

Child Health News

2019

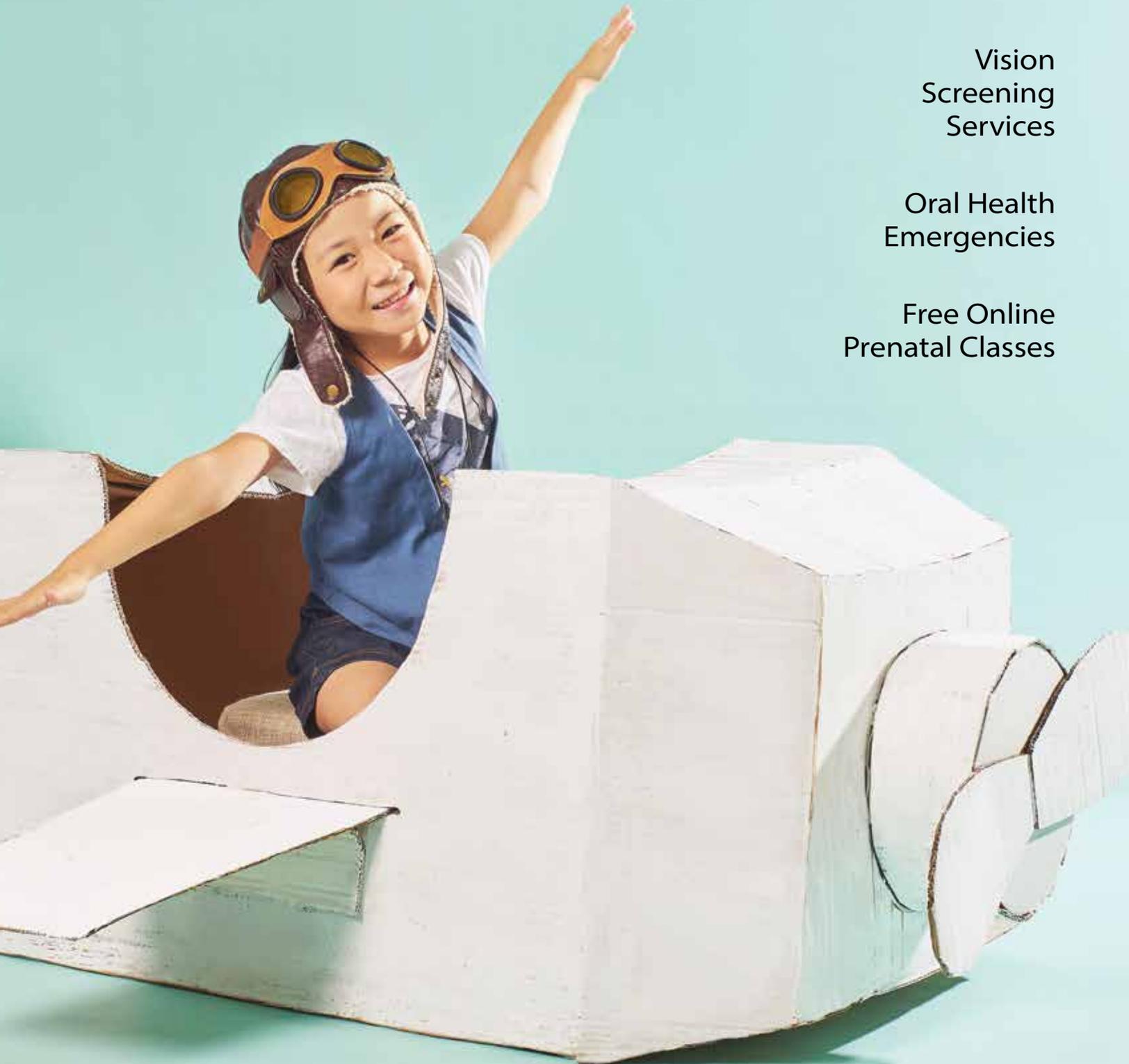


Your Primary Source of Information for
Healthcare and Social Service Providers

Vision
Screening
Services

Oral Health
Emergencies

Free Online
Prenatal Classes



The 2018 Child Health News Evaluation Results Are In!



Thank you to everyone who participated in the 2018 Child Health News online survey!

The majority of healthcare and social service providers who completed the survey agree that Child Health News:

- Increases their awareness and knowledge of up-to-date child health information.
- Increases their confidence in sharing and applying child health information in their work with children and families.
- Is useful, practical and relevant to the work that they do!

Recommendations from evaluation results:

- Continue sharing the newsletter with healthcare and social service providers.
- Include suggested topics into future editions of Child Health News.
- Continue to explore other ways to share child health information with healthcare and social service providers as well as parents and caregivers.

For more information about this evaluation or if you have additional feedback on Child Health News, please contact Durham Health Connection Line.

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Durham Healthy Families Social Media Sites



Do you work with children and families in Durham Region?

Check out the Health Department's Durham Healthy Families Social Media sites. Each day, public health nurses post and answer questions about various topics:

- **Monday:** physical activity, healthy eating and cancer screening
- **Tuesday and Thursday:** health before and during pregnancy, parenthood, breastfeeding and infant growth and development, etc.
- **Wednesday:** vaccines, preventable diseases and sexual health
- **Friday:** car seat safety, child safety, sports injuries, mental health, alcohol and substance misuse

Posts contain evidence-based health information for families with children 0-18 years. Check back often for information on upcoming events, vlogs (videos) and trending health information.

