



HALDIMAND-NORFOLK HEALTH UNIT

HEALTH MATTERS FOR LITTLE PEOPLE

Healthy smiles Ontario

What is Healthy Smiles Ontario?

Healthy Smiles Ontario is a new program for kids 17 and under who do not have access to any form of dental coverage. If eligible, your kids will get regular dental services at no cost to you.

Who is eligible?

Kids 17 and under may be eligible if:

- They are residents of Ontario;
- They are members of a household with an Adjusted Family Net Income of \$20 000 per year or below; and
- They do not have access to any form of dental coverage (including other government-funded programs, such as Ontario Works).

To find out more about the eligibility requirements, call the Service Ontario INFOline toll-free at 1-866-532-3161, visit www.ontario.ca/healthysmiles or contact the Haldimand-Norfolk Health Unit.

How do I enroll?

Contact your local public health unit to enroll. Your public health unit will also assist you with the application process, which involves completing a form and showing required documentation.

What services are covered?

- Regular visits to a licensed dental provider, such as a dentist or dental hygienist
- Cleaning
- Fillings
- X-rays
- Scaling
- And more

What services are NOT covered?

- Cosmetic dentistry, such as teeth whitening
- Orthodontics, such as braces
- Emergency oral health care

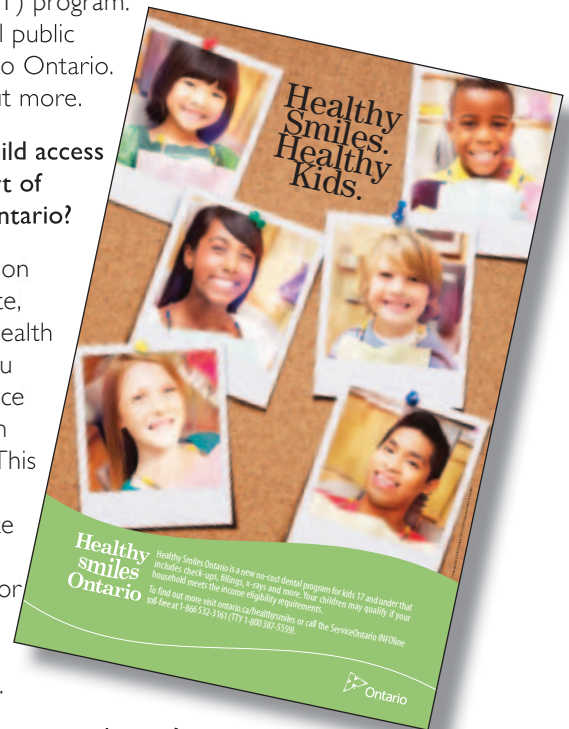
If a child 17 and under has an urgent or emergency oral health

issue, services may be covered under the Children in Need of Treatment (CINOT) program.

Contact your local public health unit or go to Ontario.ca/cinot to find out more.

Where can my child access dental care as part of Healthy Smiles Ontario?

Once the application process is complete, your local public health unit will inform you of the dental service options available in your community. This can include dental providers in private practice and/or a public health unit or community dental clinic, depending on where you live.



Can my child see my own dentist?

Yes, as long as your dentist participates in the Healthy Smiles Ontario program. If your dentist is not participating in the program, you can contact an independent dentist or dental hygienist in your area to find out if they are participating in the program.

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Child Care Tip on Biting

Why do toddlers bite?

Children may start biting at about one year of age, and when they are teething. Their hands and teeth are their first social tools, so they experiment with them by biting and touching, and putting things in their mouths. Children have minimal verbal skills at that age and so biting is a way of getting what they want. Biting usually stops as the child develops verbal skills and is better able to communicate their wants.

What can you do to discourage biting?

- Establish the rule "We never bite people."
- Encourage your child to come to you if he or she wants something, instead of biting another child to get what they want.
- If your child is under two, providing them with a chewing toy of their own might be helpful.
- Interrupt biting with a sharp "No." Look your child straight in the eye and use a firm voice.
- Praise your child for not biting if he or she is in a situation in which they used to bite.

How can you prevent biting?

- Curb the behaviour as soon as it starts.
- Discourage friends and family from laughing if your child bites.
- Don't give in to your child's demands because of biting.

Bicycle Safety

Bicycle riding is fun, healthy and a great way to spend a sunny afternoon; however, it is important to remember that a bicycle is not a toy, it's a vehicle. Research at The Hospital for Sick Children and University of Toronto has shown that provinces which have adopted mandatory bicycle helmet legislation have had a significant reduction in the number of bicycle-related head injuries in children. In five provinces in Canada, including Ontario, it is mandatory for children under the age of 18 to wear a helmet. The fine under the Highway Traffic Act: 104 (2.1) for failure to wear a proper helmet while on a bicycle is \$60.00 plus court costs and administration fees for a total of \$75.00.

Head injuries have devastating results, and sometimes even minor head injuries have long-term consequences. Head injuries are the number one cause of serious injury and death to kids on wheels. In fact, Safe Kids Canada data states that 20 children age 14 and under die each year from bicycle-related injuries and about 1,800 children are hospitalized. The good news is that a properly fitted, correctly worn bicycle helmet cuts the risk of seri-

ous head or brain injury by as much as 85%. It is estimated that 75% of bicycle related fatalities among children could be prevented with a bicycle helmet.

