



HEALTH MATTERS FOR LITTLE PEOPLE

The Lowdown on the Slowdown

Our last newsletter featured an article on the new Canadian Physical Activity Guidelines for the Early Years www.csep.ca/guidelines. These guidelines paint the picture as to how much activity children 0-4 years should get on a daily basis for healthy growth and development.

As a complement to these guidelines, we now also have the Canadian Sedentary Behaviour Guidelines which read as follows:

- Caregivers should minimize the time infants [aged less than 1 year], toddlers [aged 1-2 years] and preschoolers [aged 3-4 years] spend being sedentary during waking hours. This includes long periods of time sitting or being restrained [e.g. stroller; high chair] for more than one hour at a time.
- For those under 2 years, screen time [e.g. TV, computer, electronic games] is not recommended.
- For children 2-4 years, screen time should be limited to less than one hour per day; less is better.

What exactly do we mean by sedentary behaviours? Sedentary behaviours involve very little physical movement while children are awake, such as sitting or reclining. When a child is in a stroller, high chair or car seat they are not able to move around. Obviously that is the intent. They are in a stroller because they can't walk yet; a high chair so they can sit and eat and a car seat to keep them safe.



But think about the time they spend watching television or playing with video games, tablets, computers or phones. These can be very attractive for young children and keep them occupied for hours; but at what cost?

The 2013 Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth reports that only 18% of 3- to 4- year-olds in Canada meet these sedentary behaviour guidelines. We need to turn this trend around. For the full report, visit www.activehealthykids.ca.

As a parent or caregiver, it is very important to keep young kids moving. Limit use of playpens and infant seats when baby is awake. Explore and play together. Set limits and have rules about screen time. Take children outside every day.

All of these efforts can help children maintain a healthy body weight, develop social skills, behave better, improve learning and attention and improve language skills. It also gives children a healthy, active start for life. For the guidelines, visit www.csep.ca/guidelines.

Submitted by Michele Crowley

INSIDE THIS ISSUE	
The Lowdown on the Slowdown	1
It's that time of year	2
Snacking Smart.. ..	4
Upcoming Events.. ..	4



How can I protect my child against the flu?

People with the flu may be able to infect others from 1 day before getting sick to 5 to 7 days after. To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child.

- Vaccination is recommended for everyone 6 months and older.
- It's especially important that children with health conditions get vaccinated.
- Cover coughs and sneezes with a tissue. Throw the tissue in the trash after you use it or sneeze in your sleeve.
- Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub (ABHR). ABHR is a good alternative as long as your hands are not visibly dirty. (look for a strength of 60%)
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.



It's That Time of Year...

Well, here it comes again, it seems to sneak up on us every year, and every year it's different from the last. I'm talking about....Influenza Season!

Yes the flu has its very own season and generally runs from October to May. Influenza (the flu) is a very contagious respiratory disease that can affect everyone. It is spread through the air from the sneeze or cough of an infected person. It also stays alive on surfaces such as door knobs, grocery cart handles, shared utensils etc. The virus can be transferred onto your hands and then if you touch your face, you could become ill.

The influenza virus can cause serious illness, even death. Many people may not know that in Ontario, approximately 300 people die each year from complications from the flu – mainly pneumonia. There are also many people hospitalized due to the flu.

Symptoms of the flu include high fever, muscle aches and pain, runny nose, sore throat, headache, cough, sneezing and congestion. Sometimes some people also suffer from nausea, vomiting or diarrhea. Pneumonia is a common complication from the flu especially in the elderly, immune compromised people and small children. These groups are affected more

severely because their immune systems are not very strong and they have a harder time fighting off the virus.

