



HEALTH MATTERS FOR LITTLE PEOPLE

Kids & Juice Too Much of a Good Thing!

Did You Know...

- Water is the only beverage a child needs between regularly scheduled meals and snacks.
- Many children may be drinking too much fruit juice, fruity drinks and pop.

The problem? These drinks are replacing other more nourishing foods and beverages such as milk. Milk has calcium and vitamin D, which are needed for healthy bone growth. Kids need healthy bones to help prevent injuries.

Fruit “Drink” Facts – Read the Label

INGREDIENTS: WATER, **SUGAR/ GLUCOSE-FRUCTOSE**, FRUIT JUICE FROM CONCENTRATE, FLAVOUR, COLOUR.

Read the product name carefully. Anything called a beverage, juice cocktail, drink, punch, or “ade” has little or no real fruit juice.

- Many fruit “drinks” are made to look like juice, but are just sugar and water with some flavours.
- The sugar in fruit drinks can cause tooth decay and diarrhea.
- Kids who fill up on fruit drinks may not have room for healthy foods.



- Adding vitamin C to a drink is only one vitamin, while 100% fruit juice contains over 20 vitamins and minerals.
- Do not give juice in a bottle. Juice should be given in a cup (never a sippy cup).

Fruit JUICE Facts – Read the Label

To be labelled a fruit juice, the product must be 100% fruit juice. Look for the words 100% unsweetened fruit juice or 100% pure fruit juice, no sugar added.

Read the ingredient list. If sugar or glucose is on the list, this is not your best choice.

Calcium-fortified juices have the same calcium content as cow’s milk, but do not have other important nutrients such as vitamin D, which is needed for healthy bones.

When and How Much Fruit Juice is OK?

It is not necessary to offer a child juice at all. If you do give your child juice limit to: 1/2 cup juice per day (4 ounces)

- Juice should not be given to infants under six months of age.

- If serving juice, offer it only with meals and snacks to prevent tooth decay.

Thirsty Tips

- If kids are thirsty, offer water.
- Serve milk at meals.
- Make sure kids have a personal water bottle for active play, sports and when travelling.
- Offer whole fruit instead of juice.

INSIDE THIS ISSUE

Pinworm Infection	2
Booster Seats	2
Meet the SLP	2
Physical Activity	3
T.I.C.K.	3
Recipe.	4
Upcoming Events.	4

PINWORM INFECTION

Pinworms are a very contagious, very common roundworm infection that affects millions of people every year all over the world. Preschool and school aged children have the highest rate of infection but it is not harmful, just a nuisance that can be cleared up fairly quickly.

Pinworm eggs can be found on contaminated hands which can then be transferred to surfaces such as bathroom fixtures, toys, linens and towels. They are also quite common in sandboxes and dirt.

Infection occurs when the tiny eggs are ingested and they complete their life cycle in the large intestine. The adult females then migrate towards the rectum where they lay their eggs. This cycle can take up to 2 months. Symptoms occur when the females migrate and lay their eggs. Itching in the anal area and restless sleep are the main symptoms.

Adults are about ½ inch (1 cm) long and look like a piece of white thread. Symptoms are worse at night, so that would be the best time to look for the worms. They may also be found in underwear or pyjamas.

Treatment is recommended and over the counter remedies are available; talk to your pharmacist about this. If the infection continues, the doctor may suggest treating the whole family.

To help prevent an infection, remind children to wash their hands often, make sure they bathe daily and change underwear daily, keep fingernails short and clean and tell your kids to let you know if they have an itchy bottom.

Are more parents using booster seats properly?



A ride in the car is an invitation for hassles as “big kids” try every trick in the book to stay out of a booster seat! While parents have the best intentions of keeping their children riding safely, the use of booster seats can vary as children protest, are mocked by peers and draw unwanted attention. Yet according to research by Auto21 and Transport Canada there was high compliance for children in rear and forward facing car seats.

Researchers found that children in the booster seat age group (ages 4 to 9) are the least likely to be properly restrained. Despite the fact that using a booster seat is mandatory under the Highway Traffic Act, compliance rates still vary.

Children should use a booster seat from at least 40 pounds (18 kg) until they fit the seat belt system safely, generally by at least 9 years of age and 80 pounds (36 kg). Here's how to check if your child is ready for a seat belt:

Have the child sit up straight. Measure the child from the base of the tailbone to the top of the head. This is called the seated height. The measurement should be at least 25 inches (63 cm).

Have the child stand up straight. Measure the child from the ground to the top of the head. This is called the standing height. It should be at least 4 feet 9 inches (145 cm). If a child has not reached these measurements, it's best to keep him or her in a booster seat, regardless of age.

All children should ride in the back seat of the vehicle, away from the front passenger air bag, until at least 12 years of age.

Spring Time Health Tips for Parents

Spring time is here. For most children, this means more outdoor activities [bike riding, inline skating, walking, swimming, etc]. For all parents, this means being extra careful to keep your child safe and healthy. Here are some tips to help parents this spring.

Younger children become independent, enjoying playing outside. Parents must teach their children how to be safe while on the move, whether it is in their own yard or beyond their yard. When biking or inline

skating, make sure your child wears proper equipment.

Teach water safety tips to your children to prevent drowning and to promote water safety when around any type of water.

Spring sun safety means you need to put sunscreen on your child, on mild days, picking one that offers UVA and UVB protection.

After a long winter, welcome spring back by keeping your children safe and healthy.



Canadian Physical Activity Guidelines... for the Early Years 0-4

For the first time, Canada now has a set of guidelines showing how much physical activity children ages 0-4 need for healthy growth and development. Given that only 7% of children and youth are meeting Canada's guidelines of 60 minutes of physical activity a day, these early years' guidelines are even more important as they give parents and caregivers some direction to get their kids on track to be active for life.