For more information or to order posters/promotional materials for Durham Healthy Families, call Durham Health Connection Line.

Join the Conversation...

 /DurhamHealthyFamilies

 @DurhamFamilies

 durhamhealthyfamilies

 Durham Healthy Families

Where Durham parents go to find support, information and resources to raise a healthy family.





Get the Facts. Not the Flu.

Flu Facts

Influenza (commonly known as “the flu”) is a serious, acute respiratory disease caused by a virus. It is spread through sneezing and coughing; it can also be spread on commonly used hard surfaces such as tables, doors and phones. It can cause mild to severe illness, such as pneumonia and even death.

People of any age can get influenza, but some people are more at risk and can become very sick. It is important for **those providing regular child care to children less than 2 years** of age to receive the flu vaccine in order to prevent the spread of influenza to this susceptible population.

The flu vaccine is available for **free** to all Ontario residents 6 months of age or older and can prevent illness in 70-90% of healthy people who receive the vaccine.

Did you know? Last year in Durham Region, there were 455 cases of the flu and 268 hospitalizations.

Simple Steps to Staying Healthy

Protect yourself and those you care about by getting the yearly flu vaccine and avoid spreading the virus to others who may be at risk (including young children).

- Wash hands frequently with soap and water or an alcohol-based hand sanitizer.
- Avoid touching your face. Cough or sneeze into your sleeve or a tissue. Throw out used tissues right away and wash your hands.
- Frequently clean common surfaces.
- If you are sick, stay home!

Common Flu Myths

1. **You don't need to get the flu shot every year:** The influenza virus mutates and the yearly vaccine targets the new flu virus. This is why you need to get the flu shot every year.
2. **The flu vaccine can give you the flu:** The flu vaccine contains inactive or weakened viruses that cannot give you the flu.
3. **I can't get the flu vaccine because I'm pregnant:** Getting the flu shot is safe and recommended during pregnancy.
4. **It's no big deal to get the flu:** Many people use the word “flu” to refer to a cold or respiratory illness. The actual flu is a serious disease that can cause severe illness and death.

Where can you receive your flu vaccine?

- Your health care provider's office
- Walk-in clinics
- Pharmacies (age 5 and older)
- Employer clinics

Questions?

For more information, please visit durham.ca/flu or call Durham Health Connection Line.





Vitamins for Toddlers: Do They Need Them?

One of the most common nutrition questions from parents of toddlers is “should I give my child a supplement?” Data from the 2015 Canadian Community Health Survey suggest that 45% of children aged 1 to 3 years take a nutritional supplement. Multivitamins were the most common products used.

Before deciding if supplements are necessary, it’s helpful to consider the role of vitamins and minerals in the body. Our bodies need energy from food. That energy comes from the macronutrients, carbohydrates, fats and protein in the form of calories. Vitamins and minerals are considered micronutrients. They are needed to help break down macronutrients, so the body can use them for energy. They also help support the immune system and normal growth and development.

Food is the best source of nutrients. Dietary surveys show that children are meeting their nutrient requirements from the foods they eat, which suggests that most children do not need a vitamin or mineral supplement. In general, toddlers do not need supplements if they are:

- eating a variety of healthy foods
- growing well
- generally healthy

One exception is vitamin D. The Canadian Pediatric Society recommends a supplement of 400 IU units a day for children who are breastfed from birth until they are receiving enough from their diet. Vitamin D is found in the following foods:

- Cow’s milk
- Fortified soy beverages

- Fortified yogurts
- Fortified orange juice
- Fatty fish like salmon and sardines
- Margarine
- Egg yolks

In Canada, cow’s milk and fortified soy beverages are the richest sources of vitamin D. Since fortified soy beverages are not recommended for children under 2 years, the recommendation is for 500 mL of homogenized (3.25%) cow’s milk per day. For older toddlers, the goal should be 500 mL per day of cow’s milk or fortified soy beverage. If children do not routinely consume these amounts, a vitamin D supplement may be necessary. Follow up with a health care provider or registered dietitian is recommended.

Very often, parents believe that if their child is “picky” they should give them a multivitamin to ensure they are getting the nutrients they need. However, often times children described as picky eaters do not actually need a supplement. A toddler who consistently refuses to eat whole classes of foods, such as protein foods (e.g. meat, chicken, fish, eggs, beans, peas and lentils), may need additional individual vitamins or minerals. Supplements may also be required for children diagnosed with food allergies or diet-related conditions such as celiac, colitis or Crohn’s disease. In all cases, parents should talk to their health care provider or a registered dietitian.

Eating a variety of foods is the best way to make sure young children get the nutrients they need for growth and development. Below are some tips for parents and caregivers when feeding toddlers:

- Guide **what** and **when** toddlers eat; let them decide **which** foods, **how much** and **whether** to eat at all
- Offer 3 meals and 2-3 snacks per day
- Try to serve a balance of food choices e.g. fill ½ the plate with vegetables and fruit; ¼ with whole grain foods and ¼ with protein foods
- Allow children to eat as much or as little as they want at meals and snacks; wait for the next snack or meal to offer food again
- Respect their likes and dislikes; encourage them to try new foods by serving them with small portions of their favourite foods
- Focus on whether children have energy and are growing well instead of what foods and how much they are eating
- Never use food to bribe, punish or reward

For advice from a registered dietitian about nutrition and healthy eating contact Telehealth Ontario at 1-866-797-0000.