So, it's time to start thinking about things you can do to make sure everyone stays healthy and flu free this winter. The most important thing you can do is to get the flu shot. Getting immunized not only protects you, it will also protect those you come into contact with. The flu virus changes every year, so it is important to get the flu shot every year. The flu bug that was going around last year, more than likely will not be the same as the one that will be travelling around this year. Since last year's shot won't protect you from this year's flu, it's highly recommended that you get it every year. Other things you can do are to eat healthy foods, get a good night's sleep and stay active. Choosing a healthy lifestyle improves your ability to fight off diseases of all kinds, not just the flu.

For more information on the flu and other illnesses, please visit our website at www.hnhu.org.

Halloween Safety

Four times as many children are injured on Halloween as on any other night of the year. Some of these injuries are serious and many are the results of a fall. Here are some tips to keep your children safe this Halloween.



1. All children should be accompanied by an adult when they go trick or treating. Keep your group together at all times.
2. If you drive your children from house to house, make sure they exit the car on the sidewalk side, not the street.
3. In their excitement children often take the shortest route to the next house rather than the safest route. Be sure the children in your care walk on the sidewalk rather than crossing lawns where obstacles might not be visible in the dark.
4. Make sure the children cross the street at the corner and never dash between parked cars.
5. Children should use flashlights and wear reflective clothing.
6. Be sure your child can see well. Don't allow masks or hats that obscure his/her vision.
7. To prevent tripping make sure the child's costume is not too large or too long.
8. Tell your children to keep their in their bags until you have a chance to inspect them carefully. Young children should not eat treats which could pose choking hazards. Watch out for peanuts, popcorn, and small hard candies.
9. Don't allow your children to visit outside your neighbourhood or go to homes that are not clearly lit.
10. Consider alternatives to Trick-or-Treat such as neighbourhood parties or haunted houses.
11. Remember that preschoolers are often frightened by scary masks and costumes. Plan to unmask friends who come to the door and explain to your child that it's really someone they know just pretending to be a monster.

Make this halloween a happy, fun and safe holiday!

Highchair Safety

Highchair safety begins with good supervision, because no matter how safe the restraint system and how sturdy the structure, falls resulting in head injuries are common highchair related injuries.

- Put together and take care of your child's highchair according to manufacturer's instructions.
- Make sure your child's highchair has a sturdy, wide base to stop it from tipping.
- Keep all straps in good condition and free from frays.
- Make sure that your child's hands, arms and legs are clear of any moving parts before adjusting the highchair or tray.
- Every time your child is placed in the seat, securely fasten the waist belt and the strap between the child's legs. Also, make sure the tray is locked securely in place.
- Keep the chair a safe distance away from walls, doors, windows and appliances.

Your child could use his or her feet to push against the furniture and cause the highchair to tip.

- To avoid strangulation, keep the highchair away from blind cords. Blind cords should be safely secured and out of your child's reach.
- If buying a second hand highchair
- Check manufacturer's name, model number and date of manufacture are marked on product.
 - Check instructions for correct weight and height restrictions.
 - Check all parts are in working order such as harness and lap belts.
 - Make sure that the tray has no cracks and the fabric/vinyl is not torn.
 - Check a credible web site to ensure there hasn't been any recalls.

Helpful Website: Health Canada www.hc-sc.gc.ca/psb

Feature RECIPE



Quick & Easy Lentil Tacos

An easy, yummy lunch your child will be sure to love! Can be served hot or cold.

Ingredients:

- 1 can drained lentils
- 2 tbsp minced red onion
- 2 tbsp finely minced red pepper
- ¼ cup salsa
- 4 taco shells
- ¾ cup shredded romaine lettuce
- ¾ cup diced tomatoes
- ½ cup shredded cheese
- ½ cup light sour cream (optional)
- 1 avocado, cubed (optional)
- ½ cup sliced black olives (optional)

Directions:

1. In a medium saucepan, over medium heat, combine lentils, onion, red pepper and salsa; cook, stirring often, for 3 to 4 minutes or until bubbling and hot.
2. Fill each taco shell with one-fourth of the lentil mixture, lettuce, tomatoes and cheese. If desired, top with sour cream, avocado and olives.

