

Healthy Children

April 2019 Parent Newsletter



Avoiding Common Allergies

Sending your child to school can bring new parenting challenges. One of these can be food – especially if your child has an allergy.

There are 3.4% of Canadians who have an allergy to food. According to Health Canada, the number of children with allergies is closer to six percent. Most food allergies come from these ten products:

- Peanuts
- Dairy
- Wheat
- Soy
- Mustard
- Tree nuts
- Eggs
- Sesame
- Sulfites
- Fish and shellfish

People can have allergies to just about anything, including chocolate! A school can be a tough challenge for a child with allergies. Some suggestions to help along the way include:

- Make sure the administration is aware and knows if your child needs an auto injector
- Have your child wear a medic alert bracelet
- Find out what the school policy is on common allergens for lunches, snacks and special events

As your child gets older they can start to read food labels to check for allergens. Encourage them to ask about ingredients and cooking methods, because the allergen may not be in the food, but used as a part of cooking.

➤ **For more information about food safety, visit**
<https://www.canada.ca/en/health-canada/services/seasonal-food-safety/safe-school-lunches.html>

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What You Need to Know about Your Child's Sexual Development

Did you know that you can subscribe to the federal government's list of food recalls to keep informed about foods recalled based on undeclared ingredients at: <http://www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php>



What You Need to Know about Your Child's Sexual Development

You may think that sexual development happens in the teen years, but it actually starts at birth and continues throughout childhood. By learning about your child's development, you'll be better prepared to talk with your child about the changes they'll go through as they get older.

Talking about sexual health and sexuality together now will help to start the conversation and keep it going.

To encourage healthy sexuality and development, in elementary, children should know:

- That their body is their own and no one can touch it without their permission.
- The correct names for body parts including genitals and reproductive organs (knowing the correct names for body parts promotes positive body image, self-confidence and parent-child communication).



- How reproduction happens. For example, you could say, “when a sperm joins an egg, a baby grows in the uterus, and is born through the vagina”.
- Not to pick up things such as condoms or syringes. Now is a good time to teach them not to pick up anything if they don't know what it is or if they think it's dangerous.
- Basic information about body changes during puberty.
- Other body parts and body functions: urine, stool, bladder and urethra.
- About how important hygiene and self-care are when they start puberty.

➤ To learn more about development from birth up to 18 years of age, please visit **Alberta Health Services** www.teachingsexualhealth.ca