Improving Community Immunity

Social service providers across Durham Region work hard to make a positive difference in their community. Keeping your vaccinations up to date is another way you can contribute to community wellbeing.

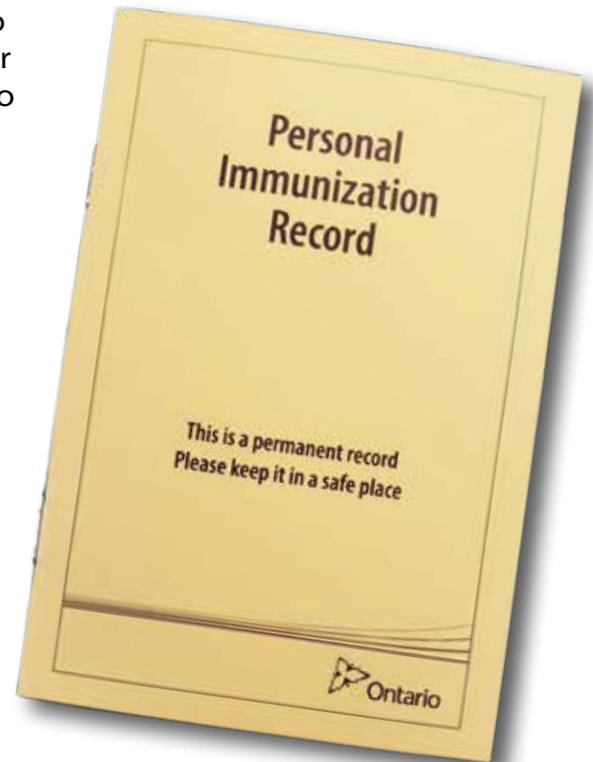
When immunization rates are high, vaccine-preventable diseases are not able to find a person to infect, which limits their spread. This is referred to as community immunity or herd immunity. Community immunity is especially important for people who have difficulty fighting infections, such as infants, older adults, and people with medical conditions. Community immunity protects those who cannot be immunized such as infants or to those with certain medical conditions (e.g. recipients of chemotherapy). Consider if any staff or families you serve have a relative with a medical condition.

According to the Public Health Agency of Canada, a recent survey revealed that while most adults believed they were up to date with vaccination, only 10% actually were. While Durham Region has many areas with excellent immunization rates, we can all make a difference to improve our community immunity. Visit Durham's health neighbourhood map at durham.ca/HealthStats to view community immunization rates in your neighbourhood.

Here are some ways you can help improve immunization rates in your community:

- Review the vaccination status for you and your family. Talk to your health care provider if necessary to ensure your immunizations are up to date.
- Encourage your clients to talk with a health care provider to keep their immunizations up to date.
- Durham Region Health Department offers routine immunizations for those who do not have an Ontario Health Insurance Plan (OHIP) card.

Immunization can save lives. Your efforts to keep your vaccinations up to date will increase our community immunization rates and will limit the risk of vaccine-preventable diseases for all of Durham's residents.





Keep Children Sun Safe All Year Round



Keeping children safe and protected from the harmful effects of the sun's ultraviolet (UV) rays reduces the risk of developing eye damage, sunburn, premature ageing of the skin, and skin cancer when they are older. Children spend more time outside than adults; therefore, need to be protected from sun's rays. Whether it's winter, spring, summer or fall, it is the same sun and the same damage. It is therefore important to practice a healthy sun safe behavior all year round.

Cooler weather, crisp morning air and colorful tree landscapes are all signs the fall season is upon us, however, this does not provide a break from sun exposure for those who like to be outdoors. While enjoying field trips to pumpkin patches, apple orchards and more, remember that UV rays pass through clouds on overcast skies. As a service provider for children and parents, you have an opportunity to teach families how to be sun safe all year round by ensuring the following:

- Include sun safety in your planned programs and activities
- Keep babies less than 1 year of age out of direct sunlight. Sunscreen should not be used on babies under 6 months of age
- As much as possible, plan outdoor activities before 11 a.m. and/or after 4 p.m. to avoid the sun's strongest rays
- Check the daily UV index before outdoor activities and take precautions when the UV index is 3 or higher
- Provide shade in play areas. Use umbrellas if there are no natural shades
- Encourage children to wear sunglasses with 100% UVR protection, and clothing that covers exposed areas with attention to the back of the neck, ears, and face
- If children are playing near the water, ensure that the sunscreen is broad spectrum and waterproof with lip balm of SPF 30 or higher. Reapply every 2 hours or after getting wet or heavy sweating
- Encourage staff and parents to role model healthy sun safe behaviors

For more sun safety information visit durham.ca/SunSafety or call Durham Health Connection Line.





Vision Screening Services

Did you know Up to 1 in 4 Ontario children experience learning difficulties related to vision that can affect their learning and development?

Durham Region Health Department is excited to announce that as of January 2019, free, in-school vision screening for senior kindergarten students will be provided through the Health Department's vision screening program. Research from McMaster University and Sick Kids Hospital suggests nearly 15,000 children have trouble learning to read just because they need glasses.

The goal of the vision screening program is to provide early identification of vision problems which may otherwise go undetected, and ultimately support student success in school. The Health Department's school vision screening procedure is conducted by public health nurses who perform a series of non-invasive screening tests. The process is quick, easy and poses no risk to students. The screening process provides a snapshot of the vision status of children and does not replace a comprehensive eye exam by an optometrist.

