



HALDIMAND-NORFOLK HEALTH UNIT

HEALTH MATTERS FOR LITTLE PEOPLE

Third-hand smoke is no joke

Today's kids have grown up learning about the dangers of smoking. Classroom lessons, public health campaigns, TV commercials, you name it. From a very young age, they were shown images of smokers' lungs, videos of people with holes in their throats from emergency surgery, and told about the many diseases and conditions that smoking causes or contributes to.

Kids, and most parents, have also been told stories about second-hand smoking, the smoke that drifts into the air as someone lights up or exhales tobacco smoke. Most people understand that second-hand smoke is full of toxic chemicals and that these chemicals can make you sick, or even kill you.

Well, there is one more risk associated with smoking which kids and parents need to be aware of: **third-hand smoke**.

You may have never heard of third-hand smoke, but chances are you've smelled it. Have you ever entered a confined space, a room, an elevator, a vehicle, etc., where someone has recently been smoking? Have you sat next to someone who has recently returned from a cigarette break? If you have, then you know that the tobacco scent lingers for an extended period of time.

It may seem merely like an offensive, stale smell, but it is also indicates the presence of tobacco toxins, now referred to as third-hand smoke.

Third-hand smoke is the residue left behind from second-hand smoke. The invisible yet toxic brew of gases and particles clings to,



and is absorbed into, hair, skin, fabric, carpet, furniture, and toys long after the second-hand smoke has cleared from a space.

Third-hand smoke also gets into household dust. Babies, toddlers and young children who crawl or play on the floor can swallow this dust when they put their hands in their mouth.

Children who are continually exposed to second and third-hand smoke have a greater chance of suffering from bronchitis, pneumonia, ear infections and asthma, and babies have an increased risk of dying from Sudden Infant Death Syndrome (SIDS).

Third-hand smoke residue builds up on surfaces over time. The particles can't be eliminated by opening windows, using fans or air conditioners, or confining smoking to certain areas of a home.

The strength of third-hand smoke is reduced after smoking has stopped, but some of the chemicals can still be measured

for months or even years, especially if heavy smoking happened in the room or house.

To help keep your kids their healthiest, create a second AND third-hand smoke-free environment in your home and car.

INSIDE THIS ISSUE

Pertussis (Whooping Cough)	2
Active Start for Life.....	2
Child Care Tip	2
Is your preschooler a healthy eater?	3
Feature Recipe	3
Dental Child Care Tip.....	4
Questions a parent should ask when looking for a preschool	4
Care Seat Clinics	4
Immunization Clinics.....	4

Pertussis (Whooping Cough)

Pertussis is a highly contagious disease caused by bacteria called "Bordetella pertussis". It is more commonly known as "whooping cough" and is spread when an infected person sneezes or coughs and tiny droplets move through the air and other people come into contact with them.

It is contagious from several days before, and up to 3 weeks after the cough starts. This makes it very dangerous because someone who is infected can pass it on to many people before they even know they are sick. Many cases can last up to 6 weeks or more.

Symptoms can begin from 6-20 days (usually 9-10 days) after a person has been exposed to the bacteria. They may seem like the common cold or just a mild cough. Harsh coughing spells start approximately 10 to 12 days after that. Coughing can be so severe that it is very hard for the person to take a breath and when they finally do, there is a distinct "whooping" sound as they inhale.

Other symptoms can include runny nose, a slight fever and diarrhea. Violent coughing episodes are often followed by vomiting. Short periods of loss of consciousness have also been reported.

Whooping cough can affect people at any age, but it is more serious for infants and young children. The severe coughing and vomiting that occurs can lead to dehydration and difficulty breathing. In unimmunized infants, it can also lead to breathing problems, pneumonia, brain damage from lack of oxygen and can even be life threatening.

