



# HEALTH MATTERS FOR LITTLE PEOPLE

## Measles Outbreak Causes Exclusion from School

*What do you mean my child has to stay home from school? I've signed an affidavit!!*

Providing an affidavit for exemption from vaccinations is a serious decision. Parents must understand that although they have the option to provide an affidavit to have their children exempt from receiving vaccines, if there is an outbreak, for his/her safety, the child will have to stay home from school and school activities until the outbreak is declared over.

According to the "Day Nurseries Act" and "The Immunization of School Pupils Act", children attending day care or school in Ontario must be vaccinated, and up-to-date with their vaccinations, against six vaccine-preventable diseases. The six diseases are diphtheria, tetanus, polio, measles, mumps and rubella.

There are two exceptions to this law. Children may be exempt from vaccines if there is a medical reason, or if parents have an objection because of conscience or religious beliefs. If either of these conditions applies, parents must provide a signed affidavit to the Health Unit from the appropriate source. A health care provider, usually a family doctor, must complete the "Statement of Medical Exemption-Form 1." The "Statement of Conscience or Religious Belief-Form 2," must be sworn in the presence of, and stamped by, a designated official. Both of these documents are Ontario Ministry of Health forms, and are available from the Health Unit.

In May 2011 there was a measles outbreak at an elementary school in Haldimand-Norfolk. Children whose records were not up-to-date and those with affidavits on file were excluded from school. Some parents felt their rights had been violated. When an outbreak is declared, the Health Unit checks the immunization status of the children attending the facility. Those with affidavits on file are excluded because they are not protected. The parents of children whose records are not complete must provide one of the following to the Health Unit:

1. Satisfactory evidence of immunization
- OR
2. Medical evidence that the child does not need immunization because his/her blood levels show protective immunity.

Nobody can predict when there will be an infectious disease outbreak, but we can be prepared.

- Check with the Vaccine Preventable Disease team at the Health Unit to ensure your child's record is up-to-date.
- Inform the Health Unit every time your child receives a vaccine at your doctor's office. Records can be updated in two ways:
  - Call the Health Unit at 519-426-6170 or 905-318-6623
  - Visit [www.hnhu.org](http://www.hnhu.org). Click "Immunization", and then click the "Online Immunization Reporting" button.

**Let's keep our children safe and in school!**

*Submitted by Maria Mendes Wood, RN, BScN, CCHN(C)*



### THIS ISSUE

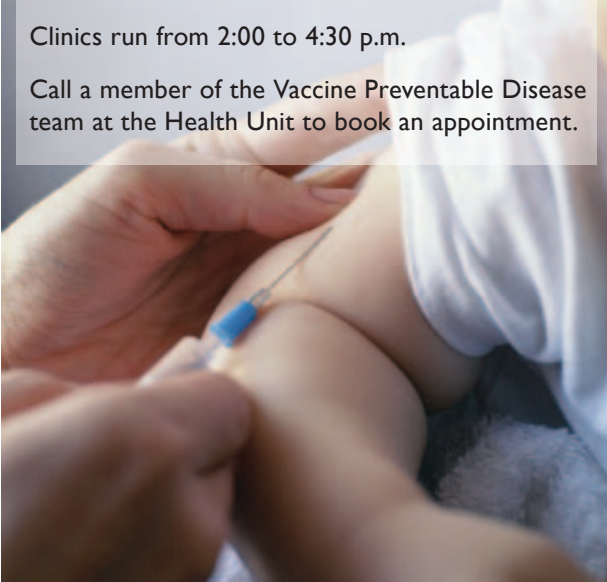
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### Immunization Clinics

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.

Clinics run from 2:00 to 4:30 p.m.

Call a member of the Vaccine Preventable Disease team at the Health Unit to book an appointment.



## Improving the Odds: 18 Month Child Assessment

While children grow and develop at different rates, 18 months is considered a key stage in a child's development. It's the age when little ones are learning to talk, walk, and become more independent. It's also a stage where developmental delays are often discovered.

The province of Ontario provides an 18 month child assessment tool for parents, called the Nipissing District Developmental Screen (NDDS). The NDDS was developed to help parents identify potential areas of concern in their child's developmental, based on milestones that are generally achieved at or around 18 months of age. The assessment tool is available online, at no cost to Ontario residents, at [www.ndds.ca](http://www.ndds.ca).