Regardless of the screening results, all children will be referred to their local optometrist for the OHIP-covered comprehensive eye examination. The Ontario Association of Optometrists recommends that children have their first eye exam at six-months old, then another between the ages of two and three, followed with annual appointments thereafter. The Ontario Health Insurance Plan (OHIP) covers yearly comprehensive eye exams by an optometrist for children under the age of 19.

Families will also be provided with a link to the College of Optometrists of Ontario website to find a local optometrist and with information about free or low-cost glasses for families in need.

For more information on school vision screening, contact Durham Health Connection Line at visit durham.ca/VisionScreening.



Potassium Iodide (KI) Tablets

What are the facts?

Durham Region is home to two nuclear stations, Pickering and Darlington Generating Stations. All residences and businesses within 10 kilometres of either station are required to have a supply of potassium iodide (KI) tablets readily available in the highly unlikely event of a nuclear accident. This requirement was mandated by the Canadian Nuclear Safety Commission (CNSC) as a licensing stipulation for nuclear operators. This mandate was fulfilled in 2015 when KI tablets were mailed to all residents and businesses located within the 10-kilometre zone.

Anyone residing within 50 kilometres of either nuclear station can also obtain a supply of KI tablets if they wish but it is not a requirement of the CNSC.

KI is a salt of stable iodine and the tablets are used to prevent or reduce the thyroid glands ability to absorb inhaled or ingested radioiodine which can be released in a nuclear accident.

The Ministry of Health and Long-Term Care's Potassium Iodide Guidelines 2014, provides three reasons for why infants and children are particularly vulnerable to radioiodine. First, their small thyroid glands mean they receive a higher radiation dose per unit intake of radioiodine. Second, in comparison to an adult, newborns and children have a higher yearly thyroid cancer risk per unit dose. Lastly, they have a longer time span for cancer to occur.

The Potassium Iodide Guidelines 2014 also informs that infants, children, adolescents, pregnant and breastfeeding women are at higher risk for developing thyroid cancer after exposure to radioactive iodine or radioiodine. For this reason, they are considered a priority group who would benefit the most from taking KI tablets in the highly unlikely event of a nuclear incident. The decision to administer KI tablets would come directly from Ontario's Chief Medical Officer of Health.

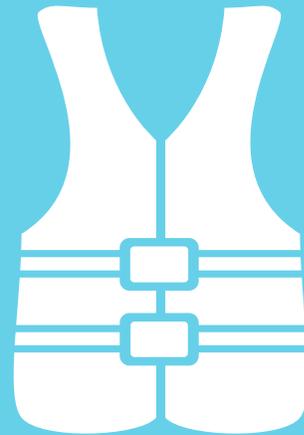
How can you help spread awareness?

- As health and social service providers you can visit durham.ca and preparetobesafe.ca to familiarize yourself on current information about KI or, call the Health Department Environmental Help Line at 905-723-3818 or 1-888-777-9613 to speak to a Public Health Inspector.
- You can also encourage parents/guardians to visit both websites to learn more. Information regarding what KI is, dosage, how it works, how to store it etc. can all be found on the websites.

Where can the public get KI tablets?

Parents and guardians can visit preparetobesafe.ca to order a free supply of KI tablets and for more information or, they can call the Durham Region Health Department's Environmental Helpline at 1-888-777-9613 or 905-723-3818 for assistance.

When families visit preparetobesafe.ca they can enter their postal code and the website will let them know if they are located within the 50 kilometre "eligibility zone" to receive KI tablets. If they are outside this zone, the site will let them know they do not need to have KI on hand.





Laying the Foundation for Early Child Development Through Fun Activities!

With the first three years of life being a time of huge changes in brain and body development, it is important for parents/caregivers to be aware of ways they can support their child's growth. This early development is important because it helps children to develop the skills needed to better prepare for school and life.

As a health care and/or social service provider, you can support healthy child development and school readiness by sharing information, modeling activities and encouraging parents/caregivers to help their children develop skills through fun and easy activities.

Here are some examples of activities and the developmental skills they support:

Social and Communication Skills

- Small group activities to accomplish a goal (e.g. building a block town) provide many opportunities for social development.
- Children learn to take turns and practice patience and communication during group play. They also see firsthand that co-operation can help them to achieve a goal.
- Working in a team also teaches children to handle conflict in a group setting.

Emotional and Language Skills

- Helping children name emotions and recognize them in others supports the development of language skills, empathy and self-regulation.

- Pretend play helps children to imagine future situations and practice solving difficult and stressful problems in a safe setting. This can reduce stress levels and negative emotions when children encounter these situations in real life.
- Parents/caregivers are a child's first teacher. The way they model empathy and caring behaviours will help their child learn these skills themselves.

Physical and Cognitive Skills

- Teaching young children how to hold and use scissors through fun activities, incorporates growth and development principles into active play, as well as improves cognitive development and fine motor skills.
- Playdough can be a fun and safe option for scissor activities when children are just learning to cut.
- Obstacle courses are a great way to encourage gross motor development as children are given opportunities to move (run, hop, skip) and handle objects (throw, catch, kick) in a variety of ways.

To learn more about early child development including growth charts, developmental milestones, getting ready for school, and programs and services for young children visit durham.ca/ChildDevelopment or call Durham Health Connection Line.