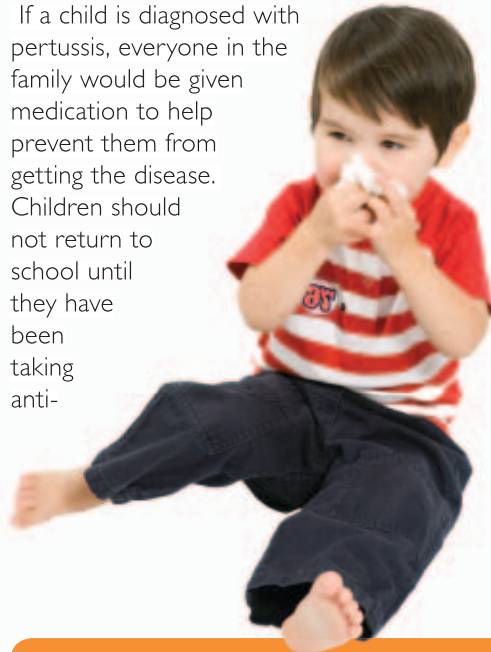
Before the pertussis vaccine was introduced, infants and young children were most likely to get sick, but now there are more adolescents and adults getting it. Since most children are immunized before they start school, it makes outbreaks in schools much less likely. It is still possible for someone to get whooping cough even after they've been vaccinated, but it would be a much less severe form.

Since infants and young children are more at

risk, it is important that they are vaccinated. The publicly funded vaccine for pertussis is given at 2,4,6 and 18 months and between the ages of 4-6 and 14-16 years.

If whooping cough is suspected, your health care provider can take a swab of the nasal cavity and send it to the lab for confirmation. Whooping cough can be treated with antibiotics, but if they're not given early enough, they may not help with symptoms but can shorten the time they can spread it to others.

If a child is diagnosed with pertussis, everyone in the family would be given medication to help prevent them from getting the disease. Children should not return to school until they have been taking anti-



biotics for at least 5 days and feel well enough to attend.

If you have any questions about pertussis, please contact the Infectious Disease Team at the Health Unit.

Active Start for Life

Physical Literacy... huh?

Just as children need to be taught how to read and write, they also need to be taught how to walk, run, skip, jump, kick, catch and throw. And just like any new skill, they have to practice to get better. As children gain confidence in these skills, they then develop basic sport skills. Trying a lot of different activities and sports helps to develop a wide range of skills and allows a child to read what is going on around them and then react appropriately to the situation. This is physical literacy.

Active for Life!

Learn how to give your kid an active start to keep them active for life. Check out this website: www.activeforlife.ca and then go play and share what you've learned. Hop, spin, twirl and skate. Keep it fun and it'll keep them moving and active for life!

Child Care Tip

Preventing Injuries with Preschoolers

Preschoolers need a chance to be physically active every day. Physical activity helps them build muscles and coordination, grow their abilities, burn off energy and get fresh air. Preschoolers' adventures can put them in risky situations. They are too young to understand the danger and lack the physical and thinking skills to protect themselves. Your child needs to learn and follow your safety rules and you need to enforce those rules **ALWAYS!**

While you want to protect your child, you don't want to overprotect. Children need safe surroundings to develop healthy bodies and minds. A safe environment reduces the risk of injury without limiting your child's ability to be physically active. When they can safely explore, their learning, growth and development can thrive. Remember, active play is an important part of childhood, but getting hurt is not.



Is your preschooler a healthy eater?

Fill out the NutriSTEP® screen to find out!

Worrying about whether your child is eating enough or eating the right food are common concerns. The NutriSTEP® screen for children aged 3-5 can help you find out. Eating habits are formed when children are young so knowing about nutrition problems can help you find healthy solutions early. There is also a direct link between healthy eating, being ready to learn and how your child performs in school. Your child will learn best if they are eating healthy foods.

The NutriSTEP® screen has 17 multiple-choice questions about your child's nutrition and eating habits. It covers topics like food choices, physical activity and growth. At the end, you will get a score that tells you if your child is at low, medium or high nutritional risk. If your child is at risk, local community services and support information is provided. The screen only takes about 5 minutes to complete. You can get a copy of the

screen for free at Ontario Early Years Centres or by calling the Health Unit at 1-519-426-6170, Ext.3237.