Source: Cook! Dietitians of Canada, Mary Sue Waisman (2011).

Snacking Smart

Follow these tips for healthy snack time.

- Make sure to have at least two out of the four food groups at every snack.
- Avoid processed packaged snack foods like granola bars, cookies and cakes that list sugar as one of the first two ingredients.
- Go for whole grains! When choosing foods like bread, crackers, granola bars and other snack foods look for the words “whole grain” as the first ingredient.
- Serve water with snacks. Avoid sugary drinks like juice, fruit drinks and pop.
- Try to include more vegetables and fruit at snack time. They add lots of nutrition, not to mention colour and crunch!
- Think outside the box – snacks don't always have to be typical “snack foods”. Try serving smaller portions of lunch or supper foods instead. For example, try serving a small bowl of vegetable and chicken soup or a bean salad.



Smart Snack Ideas

- Fresh fruit kabobs with vanilla yogurt for dipping
- Whole grain pita stuffed with salsa and cheese
- Hummus and raw veggies
- Yogurt parfaits with whole grain cereal and fruit
- Oatmeal with sliced bananas and cinnamon
- Whole grain toasted English muffin topped with apples slices and melted cheese
- Cherry tomato, cucumber and feta cheese salad

Upcoming EVENTS

Car Seat Clinics

Norfolk County

- **Haldimand-Norfolk Health Unit** at 12 Gilbertson Drive in Simcoe on Sat. March 8, May 3, June 7, Sept. 13 and Nov. 8 from 10 a.m. to 12 noon. Call 519-426-6170 to book an appointment.
- **Ontario Early Years Centre at Delhi United Church** on Thurs. April 17 from 10 to 11:30 a.m.
- **Ontario Early Years Centre at Houghton Public School** on Wednesday April 9 from 10 to 11:30 a.m. Call 1-866-463-2759 to book an appointment
- **Station #2 Port Dover Fire Hall** every Thursday from 6:30p.m. to 7 p.m. No appointment is required.
- **Station #11 Vittoria Fire Hall** every Monday from 7 to 7:30 p.m. Call 519-426-9104 to book an appointment.

Haldimand County

- **Ontario Early Years Centre Caledonia Site** on Sat. Jan. 18 from 10 a.m. to 12 noon, Tues. April 22 from 9:30 to 11:30 a.m., Sat. Sept. 20 from 10 a.m. to 12 noon, and Sat. Nov. 1 from 10 a.m. to 12 noon. Call 905-765-1661 for an appointment
- **Haldimand-Norfolk Health Unit Dunnville** on Sat. Aug. 9 from 10a.m. to 12 noon. Call 905-318-5367 Ext. 304 to book an appointment.

- **Ontario Early Years Centre Fairview Public School Dunnville** on Thurs. April 24 from 10 to 11:30 a.m. Call 1.866.463.2759 to book an appointment
- **O.P.P. Cayuga Detachment.** Call 905-772-3322 to book an appointment
- **Mississaugas of the New Credit First Nation, Hagersville.** Call 905-768-1181 Ext. 236 to book an appointment

Immunization Clinics

The Health Unit conducts an immunization clinic on the first Tuesday of the month at the Simcoe Health Unit office and on the first Wednesday of the month at the Caledonia Health Unit office. The clinics run from 2 to 4:30 p.m. Call a member of the Vaccine Preventable Disease team at the Health Unit to book an appointment at 519-426-6170 Ext. 3220.

Life With a New Born Group

Come out and talk to other parents on the fourth Monday of every month from 9:30 to 11:30 a.m. at the Ontario Early Years Centre (OEYC) on 12 Colborne Street North, Simcoe, Ontario. Childcare and transportation can be made available. (arrange at registration). Call the OEYC at 1-866-463-2759 to register.

Health Matters for Little People is published every April and October by the Haldimand-Norfolk Health Unit.

To be added to the mailing list, call the Simcoe Health Unit, Ext. 3243.



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