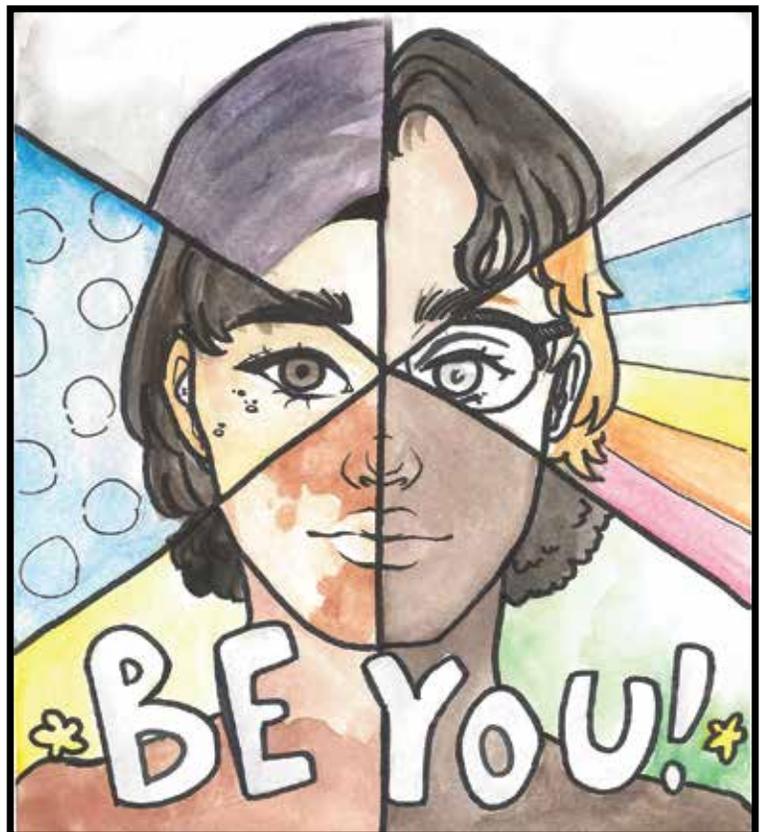
Be You. You Belong!

Durham Region Health Department, in partnership with community agencies, have implemented the Be You. You Belong! Campaign. This initiative aims to help parents and caregivers of children under six years of age foster community inclusion and connect with local services and programs that support healthy child development.

The campaign was developed in response to community consultations with parents and caregivers living in Ajax and Pickering. Results from these consultations indicated that parents and caregivers had a lack of awareness of available community programs and felt a lack of belonging within the existing programs. In addition, based on the Early Developmental Instrument (EDI) scores, the coalition is addressing the concern that more than 30 per cent of children in Ajax and Pickering were not ready for school in one or more areas of their development.

Parents and caregivers have the capacity to influence their child's growth and development as it relates to school readiness. When parents and caregivers feel a sense of belonging within local children's programming, they are more likely to continue to attend on a regular basis. This frequent participation can help parents to build positive relationships in their community which, in turn, builds upon their ability to promote healthy growth and development for their children.

As part of the initiative, a special logo was developed to promote the Be You. You Belong! message. This logo appears on magnet frames, posters, interactive displays and social media platforms. The logo will be used at parenting programs and events to increase awareness of free programs and services for children throughout the region. The hashtag #BeYouYouBelong also promotes this initiative.



Parents and caregivers will also be encouraged to explore the interactive Children's Program Locator map through durham.ca/earlyON. This tool provides helpful links to EarlyON Child and Family Centres, Health Department programs/ services, special needs resources, recreation facilities and much more.



Ready, Set, Grow Check-Ups

Ready, Set, Grow Check-Ups are free events for parents/caregivers with children up to the age of 5 years. At these events, parents can ask questions, learn, and access resources about child development, learning, speech and behaviour. Parents are welcome to bring their children. Many local community agencies will be at the Ready, Set, Grow Check-Ups including:

- Durham Region Health Department (Infant and Child Development, Oral Health, Public Health Nurse)
- Durham Region Social Services (Children's Services Division, Durham Behaviour Management Services)

- Grandview Children's Centre (Preschool Speech and Language, Occupational Therapy, Physiotherapy)
- EarlyON Child and Family Centres
- Family and Community Action Program
- Resources for Exceptional Children and Youth – Durham.

Ready, Set, Grow Check-Ups happen monthly at different locations across Durham Region.

Here are the dates, times and locations for the remaining 2019 Ready, Set, Grow Check-Ups:

Wednesday, October 16 | 9:30 a.m. – 1:30 p.m.
RH Cornish Public School, 494 Queen Street, Port Perry

Thursday, November 21 | 9:00 a.m. – 1:00 p.m.
EarlyON CFC Uxbridge, Uxbridge Public School, 64 Victoria Road, Uxbridge

Wednesday, December 4 | 9:30 a.m. – 1:30 p.m.
Dr. C. F. Cannon Public School, 1196 Cedar Street, Oshawa

Visit durham.ca/ChildDevelopment for more information and check out the event calendar for Ready, Set, Grow Check-Up dates, times and locations for 2019.



Grade 5 Action Pass

Did you know that levels of physical activity for males and females drop as they get older, particularly after grade 5?

Increasing opportunities for kids to keep active in Grade 5 can encourage them to remain physically active as they get older.

For optimal health benefits, the 24-Hour Movement Guidelines for Children and Youth (aged 5-17 years) recommend that children accumulate 60 minutes of heart pumping activity each day. ParticipACTION's 2018 Report Card on Physical Activity for Children and Youth gives Canadian kids a D+ for overall physical activity, with only 35% of 5 to 17-year-olds meeting the physical activity recommendation within the Canadian 24-Hour Movement Guidelines for Children and Youth.

