Suggested Newsletter Inserts for Elementary Schools

Growth and Development - Parenting

**Chores are Good for Your Kids!**

It’s true! Giving kids chores helps give them a sense of responsibility. They’ll learn self-discipline, skills to apply to a job, and how to help with running the house. Having them help out also frees up more time for the family to do other fun activities. Ask what chores your child would like to do; make a note of who will do each chore and when. Talk about and agree on rewards for chores done well.

For more tips call *Health Connection* at 705-721-7520 or 1-877-721-7520 and ask about the Triple P Positive Parenting Program tip sheet on chores, or visit [www.triplep-parenting.ca](http://www.triplep-parenting.ca) for more parenting information.

**Kids Fighting?**

It’s common for children to disagree or argue at times. They may fight or get aggressive when things don’t go the way they want, or if they feel jealous or competitive (especially with siblings). So what can you do to stop fighting before it starts?

* Let your child know what behaviour you expect by explaining rules for playing with others, such as “be gentle” and “keep your hands and feet to yourself”.
* Praise your child when they are playing well with others.
* Help children to solve problems before fights start.

Remember, you (and other adults) play a big role in setting expectations and teaching children better ways of behaving.

For more tips, call *Health Connection* at 705-721-7520 or 1-877-721-7520 and talk to a public health nurse about the Triple P Positive Parenting Program or visit [www.triplep-parenting.ca](http://www.triplep-parenting.ca).

**Stressful Mornings Sound Familiar?**

The key is organization! Try these tips to help get the whole family out the door on time:

1. Plan ahead: try packing lunches and picking clothes out the night before.
2. Go to bed at a reasonable hour so you wake up rested and ready for the day.
3. Wake up and get yourself ready, before your child.
4. Keep the TV and electronics off. These can be disruptive first thing in the morning.
5. Give clear instructions and be realistic about what your child can do for themselves. Praise them when they do something well to help them learn new skills.

Finally, remember to have patience. Your child learns from watching you! In time your child will learn to plan ahead, be organized, and develop patience too. For more tips, visit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org/) or [www.triplep-parenting.ca](http://www.triplep-parenting.ca).

**Importance of Consistency**

Attachment is the emotional bond between you and your child and can make a world of difference in a child’s life. Building a secure attachment involves your child feeling safe and loved from your consistent presence, attention and affection.

Through consistent caring interactions your child:

* Learns to value them self
* Learns to trust and feels safe to trust others
* Learns how to make friends
* Frees up energy to learn and explore
* Eventually learns to become more independent.

For more information see: <http://www.beststart.org/resources/hlthy_chld_dev/pdf/BSRC_Resilience_English_fnl.pdf>

**They Learn by Watching You!**

Helping children develop a healthy lifestyle, including healthy eating and physical activity, begins at home but can be reinforced in every setting. Caregivers, parents, teachers and coaches can help children to be active and make smart food choices by modeling healthy behaviours themselves. Remember… children are watching!

If you’d like more information to help you make healthy choices call Health Connection at 705-721-7520 or 1-877-721-7520 or visit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org/).

**Quality Time Doesn’t Have to Be Long**

Spending small amounts of time with your child, often, is a great way to spend quality time together. Help your child to feel safe, secure and loved:

* Stop briefly and pay attention when your child wants to show you something.
* Show affection with hugs, cuddles, high fives, and being close to them.
* Praise your child when they do something well. They’ll learn to do it more often.
* Teach your child how to do a skill and then give them an opportunity to practice.

Your child will be more likely to show the same caring qualities to others. Finally, don’t forget to look after yourself by taking time to do something you enjoy. It is difficult to be a calm, relaxed parent if you are stressed.

For more tips visit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org/) or [www.triplep-parenting.ca](http://www.triplep-parenting.ca).

**Shopping with Children**

Shopping with children is a great opportunity to teach them how to behave responsibly. Try these few tips and plan a series of short practice shopping trips to help make shopping with your children more rewarding:

* Discuss shopping rules ahead of time, e.g. stay close.
* Tell your child where you will be going, what you will be buying and when you will be home.
* Involve rewards for good behaviour.

To learn how to make shopping with your child a more enjoyable activity call *Health Connection* at 705-721-7520 or 1-877-721-7520. Ask about the Triple P tip sheet on shopping with children or visit [www.triplep-parenting.ca](http://www.triplep-parenting.ca) for more parenting information.

**Is Social Media Affecting Your Child?**

In a busy world, it’s tough to balance everything! Some research shows that kids feel their parents pay less attention to them than to their smartphones. You can help your child feel important by setting time aside to be present with them. Spend time together face to face and use eye contact when chatting. You can also agree on times for everyone in the family to put phones and electronics away, like meal times, bedtime and family events.

