



## Winter Helmets



Our northern Ontario winters allow for many fun winter activities for the whole family. Whether it's skiing, skating, tobogganing or snowboarding, make sure that your child is safe during all activities. You can prevent your child from becoming seriously injured by ensuring they wear the proper helmet. The following chart outlines the helmet that should be

worn for the corresponding winter activity.

Activity	Helmet
Skiing	Ski/Snowboarding
Snowboarding	Ski/Snowboarding
Sledding & Tobogganing	Ski/Snowboarding or Hockey
Hockey	Hockey with compatible face shield
Skating	Hockey

### Ensure your helmets:

- meet Canadian and/or American standards
- are in good condition (no cracks or missing padding)
- fit properly
- are worn and used, as recommended by the manufacturer

### Do NOT:

- alter your helmets (e.g., do not drill holes, or add paint or stickers)
- keep helmets for more than 5 years

For more information about helmets or winter safety, contact Algoma Public Health at 705-942-4646.

## Kids Get Stressed Too!



### A Few Tips for Parents

- Listen and talk with your children about how they feel and show acceptance for their feelings
- Sleep is important; tired children are stressed children
- Encourage exercise and play time
- Have fun together; laughter is a great stress release!
- Make sure their lives aren't too busy. They need *down* time.
- Help your children find activities or strategies that help them feel better when they are stressed.
- Don't forget those hugs and kisses, as it not only reflects your love, it makes them feel good.
- Take care of yourself and "model" positive self-care and coping with stress.

Information from "Parenting Resilient Children" & "How to Help Kids Handle Stress" [www.psychologyfoundation.org](http://www.psychologyfoundation.org)

## National Non-Smoking Week

Occurs in January



### TIPS FOR PARENTS

- Even though smoking is glamorized in movies, you are the most important influence in your children's lives
- Talk honestly and directly about how you don't want them to smoke
- Start the conversation early when they are five or six years old and continue through their high school years
- Set a good example and don't smoke
- If you do smoke, the best thing you can do is to quit
- For help call Algoma Public Health or visit [www.smokershelpline.ca](http://www.smokershelpline.ca)
- Don't smoke around your children and don't ever let them have any of your cigarettes
- Don't allow anyone to smoke in your home
- Make sure the events your children attend are smoke-free
- Know if your children have friends that smoke and talk about ways they can refuse a cigarette

Adapted from the American Lung Association

[www.lung.org](http://www.lung.org)

## No Tan is a Safe Tan

Thinking about going away on vacation with your family? Thinking about visiting tanning beds for 'pre-tans'? Think again, because "no tan is a safe tan!"

Tanned skin is actually skin that has been damaged. Similar to the sun, tanning beds release UV rays that can cause sunburns, premature wrinkles and cataracts.

Health Canada reports that tanning beds may expose you to five times as much UVA radiation than natural sunlight. The World Health Organization (WHO) recommends that no person under 18 should use tanning beds.

Exposure to UV rays early in life can increase the risk of developing skin cancer. Encourage your family to protect their skin from the sun and not to use tanning beds.

**Slip** on lightweight, tightly woven, loose-fitting clothing to cover arms and legs.

**Slap** on a wide brim hat to shade your head, face, ears and neck.

**Slop** on some waterproof sunscreen with an SPF of 15 or higher that protects against both UVA and UVB rays. Re-apply frequently.

### Other helpful tips:

- reduce exposure to the sun when it is most intense (11:00 a.m. – 4:00 p.m.), or when the UV Index is 3 or more
- enjoy places that include shade, or use an umbrella to create your own
- use a lip balm with an SPF of 15 or higher
- keep babies out of direct sun

### If they're late, don't wait!



Preschool Speech and Language Services (PSLS) at Algoma Public Health provide services to children birth to five years of age in Sault Ste. Marie. Services are provided for children with speech and language delays and disorders, fluency disorders (e.g., stuttering), voice disorders and hearing loss. PSLS is part of a larger network of speech and language services in Sault Ste. Marie and district of Algoma.

If you have any questions or concerns about your preschool or school-aged child's speech and language development, call the Parent Child Information Line: 705-541-7101 or 1-888-537-5741 or speak with your child's teacher.