For more information on NutriSTEP® and healthy eating in general, check out the Haldimand-Norfolk Health Unit's website at www.hnhu.org/nutristep. You can also call EatRight Ontario and talk to a Registered Dietitian for free at 1-877-510-5102.



Did you know that EatRight Ontario has many helpful online resources and recipes to help with menu planning? Check out their website: www.eatrightontario.ca and click on "menu planning"

FEATURE recipe



Sizzilin' Sweet Potato Wedges

Sweet potatoes are a tasty alternative to traditional potatoes and are a favourite among kids. What's more is that they are very high in important nutrients like vitamin A.

INGREDIENTS

- 2 large sweet potatoes (with skin for a fibre boost!)
- 1 tsp cumin
- 1 tbs olive oil
- Pinch of pepper

DIRECTIONS

1. Wash and scrub sweet potatoes well. Slice lengthwise into strips, leaving skin on (about ½ inch wide).
2. Toss with olive oil, cumin and pepper.
3. Bake in oven at 450 F in non stick pan for about 20 minutes or until crisp. Flip wedges over half way.
4. Enjoy as a side dish.



Dental Child Care Tip

Good oral health in children translates to healthy adult teeth. Here's how to help care for your child's pearly whites:

- Don't let children brush their own teeth until around the ages of 7 to 9, or until they're able to tie their shoes or cut their meat on their plates. Children can "brush first" but "help" afterwards.
- Begin helping your child floss by the time their last two molars come together, which usually happens when children are 2 1/2 to 3 years of age. Cavities tend to start between the teeth.
- Don't allow children sippy cups containing anything but water.
- Cut down on sugary snacks and eating between meals. One of the major cavity-causing culprits is eating foods throughout the day. It's the number of times you expose your teeth to the snacks that's important, not how much sugar.
- Have kids rinse with water or have a drink of water after any snack.

Questions a Parent Should Ask When Looking for a Preschool

Picking a Preschool that best meet's your young child's learning needs is an important decision for parents.

Where do I enroll my child? What activities are offered at the Preschools? Do they meet the goals for my Child ?

These are common questions that parents often ask themselves when their child is almost ready to start Preschool. All parents want only what is best for their child. In making their decision, parents should not only use may consider what they have read or heard to make their decision on what about the school they send their children, but they should also Parents should make a personal visit to the Preschool, to get firsthand knowledge about the school, their staff and its activities.

Parents should not insist on where their child should go. Instead, by knowing their own child's habits and what makes them happy, can help you parents can determine what Preschool best meets the child's needs at this time in their young lives. Happy, contented and secure children is a great sign that you have chosen a proper Preschool .

Car Seat Clinics By appointment only

Norfolk County

- Haldimand-Norfolk Health Unit,
12 Gilbertson Drive in Simcoe
Thursday September 27 FREE
workshop 6:00 p.m. – 7:30 p.m.
Saturday November 3 10 a.m. to 12 p.m.
Call 519-426-6170 Ext. 3273 to book
an appointment
- Port Dover Fire Hall: Nelson Street
Thursdays from 6:30 to 7:30 p.m.
Call 519-583-2412 to book an
appointment

Haldimand County

- Ontario Early Years Center,
172 Argyle Street N in Caledonia
Tuesday November 6 FREE car seat
workshop 6:00 p.m. – 7:30 p.m.
Call 905-765-1661 or 1-866-463-2459
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.

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 at
519-426-6170 Ext. 3220.

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



Email: info@hnhu.org
Web: www.hnhu.org

Simcoe
P.O. Box 247, 12 Gilbertson Drive
Simcoe, ON N3Y 4L1
519.426.6170 / 905.318.6623

Caledonia
282 Argyle Street South
Caledonia, ON N3W 1K7
905.318.5367