**Sleep**

Help your 5 -13 year old child achieve ideal health by getting the sleep they need.

* Set a consistent bed-time and wake-time for your child (even on weekends) that allows for at least 9-11 hours of uninterrupted sleep each night.
* Encourage your child to establish a relaxing bedtime routine that includes reading, taking a bath or listening to music.
* Set up a sleeping space with your child that is cool, dark and quiet.
* Keep technology and cell phone out of your child’s bedroom – they interfere with natural sleep cycles.
* Discourage caffeinated products as they may interfere with your child’s ability to fall asleep.
* Be a good role model by making sleep a priority in your life.

Looking for more information? Call *Health Connection* at 705-721-7520 or 1-877-721-5720 to speak with a public health nurse or visit <www.simcoemuskokahealth.org>.

Suggested Newsletter Inserts for Secondary Schools

Growth and Development - Parenting

**Money and Work**

As teens become more independent, it becomes important for them to learn how to earn and manage money. You can help your teen learn about managing finances by encouraging him to get a job, save money, and by explaining what you are able to provide for.

To find out more, call *Health Connection* at 705-721-7520 or 1-877-721-7520 and talk to a public health nurse about Triple P Positive Parenting Program or visit [www.triplep-parenting.ca](http://www.triplep-parenting.ca).

**Rudeness and Disrespect**

As teens create their own identity, and contemplate who they are, they may find that their opinions become different than their parents. And this can lead to conflict. Be prepared to discuss and explore new ideas with your teen, show interest in what your teen is doing and keep communication open. Be a role model and set a good example about how to respect one another.

To find out more tips for managing changes in your teen’s behaviour call *Health Connection* at 705-721-7520 or 1-877-721-7520 and talk to a public health nurse about Triple P Positive Parenting Program or visit [www.triplep-parenting.ca](http://www.triplep-parenting.ca).

**Sleep**

Help your teen get the sleep they need:

* Encourage a consistent bed-time and wake-time (even on weekends) that allows for at least 8-10 hours of uninterrupted sleep each night.
* Help your teen to set up a relaxing bedtime routine that includes getting ready for the next day, listening to music, showering or taking a bath.
* Work with them to set up a sleeping space that is cool, dark and quiet.
* Limit technology and cell phone use in the hour before bed, as they interfere with natural sleep cycles.
* Help your teen to limit their daily intake of caffeine as it may interfere with your teens’ ability to fall asleep.
* Be a good role model by making sleep a priority in your life.

Looking for more information? Call *Health Connection* at 705-721-7520 or 1-877-721-5720 to speak with a public health nurse or visit <www.simcoemuskokahealth.org>.

**Raising Kids: Focus on the Positives**

We all want our children to be happy and to grow up to be successful adults. One of the best ways to do this as a parent or other caregiver is to focus on the positives:

* Give your children lots of support and approval, especially when they are trying something new or going through a change in their lives.
* Get active: play sports, exercise or do something together as a family.
* Laugh and have fun! Laughter and physical activity relieve stress.
* Show love with words, hugs and kisses.
* Create a family worry box: everyone in the family can write down their worries and put them in the box. Then take time to review the notes together, talk about them and show each other support to help cope in a healthy way.

For more tips, or to speak with a public health nurse, call *Health Connection* at 705-721-7520 or 1-877-721-7520 or visit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org/).

**The Importance of an Open Door**

Sometimes conversations with children can be challenging. Learning to listen can help to open doors and keep you and your child connected and close. Children who have positive communication with their parents and caregivers feel better about themselves and do better at school, and in life in general.

* Talk to your children regularly about their thoughts and feelings, and what’s going on in their lives.
* Allow your children to express their worries and fears without being judged. Try to see things from your their perspective.
* When your child confides in you, tell them you appreciate their trust and confidence in you.
* Work together to find solutions to problems. Let your child tell you what they feel would work best for them.

Need more help communicating effectively with your child? To speak with a public health nurse, contact *Health Connection* at 705-721-7520 or 1-877-721-7520 or visit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org/).

**It’s All About the Connection**

Young people are more likely to grow up successfully when they have close connections with the important adults in their lives. Through these connections, young people discover who they are, what they are capable of, and how to make a positive contribution in their community. Here are some ways to help keep your relationship with your child strong:

* *Show me that I matter to you.* Encourage my efforts, and believe in me.
* *Push me to keep getting better.* Expect my best, while helping me learn from mistakes.
* *Help me complete tasks and achieve goals.* Stand up for me when I need it.
* *Treat me with respect and give me a say.* Take me seriously and treat me fairly.
* *Connect me with people and places that broaden my world.* Inspire me about my future.

Looking for more parenting support? Speak with a public health nurse by calling 705-721-7520 or 1-877-721-7520 or visit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org/Home.aspx).