



# Got Wheels? Get a Helmet!

- A correctly worn helmet will reduce the risk of head injury by 88%.
- By law every cyclist under the age of 18 must wear an approved bicycle helmet.
- In line skating, scooters and skate boarding have similar risks as cycling. Helmets are as essential for these activities as they are for cycling.

## Tips for Parents:

- An approved helmet should have a safety sticker on it: CSA, Snell, ASTM, or CPSC.
- Check helmets for cracks or damage and replace if damaged.
- Helmets should be replaced every five years.
- Helmets should fit level and snug on the head, two fingers above the eyebrows (helmet sizing pads can be used if needed).
- Helmet straps should come into a "V-shape" under the ear and fit snug, only one finger should fit between the chin and the chinstrap.
- Children should wear protective gear in addition to their helmets (i.e. wrist guards, knee and elbow pads).

**For more information, visit our Web site at [peelregion.ca](http://peelregion.ca) and click on 'Resources for Educators' or call Health Line Peel at 905-799-7700.**



**Have Fun and Play Safe!**



# Have your say ...in a nice way! Be Assertive!!

## Being Assertive means...

- Expressing your feelings and your rights clearly.
- Acting in your own best interests but still considering the needs and rights of others.
- Developing trust and equality in your relationships.
- Asking for help when you need it.

## "I" messages in three simple steps.

**Describe the Situation** and how it affects you.  
Give just the facts.

**"I think...."**

*"I think I saw my CD on your desk again."*

**Express your Feelings.** Say how you are feeling (e.g., angry, sad, frustrated, etc.).

**"I feel...."**

*"I feel angry that you have ignored what we agreed on."*

**Say What You Want.** Describe the action you need to see.

**"I want...."**

*"I want you to ask my permission before you borrow my CDs so I know where they are."*

## Remember to ...

- Make eye contact.
- Use a pleasant firm voice.
- Call the other person by name.
- Use confident-looking posture.

**For more information on effective communication  
visit our Web site at  
[peelregion.ca](http://peelregion.ca) or call Health Line Peel at 905-799-7700.**



# Smoking isn't kool!

**As a parent, you play a key role in whether or not your child will begin to smoke by:**

- Keeping the lines of communication open.
- Providing the facts about smoking.
- Conveying your values about smoking.
- Being a positive role model. If you smoke, consider quitting, cutting down and smoking outside of your home.

If your child is in grades 6 – 12, he or she has the opportunity to be involved in the sik (**smoking isn't kool**) initiative.

**sik** is a youth-driven, peer to peer tobacco awareness program offered in the Region of Peel.

To find out more about **sik**, visit [sik.ca](http://sik.ca) Web site for ...

- Facts about Smoking
- Information on Quitting
- Contests and Games
- Information on how to get involved
- **sik** School Events
- Current sik Updates
- Web site Links



Find out how your child's school is involved!

**It's never too early to talk to your children about tobacco**

**For more information on the sik program or how to talk to your kids about tobacco, visit the sik.ca web site or contact Health Line Peel at 905-799-7700.**



## Lighten UP...

**Today, more and more children are using their backpacks as a traveling locker.**

- A heavy backpack worn incorrectly may cause compressed nerves or severe back and neck pain. This has the potential to lead to a lifetime of health problems.
- A backpack for an elementary school aged child should weigh between five and 10 pounds.



### **Tips for Parents:**

- Select a backpack that is proportionate to your child's body.
  - The top of the backpack should not extend past the top of their shoulder. The bottom of the backpack should not fall below the hipbone.
  - Choose a backpack made of light weight material with padded shoulders and a waist belt.
- Encourage your child to use proper posture when carrying the backpack.
- Ensure only necessary items are in the child's backpack.
- Empty the backpack at the end of each day.

**For more information, call Health Line Peel at 905-799-7700.**

### **Helpful Web sites:**

**The Hospital for Sick Kids**

**[www.sickkids.ca/kidshealth/fall2001vol2issue3/default.asp](http://www.sickkids.ca/kidshealth/fall2001vol2issue3/default.asp)**

**Ontario Chiropractic Association**

**[www.chiropractic.on.ca](http://www.chiropractic.on.ca)**



## Coping With Stress

**Being a parent is not easy. Many parents feel exhausted and overwhelmed by the stressors of life. This can affect how we 'parent' our children.**

Learn to **recognize your own stress symptoms**. Your family can probably help you identify them.

**Reflect on the stressful situations** in your home and work life. Think about how you cope with them.

- Problem-solve how to approach these situations more effectively.
- Seek professional help to learn about anger management and more effective coping strategies.

**Your perception of a situation** can change your level of stress.

- Think positively.
- Learn about parenting and the developmental stages of your children.

**Take Care of Yourself - Lead a healthy lifestyle.**

- Eat a healthy diet.
- Enjoy being physically active every day.
- Maintain a healthy weight.
- Get enough rest and sleep.
- Talk with friends and family.
- Laugh more – Laugh a lot!



**Become your child's best role model.  
Consider how you handle stress in your life!**

**For more information on stress, parenting and community resources, call Health Line Peel at 905-799-7700 or visit [peelregion.ca](http://peelregion.ca).**