For decades, research has shown that physical activity improves heart health, helps maintain healthy body weights and builds strong bones and muscles in kids. However, for the first time, the 2018 ParticipACTION Report Card highlights important connections between physical activity and kids' brain health. "Canadian kids need to move more to boost their brain health" (ParticipACTION, 2018).

Physical activity in childhood is essential for a healthy brain and can improve thinking and learning, emotional regulation and self-control, problem-solving ability, memory, brain plasticity – the growth of new brain tissue, stress management, ability to cope with anxiety and depression, self-esteem and self-worth, and attention and focus.

The Grade 5 Action Pass is given to all grade 5 students in Durham Region. With this pass, students have access to free public skating, public swimming and other drop-in programs which vary by recreation centre. The passes can be used at participating recreation centres throughout Durham Region, and can be used by students as many times as they want from September 1, 2019 through to August 31, 2020. Passes are distributed to students at school and students are encouraged to attend their local recreation centre to register.

This is the 11th year that Durham Region Health Department is participating in the Grade 5 Action Pass program. Please see below for a listing of recreation centres supporting the Grade 5 Action Pass.

For more information visit durham.ca/PhysicalActivity or call Durham Health Connection Line.



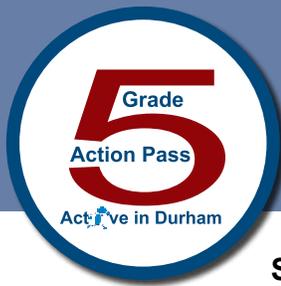
Get your FREE Grade 5 Action Pass

All Grade 5 students in Durham Region can get a pass that gives them:

- free public swimming
- free public skating
- free drop-in programs (programs vary by recreation centre)

Have fun, meet new friends and get active!

For more information and a list of participating recreation centres and programs visit: durham.ca/physicalactivity



Where Can Students Use Their Grade 5 Action Pass?

Students may use their Grade 5 Action Pass in Durham Region at any of the following recreation centres.

* These sites issue Grade 5 Action Passes.

**Brock students have their picture taken and passes distributed at school.

**Township of Brock

Beaverton-Thorah Community Centre
(705-426-9838)
Cannington Community Centre (705-432-2582)
Sunderland Memorial Arena (705-357-3338)

Municipality of Clarington

*Courtice Community Complex (905-404-1525)
*Alan Strike Aquatic and Squash Centre
(905-623-3392)
*Garnet B. Rickard Recreation Complex
(905-623-5728)
*Diane Hamre Recreation Complex
(905-987-5667)
*South Courtice Arena (905-435-1061)
Darlington Sports Centre (905-263-2906)
Newcastle Memorial Arena (905-987-4860)
Orono Park Outdoor Pool (905-983-9448)
Orono Arena (905-983-5617)

City of Oshawa

*Legends Centre (905-436-5455)
*Oshawa Civic Recreation Complex
(905-436-5454)
*South Oshawa Community Centre
(905-436-5474)
*Donevan Recreation Complex (905-725-3536)
Camp Samac Pool (905-725-8383)
Rotary Pool (905-723-1214)
Harman Park Arena (905-723-8025)
Children's Arena (905-725-8071)
Durham College/UOIT Campus Ice Centre
(905-721-3230)
*Oshawa Mary Street YMCA (905-438-9622)

Town of Ajax

*Ajax Community Centre (905-427-8811)
*McLean Community Centre (905-428-7711)
*Audley Recreation Centre (905-427-2468)

City of Pickering

*Pickering Recreation Complex
(905-831-1711 or 905-683-6582)
Dunbarton Indoor Pool (905-831-1260)

Township of Scugog

*Scugog Arena (905-985-8698)
Blackstock Recreation Complex
(905-986-5177)
Birdseye Pool (seasonal) (905-982-0830)

Township of Uxbridge

*Uxpool (905-852-7831)
Uxbridge Arena (905-852-3081)

Town of Whitby

*Whitby Civic Recreation Complex
(905-666-1991)
Iroquois Park Sports Centre (905-668-7765)
Luther Vipond Memorial Arena (Brooklin)
(905-668-7765)
McKinney Centre (905-655-2203)
*Brooklin Community
Centre and Library
(905-655-2010)
Abilities Centre
(905-665-8500)





Oral Health Emergencies

Young children are prone to falling or bumping into things. Often injuries to the face and mouth look worse than they are. Especially the mouth area because the tissue in the mouth bleeds readily and as it mixes with saliva it appears there is more blood. In the case of a dental emergency, stay calm and reassure the child. Bacteria is always present, make sure to use proper (IPAC) infection prevention and control measures, such as gloves. Knowing what to do in an emergency can make all the difference between saving and losing a tooth. Follow your protocol for notifying parent/guardian regarding emergencies.

The Oral Health Division advises parents to seek the care of a dentist with any problem their child may have regarding their teeth, mouth and gums.

Healthy Smiles Ontario may help families with the cost of dental care.

Toothache or Abscess

- If swelling occurs this could be from an abscess (a tooth infection that can be serious if left untreated).
- Place a cold compress on the face next to the sore tooth.
- **Do not** use heat as this can increase swelling and pain.
- **Do not** place aspirin, other pain relievers or numbing gels on gum tissue around the sore tooth.
- Children should see a dentist immediately.

