



HALDIMAND-NORFOLK HEALTH UNIT

# HEALTH MATTERS FOR LITTLE PEOPLE

## Ahhh... Summer!

The sweetest season is upon us. Take a moment to think about water safety tips for you and your children.

Whether it's the backyard pool, the lawn sprinklers, a public pool or lake, or simply a bath in the bathtub, we need to keep children safe around water. Young children and toddlers cannot understand the danger that water poses and have a natural curiosity and magnetic attraction to water. Because of this, drowning is the second leading cause of death for Canadian children one to four years of age.

Children can drown in less than four centimetres (one and a half inches) of water, enough to cover the mouth and nose. Many children drown when their supervisors' attention is distracted "only for a moment." Never leave children unattended around water and always keep young children within arms length.

Remember, a lifejacket/PDF (Personal Flotation Device) can save a life. Children should always wear a lifejacket/PDF when in, on or around water. Supervising adults need to know safety equipment and emergency procedures, including water rescue and cardiopulmonary resuscitation (CPR). Establish a plan of action for emergencies.

Keep all electrical appliances away from water. Leave outdoor water at the first sign of bad weather. If a bolt of lightning hits the surface, it will electrocute swimmers. Remove the solar blanket completely when using the pool. Enclose the pool with a fence that has a self-locking gate.

When an above-ground pool is not in use, remove the ladder and lock the gate to the backyard. Above-ground pools are safe for feet-first entry only. There must be a minimum path of seven and one half metres (25 feet) to dive safely into any pool. Entering a pool head first can lead to very serious spinal cord injuries.

Water pollution levels should be checked daily. Keep children away from the bobber and its harmful chemicals.

In the bathroom, never leave young children unattended or sitting in a bathtub seat. Stay right beside them at all times.

Hot tubs are not safe for children under five. They are too hot,

may have a high bacteria count and the drain can trap them. Keep hot tubs covered tightly when not in use.

Sources: Safe Kids Canada; The Canadian Red Cross Society



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# Let's GROW Community Resource Packages

Let's Grow is the title of an age-paced mail-out package designed to provide parenting support information to all families with children from birth to five and a half years of age.

This mail-out package consists of a series of 12 user friendly newsletters, each accompanied by supplemental inserts on various topics. The content of each issue corresponds to developmental stages and includes 13 Nipissing District Developmental Screens and suggestions on interactive parent-child activities. Each issue contains information about children's growth and development, speech, hearing, vision and self-esteem. The timing of the mail-out aims to deliver exactly the information that is needed by parents, right when it is needed. Enrolment in the program is offered to all parents of newborn children at the time of birth. The program is free-of-charge. The Let's Grow newsletter, which is aimed at a Grade 3-5 literacy level, was developed by an interdisciplinary team working in partnership with the Grey Bruce Health Unit. The goals of the Let's Grow Newsletter are:

1. To promote the earlier identification of speech and language delays in children aged zero to eight years.
2. To coordinate access to community resources and services for parents and children.
3. To provide parents with information relating to healthy child growth and development.

The Healthy Babies Healthy Children (HBHC) program of the Haldimand-Norfolk Health Unit purchases copies of the newsletter from the Grey Bruce program and has been enrolling families since February 2006. Public Health Nurses contact new moms within 48 hours of discharge from hospital and offer a home visit. Those who accept the visit will receive the first two issues at that visit along with an explanation of the program. The client will be asked at

that point if she wishes to continue receiving more issues. If the client agrees, then the form will be filled out by the Public Health Nurse and returned to HBHC support staff for entry into the database program. If the client is unsure at that time, the Public Health Nurse leaves the Let's Grow subscription card so that the client can mail it back to the Health Unit whenever the client decides to do so.

The Let's Grow program will be especially useful to parents in the following situations:

- New to town, without relatives nearby.
- First time parent.
- Parents of a special-needs child.

- Parents concerned about their child's speech, hearing, or vision.
- Parents looking for childcare services in the area.
- Parents looking for information about their child's growth and development.

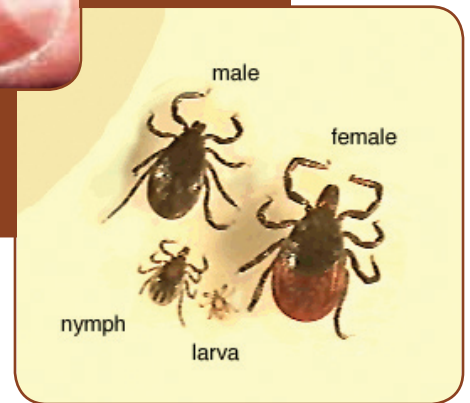
Response to the Let's Grow Newsletters has been very positive and parents have found the Let's Grow Issues a valuable resource. A number of evaluation components have been incorporated into the Let's Grow System of Care. Evaluation results relating to the Let's Grow Mail-out Program are available upon request by contacting the Grey Bruce Health Unit.



# LYME

## *Disease*

Lyme disease is an illness, which if not properly treated, can cause serious problems involving the heart, joints and nervous system. It is caused by an organism found in the bodies of deer ticks. A deer tick is very small, about the size of the head of a straight pin, and is orange-brown with a black spot near its head. The tick infects humans during the feeding process following a bite. After feeding the tick appears fatter.



An early symptom of the disease is a red circular rash starting at the site of the bite and growing in size within the next five weeks. The rash is often warm to touch and sometimes hard in the middle. Other early symptoms can include tiredness, pain and stiffness in the muscles and joints, slight fever, swollen glands and mild headache.

### How to Protect Yourself and Your Family from Deer Ticks

1. Avoid, if possible, tall grassy wooded areas and grassy sand dunes.
2. Wear long sleeves, long pants and boots or shoes when in these areas.
3. Tuck pant legs into socks.
4. Wear light-coloured clothing to make ticks easier to find.
5. Spray insect repellents onto clothing, especially pants and socks.
6. Do a "tick check" on yourself, your family and your pets after visiting tick-ridden areas.



# Burns and Scalds

Burns are a major cause of severe injury and death for Canadian children. Treatment is painful and prolonged, and burn injuries often carry long-term consequences for the child and family.

Hot liquids are a frequent and severe cause of burns. In fact, 50% of burned children in hospitals across Canada were burned by hot liquids.

House fires cause the greatest number of deaths; greater numbers of children are seriously burned by hot liquids, mainly tap water, spilled liquid from drinks or saucepans in the kitchen.

## Safety Check

- Test the temperature of hot water to be used. It should be 49°C (120°F) or less.
- Do not drink a hot drink without a lid if you are holding a child.
- Keep young children safely away from hot food or hot drink preparation.
- Food and drinks given to children should never be hot, only warm or cold.

Resources: Safe Kids Canada; CIHI, 1999

## Strawberry Parfait

Yield: 8 servings

### Ingredients

1 quart strawberries sliced

2 cups vanilla yogurt

2 cups graham wafer crumbs or vanilla wafer crumbs (make vanilla wafer crumbs by crushing vanilla wafers in a plastic bag)

### Directions

1. Put 2 tbsp. wafer crumbs in the bottom of each individual serving dish.
2. Layer 1/4 cup sliced strawberries next and then 1/4 cup yogurt.
3. Repeat these three layers once more.

*Serve and enjoy!*



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