



# Sleep is important for the growing mind!

Sleep can help with attention, behaviour and learning. It also impacts happiness and mood.

## Tips for better sleep:

- Make the bedroom a no-screen zone.
- Create a consistent bedtime routine by doing the same activities in the same order every night.
- Have set bedtimes and wake up times, even on weekends.
- Avoid electronic devices 1 hour before bedtime.

School-aged children need 9-12 hours of sleep per night.

*Adapted with permission from  
Middlesex-London Health Unit*





## By celebrating how we are the same and different we learn to care for each other

### Lead by example:

- Children learn by observing the behaviour of the adults around them.
- Show your child how to be respectful, open-minded and inclusive.

### Consider talking to your child about how similar people are:

- Discuss situations and feelings we all experience.
- Ask about classmates that share the same interests and talents.

### You can help your child appreciate people's differences by:

- Choosing books, toys and games that show people the different races, cultures, ages and differing abilities in all types of activities.
- Encouraging your child to share what they've learned about people's differences at school.

When we value diversity, we can help everyone feel like they belong!

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## Concussions - What every parent needs to know!

A concussion is an invisible brain injury that cannot be seen on routine X-rays, CT scans, or MRIs. It is caused by a blow to the head or body that makes the brain move rapidly within the skull.

Only **1 in 10** concussions result in loss of consciousness.

### Common symptoms include:

- Headache
- Dizziness
- Confusion
- Nausea
- Balance issues
- Sensitivity to light or noise
- Changes in mood or behaviour

If you think your child has a concussion, **stop their activity immediately** and seek medical attention.