Knocked-Out Tooth/Teeth

Check to see if the child has any serious injuries such as a cut lip, cheek or tongue.

Primary (Baby) Tooth

- Please note that most children under five years of age do not have erupted “adult” (permanent) front teeth.
- **Do not** attempt to re-insert a “baby” front tooth.
- Apply pressure to the injured site to control bleeding.
- The child should see a dentist as soon as possible.

Permanent (Adult) Tooth

If a permanent tooth is knocked out, find it, it may be saved (especially if it is put back in place within an hour or two).

- If the tooth is dirty, rinse with water, but **do not** scrub or remove any attached tissue.
- If possible, carefully re-insert the tooth back into its socket and hold it there with clean gauze or a wash cloth.
- If you cannot replace the tooth in the socket, put the tooth in a container with milk immediately.
- The child should see a dentist immediately.

Broken, Chipped or Bumped Tooth

Check to see if the child has any serious injuries such as a cut lip or tongue.

- Apply pressure to the injured site to control any bleeding.
- Gently clean any dirt from the injured area, using warm water.
- Place a cold compress on the face, in the area of the injured tooth, to minimize any swelling.

- 
- If a tooth is pushed into the gum tissue, **do not** attempt to put it back into position.
 - The child should see a dentist as soon as possible.

Bitten Tongue or Lip

- The face and mouth can bleed a lot. Do not be alarmed.
- Apply direct pressure to the area with a clean cloth.
- If swelling is present, apply a cold compress to the affected area.
- If bleeding persists or the bite is severe, seek medical attention.

Orthodontic Problems (Braces and Retainers)

- If a wire is causing irritation, cover the end of the wire with a small cotton ball, wax or a small piece of gauze.
- If a wire is embedded in the cheek, tongue or gum tissue, **do not** attempt to remove it.
- The child should go to their orthodontist.

Possible Fractured Jaw

- Seek medical attention immediately.

Lost Filling

- Keep the area clean.
- See a dentist as soon as possible.

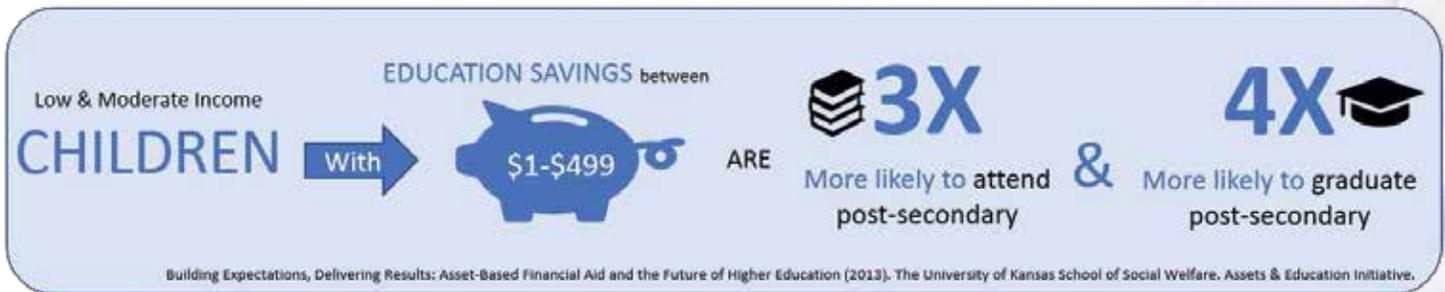
For more information about the health of your mouth visit durham.ca/OralHealth.

Healthy **Mouth**
Healthy **YOU**

Help Families Save for Post-Secondary Education by Promoting the Canada Learning Bond

Did you know...

Figure below used with permission from Smartsaver.org



What is the Canada Learning Bond?

The Canada Learning Bond (CLB) provides low and modest income families the chance to start saving for their children's education **now** and at **no cost to them**.

The CLB is a federal grant of at least \$500 and up to \$2000 per child to support low and modest income families to begin saving for their children's post-secondary education. No contribution of their own money is ever required.

Funds are deposited into an Registered Education Savings Plan (RESP), \$500 initially and \$100 per year that the child is eligible (including automatic retroactive deposits for any eligible years prior to opening the RESP) until the child turns 15 or the bond reaches \$2000 maximum.

If a family already has an RESP, they can contact their provider and request that the CLB be added.

Who is eligible?

Children are eligible if:

- Born 2004 or later
- Family income less than \$47,000

Why is it important to share this information?

- In Durham Region there are over **36,000 eligible children** who are not yet receiving the CLB
- Just having savings for post-secondary changes educational outcomes
- Educational attainment is a key factor in determining long-term economic success and stability and has a significant impact on life-time earnings
- Education can break the cycle of generational poverty

How can you help eligible children in Durham Region receive the CLB?

- Increase awareness by sharing information about the CLB with parents
- Talk about how savings can increase the likelihood that their child will go to post-secondary
- Show them that saving is possible with the CLB - they can start today and it's **free**
- Refer them to SmartSaver.org to learn more about the CLB and RESPs and use the online portal to start a no fee, no deposit RESP at the financial institution of their choice
- If you would like a presentation about the CLB for staff in your organization, please contact Nora.Landry@durham.ca

Savings earmarked to post-secondary increase the likelihood that children will attend and graduate, and education is a proven route to greater prosperity. Increasing uptake of the Canada Learning Bond has the potential to be a poverty reduction game changer in our community.

