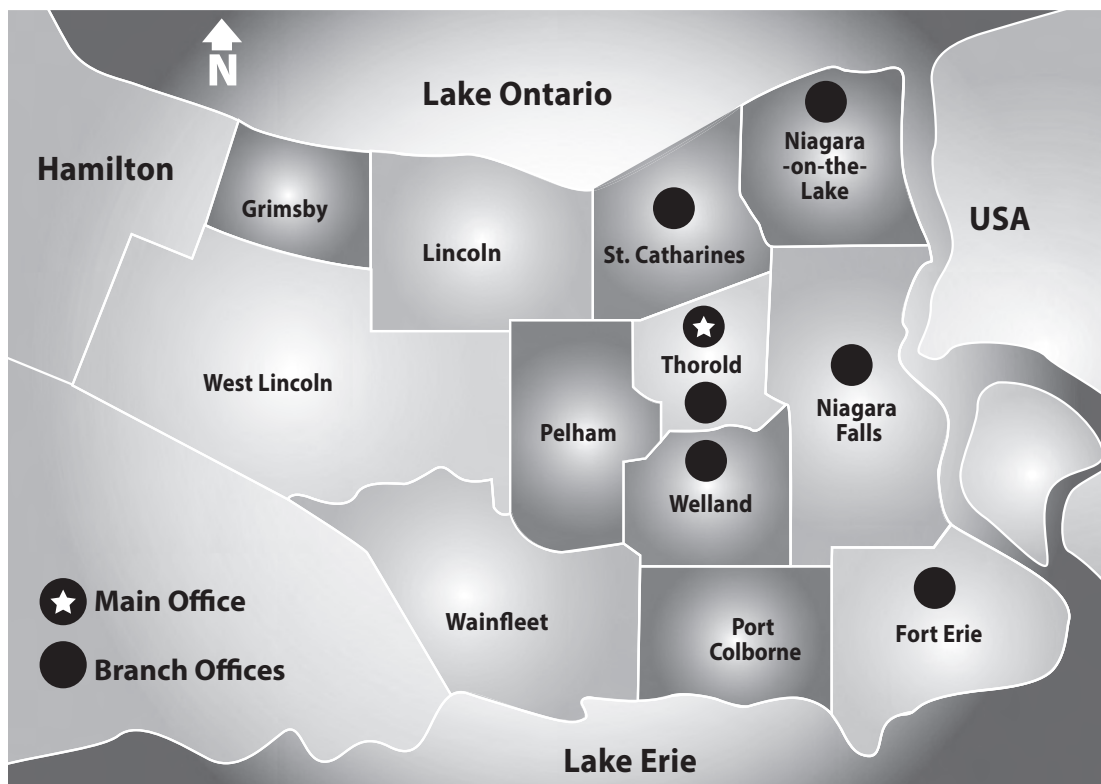
Niagara Falls: 905-358-3636

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



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 & up 905-682-4584 sexualassaultniagara.org

Alcohol, Drugs, Tobacco & 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
Problem Gambling Institute of Ontario	Information for parents www.problemgambling.ca

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, family counselling 905-937-7731 facsnigara.on.ca
Kristen French Child Advocacy Centre Niagara	For children up to age 16 who have been abused; counselling available 905-937-5435 kristenfrenchcacn.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 1-888-505-6074ext. 7156 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
Telehealth Ontario	Free Access to a Registered Nurse - 24 hours a day, 7 days a week 1-866-797-0000 TTY: 1-866-797-0007

Hearing, Vision and Dental	
The Hearing Foundation of Canada	Find information on hearing loss and how to get help thfc.ca
Eye See...Eye Learn	Find an eye doctor, program for free eye exam and glasses for some JK children eyeseeyelearn.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

Housing & 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
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

Jobs & Money	
Ontario Works	Financial support (welfare) for basic needs Niagara Region Community Services 905-641-9230
Job Gym	Employment and career guidance St. Catharines 905-682-8372 Fort Erie 905-871-3932 Welland 905-732-7655 jobgym.com
CERF Niagara	Francophone employment and resource centre Welland 905-714-1480 St. Catharines 905-684-1346 cerfniagara.com