The safest place for bicycle riding is on the street, where bicycles are expected to follow the same rules of the road as motorists and ride in the same direction. Children less than 10 years old are not mature enough to make the decisions necessary to safely ride in the street. In Norfolk County, bicycle riding is prohibited on sidewalks. In Haldimand County, bicycle riding is allowed on sidewalks.

It is very important to adjust your child's bike to fit them properly. There should be one to two inches between your child and the top tube if using a road bike and three to four inches on a mountain bike. The seat should be level from front to back and adjusted to allow a slight bend at the knee when the pedal is at its lowest point. The bicycle handle bars should be at the same level as the seat.

REMEMBER: Bike injuries can happen anywhere, anytime. Stay Alert! Be Prepared!



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:
 - Dunnville Fire Hall**
May 6th, July 15th and October 21st
 - Caledonia Fire Hall** – November 25th
 - Houghton Hub** – June 17th, 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.



Feature Recipe: Colourful Summer Salad

Prep: 30 minutes; chill 4 to 24 hours

4 medium ears fresh corn or 2 cups frozen whole-kernel corn, thawed

4 baby zucchini, thinly sliced, or 1/2 of a small zucchini, halved lengthwise and thinly sliced (1/2 cup)

2 medium tomatoes, seeded and chopped

2 green onions, sliced

1 medium yellow bell pepper, seeded and chopped

1 medium red bell pepper, seeded and chopped

1/2 cup light Italian-style salad dressing

- If using fresh corn, in a covered large saucepan cook ears of corn in a small amount of boiling water for 4 minutes. Drain; rinse with cold water to cool. When cool enough to handle, cut corn from cobs (you should have about 2 cups corn kernels).
- In a large bowl, combine fresh cooked corn or thawed corn, zucchini, tomatoes, green onions, bell peppers, salad dressing
- Cover and chill for 4 to 24 hours, stirring occasionally.
- Makes 8 side-dish servings

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.

Immunization Clinics

Clinical Services conduct an immunization clinic the first Tuesday of the month at the **Simcoe office of the Health Unit** and the first Wednesday of the month at the **Caledonia office of the Health Unit**. 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.

Best Start

- Parent Fairs for those with children entering JK or SK for the first time are being held:
 - Saturday, April 30th
Cayuga Secondary School
70 Highway 54
Cayuga, ON
10:00 a.m. to 12:00 p.m.
 - Saturday, May 14th
Holy Trinity Catholic High School – cafeteria
128 Evergreen Hill Rd.
Simcoe, ON
10:00 a.m. to 12:00 p.m.
 - Wednesday, May 18th
Thompson Creek Public School
800 Cross St. W.
Dunnville, ON
10:30 a.m. to 12:00 p.m.

Healthy Picks for Picnics

Eager to spend some time outside? For an outdoor meal that everyone will enjoy, keep the menu simple and fun.

Try these ideas!

Use Nature's Bounty

Take advantage of produce in season and pack your basket with strawberries, peaches, berries, cherries, watermelon, asparagus, tomatoes, corn, zucchini and peas. Serve with dips such as hummus, salsa, tzatziki or vanilla yogurt.

Portable Main Meals

Sandwiches are the ultimate portable picnic food, best made with dense bread like a whole grain baguette or ciabatta.

Pita pizzas are easy for kids to make, as well as being ideal for packing in a cooler. Offer a variety of toppings like grated mozzarella cheese, grape tomatoes, sliced mushrooms, and peppers.

Better Beverages

Beat the heat with plenty of ice water. You can freeze water bottles the night before and use as cold packs to keep food and drinks cold. If you are packing juice look for 100% fruit juice or fruit juice blends rather than "fruit drink," which has added sugar and artificial ingredients.

To make the most of your picnic prepare and pack your picnic food safely, be active and enjoy the fresh air!

How to Safely Pack a Cooler

- Take only the amount of food you think you'll use.
- Make sure that all of the food is cold when you put it in the cooler. To keep cold food safe, it needs to be kept colder than 40°F to prevent bacteria from growing. If you have any frozen items, put them in the cooler frozen and they'll help keep the other foods cold.
- Reserve the bottom of the cooler for colder foods.
- Keep cooked and raw foods in separate containers, and place any in separate zip-top plastic bags.

- Pack the food snugly in a well-insulated cooler with a secure lid. Fill the cooler with ice, or use ice packs and frozen bottles of water. Do this just before leaving the house, and don't open it until you're ready to serve the food.
- Keep cold drinks in a separate cooler because the cooler with drinks will be opened and closed frequently.
- If possible, transport the cooler in the air-conditioned car instead of in a hot trunk.

Is there a baby in your future?

April 20, 2011

Prenatal Fair

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

Wednesday, April 20, 2011
6:30-8:00 p.m.

Dunnville Secondary School
110 Helena St., Dunnville, ON
FREE Admission

Demonstrations
Door Prizes
Displays
Light Refreshments

(A Prenatal Fair will also be held in Vittoria in October 2011)

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

HealthUnit
Haldimand-Norfolk

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Caledonia: 905.318.5367
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To be added to the mailing list, call the Simcoe Health Unit, 519-426-6170