

# Healthy Children

October 2018 Parent Newsletter



## Articles

5 Easy Tips to Get Rid of Lice

Food in the Media

## 5 Easy Tips to Get Rid of Lice

Lice! The word can send many parents into a panic. No one wants to get a call that their child has lice. Lice can happen to anyone, anytime. Rich or poor, clean or dirty, lice do not discriminate. The head louse is one of several types of lice, but it only infests the scalp. The head louse is not known to spread disease. Up to 10% of elementary school children may have lice. If a child has lice it can spread to other family members or close contacts. Head lice do not hop or fly. The lice spread by contact with the hair of a person who has lice.

So what do you do if your child has lice?

1. Try not to panic.
2. Treat only those with lice. Talk to a pharmacist for the most

current and effective treatment.

3. Wash bedding and clothing, especially head gear and scarves in hot water. Drying on a hot cycle will help but is not necessary.
4. Soak combs and brushes in hot water approximately 55 degrees Celsius.
5. Do not use sprays to treat the house. They can be toxic.

Finding lice does not mean that your child gets time off school. Your child can go home at the end of the day and still return the next day after treatment.

➤ **For more information about head lice and treatment, visit** <https://www.albertahealthservices.ca/assets/info/school/if-sch-sh-head-lice-and-how-to-treat-them.pdf>

## World Mental Health Day

October 10<sup>th</sup> is World Mental Health Day. You can use this day as an opportunity to check in with your child and see how they are doing. Asking every day questions can help such as: “How was your day?” or “What was the most challenging thing you did today?”

To learn more about mental health, visit <http://www.sickkidscmh.ca/ABC/Parent-Resource/Welcome>



## Food in the Media

Has your child ever asked for food because they saw it advertised? If so, you're not alone. Ads can influence children's food requests and eating habits. Making food and drinks appeal to kids is a multi-billion dollar industry. The problem is, 90% of foods advertised to kids are high in sugar, salt and fat.

Food and drink ads are in television commercials, magazines, videos on social media, games on websites and cell phone apps. For example, kids see over 2.5 million food and drink ads per year on their favourite websites alone!

What can parents do?

**Teach media literacy:** Talk with your child about the ways that companies advertise foods to them. Around 10 years old, children can understand the intent of ads.

**Limit screen time:** Decrease the time that your child sees ads by limiting screen time. Ideas for other activities include crafts, dress-up, playing outside or reading.



**Parents and children can eat the same foods:** Products marketed as “kid food” are often high in fat, sugar or salt. For example, fruit flavoured gummies are usually high in sugar and contain little-to-no fruit.

**Support schools and recreation centres that are trying to avoid food ads:** Tell them you support their efforts to make healthy changes. Work with others to keep your community free from this advertising.



**For more information, visit the Raising Healthy Kids media literacy channel:**

<https://vimeo.com/channels/rohkfoodliteracy>