



Turn Family Time into Active Time



How much physical activity does your child need? Current physical activity guidelines for Canadian school-aged children recommend at least 60 minutes of physical activity each day. This should include at least three days of vigorous physical activity (e.g.,

running, biking, skipping rope) and at least three days of muscle and bone strengthening (e.g., jumping, basketball, gymnastics).

Benefits:

- Feel happier and healthier
- More energy to participate and learn at school
- Keep a healthy body weight
- Better overall health

Fun summer active ideas:

- Go to the park
- Play catch or frisbee
- Play tag
- Dance
- Join an organized sport (e.g., soccer, lacrosse)
- Swim or run through the sprinkler
- Hop through puddles on a rainy day
- Bike, rollerblade or skateboard

Be a good role model! When you join in, you show your child that you think physical activity is fun and important too. In addition to creating some fun family moments, you will enjoy the benefits of physical activity.

60 minutes a day - help your child get there!

Get Growing!



This season, consider getting your children involved in growing their own vegetables. Start with planning a vegetable patch anywhere: in a garden, pot or planter. Pick easy-to-grow favourites like lettuce, tomatoes, peppers, onions, beans, carrots, pumpkins and squash. Keep a schedule of tasks and assign them to your child according to their ability. Children can prepare the soil, plant, weed, water and harvest.

Gardening has benefits for the whole family. A vegetable garden gives children a chance to:

- Learn where food comes from
- Develop skills
- Be active
- Develop a sense of accomplishment
- Learn the importance of healthy eating
- Increase vegetable consumption

Remember to protect yourself from sun exposure. Wear a hat and sunscreen, have a shady area nearby and garden in small bouts of time.

Have fun with your child this season and enjoy everything a vegetable garden has to offer!

Summer Food Safety Tips

Summer is almost here and we are looking forward to fun picnic and barbeques. Here are some tips to keep these events safe and healthy:

Picnics:

- Use insulated bags, coolers and/or thermos to help keep cold foods cold and hot foods hot.
- Use frozen juice boxes/water bottles, freezer packs or sandwiches made with frozen bread to help keep foods cold.
- Wash all vegetables and fruit before packing.
- Wash reusable containers after the picnic with soap and hot water.

Barbequing:

- Never use the same plate for raw and cooked meats and fish unless it is properly washed between uses.
- Use a probe thermometer to help ensure foods are cooked to the proper temperature:
 - Whole Chicken/Poultry: 82°C (180°F)
 - Chicken/Poultry Pieces: 74°C (165°F)
 - Pork and Ground Meats (excluding poultry): 71°C (160°F)
 - Fish: 70°C (158°F)

Handwashing:

Always wash your hands before preparing, handling and eating foods, after bathroom use, and after playing with animals.



“Heads Up” About Concussions!



“A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head and brain to

move rapidly back and forth. Even what seems to be a mild bump to the head can be serious”. (Centers for Disease Control and Prevention).

Be alert to these signs and symptoms that could show up immediately after injury or may not be noticed for several hours, or possibly days after:

- Headache or ‘pressure’ in the head
- Nausea or vomiting
- Balance problems or dizziness
- Feeling sluggish, foggy or groggy
- Sensitivity to light or noise
- Blurry or double vision
- Loss of consciousness (even briefly)
- Tires easily
- Change in sleep patterns
- Cranky, irritable, sad
- Change in eating patterns
- Difficulty thinking clearly
- Complains they just don’t ‘feel right’

Concussion Management Tips:

Rest the brain:

- Rest (encourage naps)
- No T.V., computer, iPad, cell phones, electronics, etc... for at least two days
- No ‘riding’ activities/toys (e.g., scooters, bikes, skateboards, etc...) until symptom-free
- Based on physician’s guidance, delay return to school and sports

Your child’s brain is not a game; when in doubt, check them out.

For more information:

www.parachutecanada.org
www.canchild.ca