Legal Issues	
Legal Assistance	1-800-668-8258
Niagara Regional Police Service	(for emergency call 911) 905-688-4111 or 1-888-668-3911 nrips.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
Living Works	Suicide prevention training: SafeTalk and ASIST (Applied Suicide Intervention Skills Training) livingworks.net
Self-injury Outreach and Support	Providing resources for parents and caregivers sioutreach.org
The Jack Project	Mental wellness for youth transitioning to college or university and their parents thejackproject.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 the 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 2-16 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 teen development (13 to 18 years) 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

Pregnancy

Birthright	Pregnancy & childbirth support for young moms 905-685-1913
Hannah House maternity home	Residential program for females during and after pregnancy in Niagara Falls 905-353-8552 hannahhouse.ca
Strive Niagara	Supports for young moms and families going to school 905-735-2566 striveniagara.ca
Prenatal classes (Public Health) Prenatal education program	905-688-8248 ext. 7237 niagararegion.ca/health
Young and Pregnant in Niagara	Free prenatal education program for teens 905-688-8248 ext. 7237 Niagara Falls 905-988-3528 ext. 244 St. Catharines 905-934-0021 Fort Erie 905-871-0236 Port Colborne 905-650-2363
Niagara Life Centre	A Christian-based counselling ministry, providing aid for individuals experiencing life crises 905-934-0021
South Niagara Life Ministries	A Christian-based counselling ministry, providing aid for individuals experiencing life crises Fort Erie 905-871-0236
Elisha House Pregnancy and Family Support Centre	Welland and St. Catharines 905-735-9934 After Hours Line: 289-823-2424 (call or text)

Recreation, Hangout and Drop-In Centres

The FORT	Drop-in centre for grades 9-12 and after-school program for grades 7-9 Grimsby 905-309-3678 Smithville 905-593-6719 thefortyouthcentre.com
The RAFT (St. Catharines)	Youth centre and emergency shelter 905-984-4365 theraft.ca
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: <ul style="list-style-type: none"> • 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 search IEP
Learning Disability Association of Niagara Region	Resources and support to individuals who are affected by learning disabilities 905-641-1021 ldaniagara.org



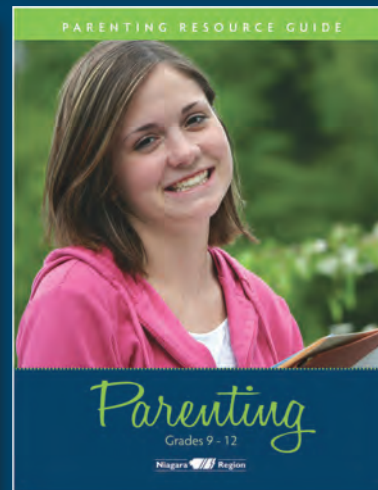
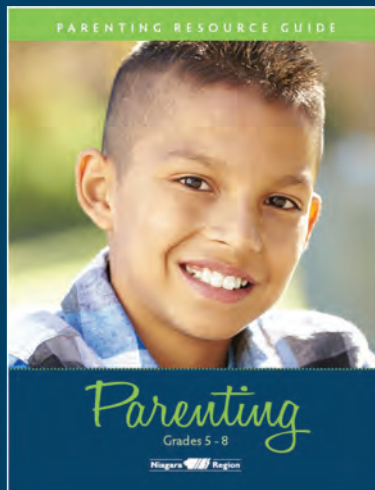
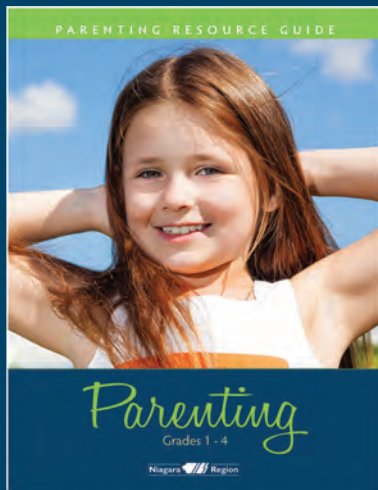
Sexual Health

Positive Living Niagara	Support, education, and advocacy services and programs for people infected or affected by HIV and AIDS 905-984-8684 positivelivingniagara.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 FAQ's sexualhealthontario.ca
Teaching Sexual Health (Canadian)	teachingsexualhealth.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