



What you need to know about head lice!

Head lice are common among school-aged children. Head lice are tiny insects that live on the scalp. They lay small eggs (nits) that hatch into insects (lice), which are about the size of a sesame seed.

Signs of lice:

Your child may have an itchy scalp and scratch their head.

How are lice spread:

Lice spread easily, especially through close play or sharing items like hats, helmets, and hairbrushes.

If you discover that your child has head lice, inform the school and anyone who has had close contact with your child. Children with head lice should be treated and can attend school.

Lice shampoo products have been shown to be the most effective method for getting rid of head lice.

There is **no medical reason** for excluding a child with head lice from school or childcare.

For more information on identification or treatment of head lice visit www.caringforkids.cps.ca/handouts/head_lice



It's never too early to start talking!

Regular and frequent substance use at a young age can negatively impact brain development and may cause changes in social behaviour, mental health, and physical well-being. The brain continues to develop until around age 25!

Having open and non-judgmental conversations with your child about tobacco and vaping products, alcohol, and cannabis helps them feel prepared to make informed choices about whether or how they might use substances.

Resources to help with the conversation:

- <https://www.notanexperiment.ca/parents/>
- <https://www.drugfreekidscanada.org/>