For more information go to durham.ca or call Nora at 1-888-341-8612.





Questions About Breastfeeding? We Can Help!



While breastfeeding is a normal and natural process, it is not always easy. There are many challenges that mothers can experience when breastfeeding. Over 90% of Durham Region mothers initiate breastfeeding. However, by six months, just over half are still breastfeeding, and less than 10% exclusively breastfeed. Research shows that breastfeeding is more successful when mothers have access to individual and peer supports.

Durham Region Health Department offers a variety of **free** supports and services for families with questions about breastfeeding. Our **breastfeeding services** are provided by public health nurses for **babies of all ages**.

Durham Health Connection Line

1-800-841-2729 or 905-666-6241 – Monday to Friday 9:00 a.m. to 5:00 p.m.

- Confidential telephone advice, written information, and access to other breastfeeding services in the community

One to One Breastfeeding Support

- In-home visits and clinic services

Breastfeeding Groups

- Free **drop-in** peer groups, no registration required
- Provide an opportunity to share ideas, meet other parents, and support one another
- Family members and support persons are welcome

Ajax	Tuesdays 1:00 p.m. - 2:30 p.m.	EarlyON Child and Family Centre, 75 Centennial Road, Ajax
Bowmanville	Wednesdays 10:00 a.m. - 11:30 a.m.	EarlyON Child and Family Centre, 45 Westside Drive, Bowmanville
Uxbridge	Mondays 9:00 a.m. - 11:00 a.m.	Uxbridge Baby Café, 64 Victoria Drive (inside Uxbridge Public School)
Whitby	Thursdays 1:30 p.m. - 3:00 p.m.	Durham Region Health Department, Whitby Mall (2nd floor, West Lang Tower) 1615 Dundas Street East, Whitby

For information visit durham.ca/breastfeeding or call Durham Health Connection Line.



Free Online Prenatal Classes

Durham Region Health Department now offers free online prenatal classes that feature professional quality videos and evidence-based, Canadian information that is routinely updated! The mobile-friendly classes remove many of the barriers that prevented expectant families from accessing up-to-date prenatal education.

Prenatal education is an essential part of planning for a healthy pregnancy. It can decrease fears around labour and birth, help partners feel involved, prepare for bringing baby home and help families make informed decisions. Prenatal education is positively associated with health promotion behaviours such as exercise and nutrition and leads to increased likelihood of a vaginal birth, arriving at the hospital in active labour, as well as breastfeeding initiation and duration.

The prenatal classes provide essential information about pregnancy, childbirth and the postpartum period, in addition to links to local resources. The online classes are reviewed regularly to ensure information addresses current trends.

Class topics include:

- Pregnancy discomforts
- Stages of labour
- Comfort measures during labour
- Breastfeeding
- Caring for your newborn
- Local community resources

The classes feature audio voiceover, closed captioning and are accessible on any device that is connected to the internet. This allows expectant families to learn through a variety of engaging videos, 3D animations, learning activities, fun quizzes, helpful web links, downloadable PDFs, and a Parent's Toolbox loaded with interactive tools.

Whether you are a health care provider, first-time parent, supporting someone who is pregnant or looking for a refresher, the classes provide flexibility in learning about pregnancy and parenting.

It's never too early to register! Browse the content at your own pace, your log-in is valid for 1 year, with the program tracking what has already been viewed.

To register for the classes, visit durham.ca/OnlinePrenatalClasses. For more information, please call Durham Health Connection Line.

Supporting Young Parents Through Community Programs

Adolescence can be a challenging period of growth and development, involving many physical, psychological, and social changes. Those who are pregnant and/or parenting during this sensitive developmental stage may further experience unique social and economic challenges. These challenges can negatively impact their physical and mental health, as well as the health of their child. The young mothers themselves are at greater risk of health concerns such as anemia, hypertension, renal disease, eclampsia and depressive disorders with their children more likely to have low birth weights and associated health problems.

Despite these challenges, when young parents and their children receive the right support at the right time, there are many short and long term benefits. Programs that support young parents and their children serve to reduce isolation and improve health outcomes by providing increased access to information, resources and supports, as well as opportunities to build skills and develop positive connections with peers and community resources.

Health and social service providers are uniquely positioned to assist young parents along their journey. One way to support these families is to inform them of young parent support services. There are several such programs available throughout Durham Region including:

1. **SMILE (Supporting Mothers and Infants Learning Experience):** free prenatal group classes for young parents run by Durham Region Health Department. Classes provide information about pregnancy, labour, birth and early parenting.
2. **Food "4" Thought:** free drop in prenatal nutrition program for young pregnant women and mothers with babies 0-6 months. Program provides information about pregnancy, nutrition, baby care and parenting, as well as grocery gift cards and opportunities to create connections with peers and professionals.
3. **Healthy Babies Healthy Children (HBHC):** free home visits to families who need additional support during pregnancy, after their baby is born and as their child grows. Home visits are provided by public health nurses and family visitors.

For more information about these programs visit durham.ca/Pregnancy or call Durham Health Connection Line.

To learn more about the lived experience of young parents in Durham Region visit durham.ca/MyLifeMyVoice.





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HEALTH
DEPARTMENT

For more information on any article in this newsletter or to speak to a public health nurse please contact Durham Health Connection Line at 905-668-2020 or 1-800-841-2729

durham.ca/CHN



If you require this information in an accessible format, contact 1-800-841-2729

