



# Sleep, Blessed Sleep

If you're a parent of a child under the age of six, sleep deprivation might be a big issue for you. This is especially true if your child wakes frequently during the night or has trouble falling asleep.

## So, what's a sleep deprived parent to do?

The Canadian Pediatric Association suggest the following tips:

- Follow a regular routine each night so your child knows what to expect. For example, a bath, a book, and then bed.
- Try to stick to a consistent bedtime. The more this pattern is reinforced, the more your child will expect and accept it.
- Try offering a security object such as a stuffed animal to cuddle. Your child may have separation anxiety if he thinks you are not there for him. Leave his door open a crack so he is reassured by the sounds that you make and the sliver of light entering his room. Don't ignore your child's bedtime fears. If your child has nightmares, reassure and comfort him. This way he'll know you're always around.
- Set limits to prevent your child from delaying bedtime. Reinforce the number of books, glasses of water or bathroom breaks she will get before you put her to bed.

## When should you talk to your doctor?

Speak to your doctor about your young child's sleep patterns if any of the following persist:

**Loud snoring:** this can be a sign of enlarged adenoids obstructing an airway

**Sleepwalking:** sleepwalking is a disorder where a child awakens partially, but not completely. Gently guide your child to bed without waking her. Make sure her environment is kept safe of hazards. See the doctor if sleepwalking persists more than a few times.

**Night terrors:** These are different than nightmares. Children with night terrors scream uncontrollably, may seem to be awake and breathe more rapidly. If you wake them, they will seem confused and take a long time to get back to sleep. Most children grow out of these by the age of 12.

*Submitted by Joanne Alessi*



## Water Safety

Whether you are taking a swim in a backyard pool, running through the lawn sprinklers or heading out to the local pool, remember to play it safe around water. Drowning is one of the leading causes of death for children one to four years of age, second only to motor vehicle crashes. Children can drown in less than 4 cm (1 ½ inches) of water – enough to cover the mouth and nose. The reality is that supervision of a swimming child is a full-time job. It is not to be combined with reading, gossiping with friends, chatting on the phone, tending the BBQ or looking after other children who are not swimming.

### Supervision must be constant

**and vigilant.** For very young children, who are in or near water, the “within arm’s reach” rule should apply. If they are further away than that, they are too far. Children don't even need to be swimming to be at risk. Most infant drowning deaths occur in bathtubs, when the parent briefly walks out of the room. Toddlers can drown in buckets, even toilet bowls.

At the beginning of the summer season, educate yourself, establish a plan of action for emergencies and ensure that every adult knows who is responsible for the children. Enrolling in a First Aid and CPR course will train you on how to help your child or a child in your care until emergency services arrive.

Safe Kids Canada recommends that pools have four-sided fencing that is at least 1.2 metres high as well as having self-closing and self-latching gates. Also, always have a weak swimmer or non-swimmer wear a life jacket when in or near the water. Air filled swimming aids such as water wings or inner tubes do not prevent your child from drowning.

**REMEMBER:** stay within reach of your child at all times regardless of their level of swimming ability. Get active and be in the water with your child!

*Submitted by Karin Marks*

Resources are available at:

[www.parachutecanada.org](http://www.parachutecanada.org)  
[www.safekidscanada.ca](http://www.safekidscanada.ca)  
[www.canadianredcross.ca](http://www.canadianredcross.ca)  
[www.norfolkcounty.ca](http://www.norfolkcounty.ca)  
[www.haldimandcounty.ca](http://www.haldimandcounty.ca)

# Dressing for the Weather

Warm weather is just around the corner, and we are all excited to put away the winter gear and welcome the sun. This is a good time to remind parents about dressing kids for the sometimes unpredictable spring weather.

- Check the forecast every day and stay in tune with changing temperatures.
- Not all jackets are created equal. Opt for jackets with insulated linings to ensure warmth on chilly days. Water-repellent jackets or raingear help kids stay dryer and more comfortable on damp days.
- Rubber boots can replace winter boots.
- Pack large labelled zip lock or plastic bag with a change of clothes that can be kept in a backpack or cubby. Include a few extra pairs of socks for rainy, wet days. Some parents may want to keep extra clothes in the car in case of surprise weather.
- When in doubt, layer! April afternoons can be very warm and jackets aren't needed. Long sleeved t-shirts may be perfectly comfortable.