Parents are encouraged to complete the NDDS before taking their child to the doctor for their 18-month assessment. Completing the tool in advance will provide parents with a better understanding of the variety of developmental milestones, and allow them to have a more informed discussion with the doctor. If any concerns are identified with respect to your child's motor and communication skills, vision, hearing, social skills, or cognitive skills, they can be addressed immediately and, if necessary, referrals can be made to specialized community resources for your child.

Identifying concerns early helps your child be the best they can be.

If you have any questions about the screening tool, please contact the Haldimand-Norfolk Health Unit, or talk to your health care providers

*Some examples of 18-month milestones to watch for in the development of your child:*

- Identifies pictures in a book (e.g. "show me the dog")
- Uses a variety of familiar gestures (e.g. waving)
- Makes at least four different consonant sounds (for example b, g, n, d, and h sounds)
- Picks up and eats finger foods
- Walks up the stairs holding your hand
- Shows affection to people, toys and pets
- Looks at you when you are talking or playing together
- Points to at least three body parts when asked (e.g. "where is your nose?")
- Holds a cup with two hands
- Walks alone
- Pulls or pushes a toy while walking forward
- Points to show you something

## Are Your Child's Teeth Strong and Healthy?

Healthy baby teeth are important for eating, smiling, talking and keeping a place for adult teeth. Good dental habits help prevent tooth decay and promote good general health.

A Paediatric Dental Screening Instrument was developed by the Community Dental Health Services Research Unit, one of the Ontario Government's Health Systems Linked Research Units, to help parents track the progress of their child's dental health.

The checklist is designed to help monitor your child's dental development. The notes provide you with some milestones to watch for, and helpful tips to keep your child's teeth as healthy as possible. If you answer "no" to three or more questions, please talk to your family's dental care provider about your child's dental development.

If you do not have a family dental care provider, or for a free dental assessment for your child, please contact the Health Unit.

Yes	No			
<input type="radio"/>	<input type="radio"/>	1.	If your child is between 18-24 months, does he/she have at least 12 teeth? OR If your child is between 25-36 months, does he/she have at least 16 teeth?	By 18 months most children have between 12 and 16 teeth, and by 36 months they have between 18 and 20 teeth. The first teeth to come in are the front teeth followed by teeth in the back.
<input type="radio"/>	<input type="radio"/>	2.	Are your child's teeth cleaned every day by an adult?	Use a small soft brush to clean your child's teeth twice a day. Begin using a match sized amount of fluoridated toothpaste only if your child can spit out, until then use water only. Do not let your child eat or swallow toothpaste.
<input type="radio"/>	<input type="radio"/>	3.	Are your child's teeth white and shiny?	Even toddlers can get cavities. Once a month lift your child's lip and look for chalky-white or brown spots on the teeth. If you notice any spots, chipped or broken teeth take your child to the dentist.
<input type="radio"/>	<input type="radio"/>	4.	Before this visit, has your child been seen by a dentist or a dental hygienist?	Children should have their teeth checked by a dentist or a dental hygienist by their first birthday so that any problems are found early.
<input type="radio"/>	<input type="radio"/>	5.	Does your child drink mostly from a regular cup (not a sippy cup)?	By 18 months your child should be drinking from a regular cup. If your child is still using a bottle, introduce a cup. Do not let your child use the bottle or sippy cup as a pacifier. Frequent drinking or sipping on milk, juice or anything sweetened with sugar helps cause cavities.
<input type="radio"/>	<input type="radio"/>	6.	Does your child sleep without a bottle?	If your child must have a bottle to fall asleep, fill it with plain water. If you are still breastfeeding, take your child off the breast when he/she is done nursing.
<input type="radio"/>	<input type="radio"/>	7.	Does your child have set times during the day for meals and snacks?	Your child should have no more than 5-6 set meal and snack times during the day. Snacking too often causes cavities, especially if foods are sticky and sweet. Some healthy snack choices include cheese, whole grain crackers, yogurt, fresh fruit and vegetables. For snack time drinks offer plain water, milk and a limited amount of 100% unsweetened fruit or vegetable juice. If your child is thirsty between meals, plain water is best.



