

# Parent Engagement



## Mental Health Minute

### Screen Time, Sleep Interference, and Brain Development

Too much “gaming” and violent television can affect a child’s ability to pay attention and control his or her behaviour. Unmonitored “screen time” has also been linked to sleep deprivation which can impact memory and overall school performance. We can all take an active role in monitoring and limiting “screen time” and developing healthy night time routines with our children. Playing video games with your child makes you aware of what they are playing, and modelling habits such as turning off electronics one hour before bed time creates healthy routines. To learn more, visit the Douglas Mental Health University website and the Entertainment Software Association of Canada websites at [www.douglas.qc.ca](http://www.douglas.qc.ca) and [www.theesa.ca](http://www.theesa.ca).

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

## Cops Corner

### Internet Safety

As the use of the internet and social media continues to grow, your local OPP would like to remind parents to talk to their children about strangers. A stranger is a stranger - online or in person!

We teach children not to talk to strangers; not to get into a stranger’s vehicle; and not to enter a stranger’s house, yet we allow them to surf the net and speak to strangers online. As parents, a few simple rules for our youths will help them avoid unwanted attention from strangers:

- Ensure that computer privacy settings are set and monitor these regularly;
- Only add people you know to your social media networks;
- Never agree to meet anyone in person without speaking to your parent or guardian first;
- If something online makes you uncomfortable, report it!

For more information please visit [www.needhelpnow.ca](http://www.needhelpnow.ca).

## Hand Hygiene

The single most important thing anyone can do to control infections is to keep their hands clean!

- Wash your hands with soap and water for at least 15 seconds.
- To wash your hands properly, rub all parts of your hands and wrists with soap and water - including in between fingers and under the finger nails.
- Use alcohol-based hand rubs when access to running water is limited.

For more information, please visit your local health unit websites at [www.hkpr.on.ca](http://www.hkpr.on.ca) or [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).