The guidelines are as follow:

Infants [aged less than 1 year] should be physically active, through interactive floor-based play, several times daily.

Toddlers [aged 1-2 years] and **preschoolers [aged 3-4 years]** should get at least 180 minutes of physical activity at any intensity speed throughout the day.

More daily physical activity provides greater benefits.

Active infants enjoy:

- Tummy time
- Reaching for or grasping balls or other toys
- Playing or rolling on the floor
- Crawling around the home

Active toddlers and preschoolers enjoy:

- Any activity that gets kids moving
- Climbing stairs and moving around the home
- Playing outside and exploring their environment
- Crawling, brisk walking, running or dancing

For the complete guidelines, visit: www.csep.ca/guidelines

Children need to learn how to hop, skip, jump, twirl, slither, catch, throw, dodge, spin...

These basic skills are the ABCs of all physical and sport activities. By giving them the opportunities to learn and practice these skills, children will be more likely to find activities that they will enjoy for life.

ParticipACTION has a new campaign called Bring Back Play! The aim is to remind adults of all the great games we played when we were kids: Four Square, What Time is it Mr. Wolf, hula hoop and hopscotch. Teach the little people in your life just how much fun being a kid can be! www.participaction.com.

Sources:
Canadian Physical Activity Guidelines for the Early Years 0-4
Canadian Health Measures Survey
Canadian Sport for Life

Submitted by:
 Michele Crowley, Physical Activity Promoter.

T.I.C.K. Take Initiative, Check Kids!

In the spring and summer, you might hear about something called Lyme disease. It has nothing to do with limes, but it does have something to do with ticks, those creepy, tiny bugs that feed on blood.

Ticks can't jump or fly, but they like to latch onto you and crawl to warm, protected parts of your body and sink their teeth in. Bug spray and practical clothing help protect you from ticks, but you still

need to check yourself, your kids, and pets for ticks after a day outdoors.

When you get home, head for your bathroom and remove your child's clothes. Shake the clothes out in the bathtub, so you can see any ticks against the white tub (and also so they don't wander around your house!).

Next, examine your child's body, top to bottom, for small brown or black

bumps, about the size of a poppy seed. Look carefully at his or her scalp, neck, armpits, groin area, behind the knees and between fingers and toes — these are some of ticks' favorite hiding places.

If you find a tick, don't panic. Just remove it as soon as possible using a pair of tweezers and wash the bite area with soap and water.

Find more info at www.hnhu.org/ticks.

RECIPE

Easy Tofu Patties

Tofu is a healthy, inexpensive alternative to meat. It absorbs the flavours of ingredients you cook it with. You can find it in the produce or vegetarian section of your local grocery store. Children love this recipe!

Ingredients:

10 oz (300 grams) firm tofu, mashed

¾ cup quick-cooking rolled oats

2 tbsp soy sauce

½ tsp dried basil

½ tsp dried oregano

½ tsp garlic powder

½ tsp onion powder

½ tsp salt and freshly ground black pepper

Directions:

1. In a medium bowl combine all ingredients. Knead for a few minutes. Shape into 1-inch thick patties and place in a pan that is lightly greased. For children – make mini-sized patties.
2. Bake in preheated oven at 325°F for 20 to 25 minutes until lightly browned.
3. Serve on a whole grain bun with your favourite burger toppings (e.g. lettuce, tomato and salsa).

Source: Dietitians of Canada. *Simply Great Food*, (2007), Robert Rose Inc.

Upcoming EVENTS

Car Seat Clinics

Norfolk County

- **Haldimand-Norfolk Health Unit** at 12 Gilbertson Drive in Simcoe on Sat. March 9, May 11, June 1, Sept. 7 and Nov. 2 from 10 a.m. to 12 noon. Call 519-426-6170 Ext. 3273 to book an appointment.
- **Ontario Early Years Centre at Delhi United Church** on Thurs. April 18 from 10 to 11:30 a.m.
- **Ontario Early Years Centre at Houghton Public School** on Wednesday April 10 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 6:30 to 7 p.m. No registration 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. 26 from 10 a.m. to 12 noon, Tues. April 23 from 9:30 to 11:30 a.m., Sat. Sept. 7 from 10 a.m. to 12 noon, and Sat. Nov. 2 from 10 a.m. to 12 noon. Call 905-765-1661 for an appointment
- **Haldimand-Norfolk Health Unit Dunnville** on Sat. Aug. 17 from 10a.m. to 12 noon. Call 905-318-6623 Ext. 3273 to book an appointment.
- **Ontario Early Years Centre Fairview Public School Dunnville** on Thurs. April 25 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 or 905-768-9598 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.

Dental Clinics

Please call the Haldimand-Norfolk Health Unit to book a dental screening and free preventive services such as cleaning, fluoride, sealants, and oral hygiene education. A child's first dental visit should be booked by age one or when the first teeth erupt. Call the Oral Health Program at 905-318-6623 Ext. 3249 (Haldimand) 519-426-6170 Ext. 3249 (Norfolk) if you do not have dental insurance and wish to receive dental services at no cost to you.

Health Matters for Little People is published every February, June and December by the Haldimand-Norfolk Health Unit.

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



HealthUnit
Haldimand-Norfolk
info@hnhu.org • www.hnhu.org

Simcoe:
P.O. Box 247,
12 Gilbertson Dr.,
Simcoe, ON N3Y 4L1
519.426.6170 or 905.318.6623

Caledonia:
282 Argyle St. S.,
Caledonia, ON N3W 1K7
905.318.5367

access
NORFOLK
Accessible
formats
available