## Kids and Hockey Helmets

Hockey requires equipment – from sticks to pads to skates and gloves. One of the most important pieces of equipment is a proper fitting helmet. It is recommended that players wear CSA and HECC certified helmets. The areas to consider are protection, fit and comfort. Although most helmets are lined with protective foam, some do feel better than others. The helmet should be adjusted to fit snugly to prevent any shifting and maximize protection. Open the helmet to its largest setting and place on the head so that the rim is one finger width above the eyebrow. Gradually begin to downsize the helmet until a comfortable snug fit is achieved. Newer style helmets will have flaps on the side to adjust the helmet. Older style helmets will need a screwdriver to loosen and tighten the helmet. Make sure the chinstrap is adjusted so it gently makes contact under the chin when fastened.

# Upcoming Events

## Car Seat Clinics

Car seat clinics are held from 9:30 a.m. – 11:30 a.m. on the second Friday of every month at the Simcoe Fire Hall, the fourth Friday of every month at the Ontario Early Years Centre in Caledonia and on Thursday evenings from 6:30 p.m. – 7:30 p.m. at the Port Dover Fire Hall.

Clinics are also held from  
9:30 a.m. – 11:30 a.m. at the:

**Caledonia Fire Hall**  
November 25th

**Dunnville Fire Hall**  
October 21st

**Houghton Hub** – October 21st

For an appointment at one of the Haldimand County locations, call 1-866-463-2459. For an appointment at one of the Norfolk County locations, call 1-866-463-2759.

For an appointment at the Port Dover Fire Hall, call 519-583-2412.

## Post Partum Support Group

Life with a new baby is not always what you expect. Come out and talk to other parents.

**Fourth Monday of every month** 1:30 to 2:30 p.m.

Ontario Early Years Centre, 12 Colborne St., Simcoe  
In partnership with H-N REACH, CMHA and the Haldimand-Norfolk Health Unit.

Is there a baby in your future?

Oct. 13, 2011

## Prenatal Fair

For moms-to-be, dads, grandparents and support people.

Thursday, Oct. 13, 2011 • 6:30-8:00 p.m.  
Vittoria Community Centre  
35 Oaks Blvd., Vittoria, ON  
FREE Admission

Demonstrations  
Door Prizes  
Displays  
Light Refreshments

No safe type. No safe time. No safe amount.  
Help give your baby a **healthy start!** Have an **alcohol-free** pregnancy.

Simcoe: 519.426.6170 or 905.318.6623 • Caledonia: 905.318.5367  
www.hnhu.org • info@hnhu.org

**HealthUnit**  
Haldimand-Norfolk

## Feature Recipe:

### Pear, Apple and Blueberry Granola Parfait

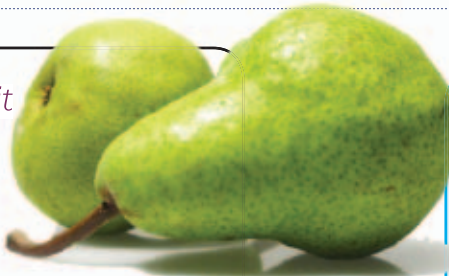
Enjoy these parfaits at breakfast or as a dessert.  
Makes 6 x ½ cup servings.

#### Ingredients:

- 2 pears, cored and sliced
- 2 apples, cored and sliced
- ½ cup (125 mL) frozen blueberries, thawed
- 1 ½ cups (375 mL) vanilla yogurt
- ½ cup (125 mL) granola with raisins

#### Preparation:

Gently toss together fruit. Spoon half of fruit mixture into 6 clear glasses. Top each with ¼ cup (50 mL) vanilla yogurt and 1 tbsp (15 mL) granola with raisins. Repeat layers.



## Pears are a HEALTHY PICK

**Local Availability:** August to December

**Nutrition:** High source of fibre and a source of vitamin C and potassium

**Selection:** Look for firm, unbruised fruit. Minor scars and blemishes do not affect flavour.

**Storage:** Pears are ripe when they are slightly soft and smell sweet. Ripen hard fruit in a paper bag at room temperature. When pears are ripe, refrigerate for up to 3 days.

Health Matters for Little People is published twice a year (bi-annually) in April and October by the Haldimand-Norfolk Health Unit.  
To be added to the mailing list, call the Simcoe Health Unit, 519-426-6170