



Got Wheels? Get a Helmet!

- A correctly worn helmet will reduce the risk of head injury by 88%.
- By law every cyclist under the age of 18 must wear an approved bicycle helmet.
- In line skating, scooters and skate boarding have similar risks as cycling. Helmets are as essential for these activities as they are for cycling.

Tips for Parents:

- An approved helmet should have a safety sticker on it: CSA, Snell, ASTM, or CPSC.
- Check helmets for cracks or damage and replace if damaged.
- Helmets should be replaced every five years.
- Helmets should fit level and snug on the head, two fingers above the eyebrows (helmet sizing pads can be used if needed).
- Helmet straps should come into a "V-shape" under the ear and fit snug, only one finger should fit between the chin and the chinstrap.
- Children should wear protective gear in addition to their helmets (i.e. wrist guards, knee and elbow pads).

For more information, visit our Web site at peelregion.ca and click on 'Resources for Educators' or call Health Line Peel at 905-799-7700.



Have Fun and Play Safe!



Have your say ...in a nice way! Be Assertive!!

Being Assertive means...

- Expressing your feelings and your rights clearly.
- Acting in your own best interests but still considering the needs and rights of others.
- Developing trust and equality in your relationships.
- Asking for help when you need it.

"I" messages in three simple steps.

Describe the Situation and how it affects you.
Give just the facts.

"I think...."

"I think I saw my CD on your desk again."

Express your Feelings. Say how you are feeling (e.g., angry, sad, frustrated, etc.).

"I feel...."

"I feel angry that you have ignored what we agreed on."

Say What You Want. Describe the action you need to see.

"I want...."

"I want you to ask my permission before you borrow my CDs so I know where they are."

Remember to ...

- Make eye contact.
- Use a pleasant firm voice.
- Call the other person by name.
- Use confident-looking posture.

**For more information on effective communication
visit our Web site at
peelregion.ca or call Health Line Peel at 905-799-7700.**



Smoking isn't kool!

As a parent, you play a key role in whether or not your child will begin to smoke by:

- Keeping the lines of communication open.
- Providing the facts about smoking.
- Conveying your values about smoking.
- Being a positive role model. If you smoke, consider quitting, cutting down and smoking outside of your home.

If your child is in grades 6 – 12, he or she has the opportunity to be involved in the sik (**smoking isn't kool**) initiative.

sik is a youth-driven, peer to peer tobacco awareness program offered in the Region of Peel.

To find out more about **sik**, visit sik.ca Web site for ...

- Facts about Smoking
- Information on Quitting
- Contests and Games
- Information on how to get involved
- **sik** School Events
- Current sik Updates
- Web site Links



Find out how your child's school is involved!

It's never too early to talk to your children about tobacco

For more information on the sik program or how to talk to your kids about tobacco, visit the sik.ca web site or contact Health Line Peel at 905-799-7700.



Lighten UP...

Today, more and more children are using their backpacks as a traveling locker.

- A heavy backpack worn incorrectly may cause compressed nerves or severe back and neck pain. This has the potential to lead to a lifetime of health problems.
- A backpack for an elementary school aged child should weigh between five and 10 pounds.



Tips for Parents:

- Select a backpack that is proportionate to your child's body.
 - The top of the backpack should not extend past the top of their shoulder. The bottom of the backpack should not fall below the hipbone.
 - Choose a backpack made of light weight material with padded shoulders and a waist belt.
- Encourage your child to use proper posture when carrying the backpack.
- Ensure only necessary items are in the child's backpack.
- Empty the backpack at the end of each day.

For more information, call Health Line Peel at 905-799-7700.

Helpful Web sites:

The Hospital for Sick Kids

www.sickkids.ca/kidshhealth/fall2001vol2issue3/default.asp

Ontario Chiropractic Association

www.chiropractic.on.ca



Coping With Stress

Being a parent is not easy. Many parents feel exhausted and overwhelmed by the stressors of life. This can affect how we 'parent' our children.

Learn to **recognize your own stress symptoms**. Your family can probably help you identify them.

Reflect on the stressful situations in your home and work life. Think about how you cope with them.

- Problem-solve how to approach these situations more effectively.
- Seek professional help to learn about anger management and more effective coping strategies.

Your perception of a situation can change your level of stress.

- Think positively.
- Learn about parenting and the developmental stages of your children.

Take Care of Yourself - Lead a healthy lifestyle.

- Eat a healthy diet.
- Enjoy being physically active every day.
- Maintain a healthy weight.
- Get enough rest and sleep.
- Talk with friends and family.
- Laugh more – Laugh a lot!



**Become your child's best role model.
Consider how you handle stress in your life!**

For more information on stress, parenting and community resources, call Health Line Peel at 905-799-7700 or visit peelregion.ca.