Submitted by Karin Marks

## Feature RECIPE



### Having trouble getting your little people to eat their greens?

Try adding kale into their favorite foods.

**Not familiar with Kale?** Kale is a green leafy vegetable that is a nutrition powerhouse. It is high in fibre, vitamin A, vitamin C and a good source of iron. You can find it in the produce section of your grocery store or with the prepackaged salad greens.

## Kale Smoothie

### Ingredients:

- ¾ loose cup of baby kale or 1 leaf of regular kale
- ½ to 1 banana
- ½ cup fresh or frozen berries
- 1 cup milk
- ¼ to ½ cup yogurt (optional)

### Directions:

Add ingredients to blender. Blend until smooth and enjoy.

For a nutritious dinner, try adding finely chopped kale to spaghetti sauce.

HALDIMAND-NORFOLK HEALTH UNIT

# HEALTHINFO

PRESCHOOL SPEECH & LANGUAGE SERVICES

## You're the one! Nobody does it better.

- You know your child better than anyone else ever can.
- You are your child's best communication partner.
- You hold the key that opens the world of language for your child.

**We're here to help.**  
Our staff of registered Speech-Language Pathologists and Support Personnel will provide you with the ideas, strategies and materials you need to help your child. It's up to you to use them.

**You can do it!**  
**Nobody does it better.**

Be our partner in enriching your child's world.  
The Haldimand-Norfolk Preschool Speech and Language Program

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519-875-4485

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905-318-5367

Dunnville  
117 Forest St. E.  
Dunnville, ON N1A 1B9  
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# Update your child's immunization

Students who attend school in Ontario are required by law to have up to date immunizations. All vaccines required for school are free.

The Immunization of School Pupils Act requires every Public Health Unit to have an updated and complete vaccination record or a legal exemption form on file for each child attending school.

Parents need to provide their school-age child's immunization record or a valid exemption form to the Haldimand Norfolk Health Unit.

## Doctors do not report immunizations to public health.

Any time your child receives a vaccination or booster, you need to update the record with us. There are three ways to update your record:

**ONLINE:** [www.hnhu.org](http://www.hnhu.org)

**FAX:** 519-426-9246

**MAIL:** Haldimand Norfolk Health Unit Vaccine Preventable Disease Program  
12 Gilbertson Drive, Simcoe ON N3Y 4L1

If you choose to not have your child vaccinated for medical, religious or philosophical reasons you need to submit either a statement of medical exemption or statement of conscience or religious belief affidavit. These forms can be obtained through the Haldimand Norfolk Health Unit at 519-426-6170.

*Submitted by Angela Swick*



## Car Seat Clinics

### Norfolk County

- **Haldimand-Norfolk Health Unit** at 12 Gilbertson Drive in Simcoe on Sat. March 8, May 3, June 7, Sept. 13 and Nov. 8 from 10 a.m. to 12 noon. Call 519-426-6170 to book an appointment.
- **Ontario Early Years Centre at Delhi United Church** on Thurs. April 17 from 10 to 11:30 a.m. Call 1-866-763-2759 to book an appointment.
- **Ontario Early Years Centre at Houghton Public School** on Wednesday April 9 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 appointment 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. 18 from 10 a.m. to 12 noon, Tues. April 22 from 9:30 to 11:30 a.m., Sat. Sept. 20 from 10 a.m. to 12 noon, and Sat. Nov. 1 from 10 a.m. to 12 noon. Call 905-765-1661 for an appointment
- **Haldimand-Norfolk Health Unit Dunnville** on Sat. Aug. 9 from 10a.m. to 12 noon. Call 905-318-5367 Ext. 304 to book an appointment.

- **Ontario Early Years Centre Fairview Public School Dunnville** on Thurs. April 24 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 to book an appointment

## Immunization Clinics

The Health Unit conducts an immunization clinic on the first Tuesday of the month at the Health Unit's Simcoe office and on the first Wednesday of the month at the Health Unit's Caledonia 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.



**HealthUnit**  
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