

Healthy Children

May 2019 Parent Newsletter

Safe Playgrounds? Check!

As we approach another season, our list of things to do isn't getting any shorter. One thing we'd like to check-off our list is ensuring our kids engage in safe play. Playgrounds are a place that your children can enjoy most of the year. However, they are also a place where injuries can occur. Equipment like monkey bars, swings and slides are popular but are the cause of many injuries on the playground. In 2017 fractures due to play on playground equipment were the leading injury for children ages 5-9 years old.

The [Playground YES Test Checklist](#) is a tool you can use to help prepare you and your child for safe play. Here are some tips to take with you:

- Ensure the playground is appropriate for the age of your child.
- Check to make sure there are no hazards such as loose parts and weak handrails and barriers.
- Wear clothes ready for play! This means avoid scarves, clothing with drawstrings and cords. Make sure your child takes off their helmet before playing.



- Teach your child playground rules: taking turns, no pushing or shoving, and staying safe distances from moving equipment like swings.
- Monitor your child while playing.
- Alert your local environmental public health office of any problems with the playground.

It's recommended that public playgrounds adhere to [Canadian Standards Association](#) guidelines. These guidelines help create safe play spaces and equipment for everyone to enjoy. But we all have a part to play! Use and share the Playground YES Test with family and friends to help make our playground safe for all.

Articles

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Check!

Sugar: It tastes good
but is it good for your
teeth?

Outdoor Classrooms

Did you know that May 24, 2019 is Outdoor Classroom Day? On this day, children all around the world have class outdoors. Learning outside can help kids connect with nature, while engaging them in learning and developing life skills such as cooperation, problem solving and resourcefulness. For more information about how parents can support outdoor learning, visit <https://outdoorclassroomday.com/>



Sugar: It tastes good, but is it good for your teeth?

Even though sugar tastes good, too much sugar is not good for our teeth or bodies. It is linked to tooth decay and other health conditions like obesity, diabetes and heart disease.

Sugar causes tooth decay by mixing with germs in the mouth to make acids. These acids break down the hard outer layer of the tooth (enamel) causing tooth decay. The more often we consume sugar in foods and drinks, the greater the risk for tooth decay.

To help your child prevent tooth decay:

- Limit foods and drinks with added sugars.
 - Eat more fruits and vegetables.
 - Drink tap water with fluoride (when available).
 - Brush twice a day with a fluoride toothpaste and floss daily.
 - Visit a dental professional regularly.
- Ask your dental professional about fluoride treatments and dental sealants to protect your child's teeth.



For more information on oral health and oral health services, visit www.ahs.ca/oralhealth