

Parent Engagement



Help Your Child Understand the Safe Use of Medicine

Children understand that we can put good and bad things into our bodies. They know that fruit and vegetables will keep them healthy but that even too much of a good thing can make them sick. Consider talking to your children early about medicines to teach them that medication can be good for them, but only when used properly. Try using these messages:

- “Medicine is not candy.”
- “Never use someone else’s medication.”
- “Only I may give you medicine. If I’m not with you, I’ll tell you who is allowed to give you medicine.”

For more information, go to www.camh.ca (An Early Start) or contact your local health unit at www.hkpr.on.ca or www.simcomuskokahealth.org.

Source: Haliburton, Kawartha, Pine Ridge District Health Unit and the Simcoe Muskoka District Health Unit.

Cops Corner

Internet Safety

It is very easy to share too much information online. Always remember that anyone can view your pictures and read your messages - even people you don't know. Remind your children that they should never give out any personal information about themselves or their family, especially not to someone they have met through the internet. Even a simple picture can give a stranger information related to the school your child attends, the athletic team they play with, or the activity they most enjoy. Each post or tweet can be used to locate them, THINK before you post.

Mental Health Minute

Laughter and Stress Reduction

Laughter really *is* the best medicine! Negative thinking has been shown to increase the likelihood of disease. On the other hand, positive thinking has been shown to increase the body's ability to fight disease. Laughter (even when phony) creates positive thinking, which provides a healing effect that can fight signs of stress such as stomach aches and headaches. So remember, if anyone in your family is feeling stressed - just try laughing and encourage long term health by making humour a regular part of your family activities.

Source: Haliburton, Kawartha, Pine Ridge District Health Unit and the Simcoe Muskoka District Health Unit.

