

Parent Engagement



Mental Health Minute

Physical Activity

It's important for parents to be active role models for their children and make physical activity fun! Being physically active is easy — grab a ball and try a new game, visit a park, play pick-up basketball or hockey, explore a trail, or go for a family bike ride. Walking to school instead of driving is also an easy way to increase physical activity and decrease sedentary behaviour at the same time.

For more information, contact your local health unit at www.hkpr.on.ca (City of Kawartha Lakes and Haliburton County) or www.simcoemuskohealth.org (Muskoka).

Source: www.hkpr.on.ca and www.simcoemuskohealth.org

Serving up Mealtime Magic

When was the last time your family sat down together to eat a meal?

Mealtime is a great way for families to connect with each other and share stories about their day. When eating together, parents can demonstrate the importance of healthy eating. Children in turn will learn to eat and enjoy nutritious foods. Make time for family meals. Try to have three family meals per week. If you can't get everyone together for dinner, plan a family breakfast or lunch. Keep the focus of meals on each other by making mealtime a 'technology-free zone.'

Plan ahead and decide what meals to have throughout the week. Prepare food for two meals so on busy days, you can reheat leftovers. Be creative, use Canada's Food Guide (www.healthcanada.gc.ca/foodguide) to choose nutritious items from the four food groups.

For more information visit: www.hkpr.on.ca

Water Safety

Help Prevent Drowning

Every summer families go to the lake or pool to cool off and have fun. Use the S.P.L.A.S.H.E.S. key messages to prepare you and your family to make wise choices, prevent injuries, and to be safe in, on, and around the water.

1. **Supervision:** Watch children around water at all times.
2. **Protection:** Get trained and wear sun protection.
3. **Lifejackets/PFDs:** Wear your lifejacket.
4. **Awareness:** Check it out before you go.
5. **Safe Boating and Fishing:** Be a safe boater.
6. **Help:** Learn when and how to get help.
7. **Education:** Learn how to be safe and teach your children.
8. **Security:** Secure your pool - no matter what size.

For more information about water safety visit www.parachutecanada.org

Source: www.parachutecanada.org