



KEEPING IN TOUCH

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NATURAL DISASTERS ... *How do I talk to my child about them?*

This article from Invest in Kids looks at explaining natural disasters to young children, which may have special relevance for many of our LINC families with relatives and friends affected by the recent events in Burma and China.

Events, near and far, have parents concerned about their children's reaction to the news and how to help them cope with the information and their emotions. The recent natural disasters in Burma and China may be topics of conversation around the dinner table and may be prompting some questions and unsettling feelings in young children. We offer the following information to inform parents of young children about the nature of their child's socio-emotional and intellectual world and how to support their child's development in difficult times.

1. Children need to feel safe. Sticking to the familiar and regular routines provides the security and consistency that children need in order to cope when the outside

world seems unsettled. Reassure young children that the family will keep them safe.

2. Young children's mental capacity to understand events and images of natural disasters is limited.

A preschooler, whose understanding of time and space is weak, may assume that what they are seeing on TV is close to home and so may become scared that a disaster could occur in his neighbourhood. As young children don't have the ability to filter what is coming through the news, their worries are created from bits of information that then take on a life of their own. Turn off the TV and reduce the minute-to-minute updates of the situation.

3. Answer children's questions using words and concepts that are at their developmental level. Never dismiss a child's need to know and have her curiosity satisfied. How you answer these questions is as important as what you say. It is important to stay calm and

be honest, even if the questions cause some discomfort. The average preschooler's thinking is very concrete and egocentric, so keep the information simple, limited to what they need to know and related to how they view the world (i.e., avoid gruesome details or long term consequences). For older children, a simple scientific explanation of how earthquakes and tsunamis are created should be provided. Make sure to tell them that even in an area that is less vulnerable, safety measures are in place to help people if there is a natural disaster. Reassure the child that adults in the world are trying to take care of a problem and that children do not have to worry.

4. Very young children are sensitive to your moods and emotions. When a parent is anxious or worried, your child will pick up on it. Monitor your behaviour with others and keep your emotions in check. Children should not have to feel that

they must be in control and taking care of their parent's emotional needs.

5. If your child appears to be worried, help her to identify those feelings by labelling them. It is important that young children learn from an early age that it is good to talk about feelings so that an adult can help. Give the child the words for her feelings, e.g., "I can see you are feeling scared, angry, sad, or worried when you see those pictures on TV. Mommy and Daddy can help by talking about it with you."

6. Keep calm when your child is upset. Remember, you cannot be helpful unless you are in control of your own emotions. If you acknowledge and validate your child's fears and emotions with a supportive hug, your child will learn that you are available and there for them when they need you most.

Invest in Kids

Are you offering school age care?

The circumstances of Ontario families have changed dramatically over the past 30 years. As a result of these changes, almost 1½ million Ontario children from infancy to age 12 need non-parental care while their parents are working or in school. This is true also for LINC parents studying English. In order to support families with older children more LINC programs are now offering summer school age care. According to research, quality school-age care should provide:

From Child and Family Canada

Positive Outcomes for Children:

- Positive learning experiences for all children;
- Improved school performance;
- Early detection and prevention for children at risk;
- Reduction of the impact of poverty on children;
- Development of skills through a range of age appropriate activities;
- Creates an environment to promote positive social skills;
- Provides a safe and secure environment for children;
- Develops trust through the establishment of consistent relationships with trained caregivers.

Measles continues to circulate in Toronto

The measles outbreak that began earlier this spring continues with four new cases reported to Toronto Public Health in the past several days. Nine cases of the illness have been reported since the start of this investigation. There are currently outbreaks in other municipalities in Ontario and in parts of Europe and the United States as well.

Anyone born before 1970 likely had measles in childhood, and is therefore protected. Everyone else should ensure they have had two

doses of measles vaccine for full protection, especially as we know measles is circulating in Toronto.

Toronto Public Health is contacting those individuals who are known to have had direct exposure to a measles case.

Individuals born between 1970 and 1995 were routinely given only one dose of measles vaccine in childhood, and Toronto Public Health is recommending that those people receive a second dose.

Complete, up-to-date vaccination

remains the best way to protect yourself and your family from communicable diseases like measles, Dr. Yaffe added.

Measles is a highly contagious and airborne virus that is also spread by droplets and direct contact with nasal and throat secretions of an infected person. A person with measles can infect others from four days before to four days after the onset of rash.

Symptoms include: cough, runny nose, high fever (over 39°C), white spots in the mouth and red watery eyes that are sensitive to light. These symptoms are followed by a red rash, which lasts about six days. If symptoms develop, seek medical attention. Be sure to call ahead and advise the medical facility that you may have been exposed to measles.

Toronto Public Health



to the Early Childhood Education Field in Ontario

International Early Childhood Educators

Are you an internationally trained Early Childhood Educator (ECE) or kindergarten/elementary school teacher wanting to work in the Early Learning and Child Care field in Ontario?

We can assist you.

Access to the Early Childhood Education Field in Ontario is a program that addresses the barriers faced by Internationally trained ECEs wanting to obtain an Association of Early Childhood Educators Ontario Letter of Equivalency Certificate. This equivalency certificate is recognized for employment purposes in the Early Childhood Education field in Ontario.

CONTACT US NOW

Association of Early

Childhood Educators Ontario

416-487-3157 ext. 21 Toll Free 1-866-932-3236

info@aeceo.ca www.aeceo.ca



Working Together to Support Internationally Trained ECEs

Project Funded by
the Government of Ontario:



The Ethno-Cultural Program

From Safe Kids Canada

Immigration has always been an important component of population growth in Canada. According to the 2001 Census, 5.4 million people, or 18% of the total population, reported that they were born outside the country. One in five children in Canada is either an immigrant or the child of an immigrant.

Recognizing the importance of reaching out to diverse communities, Safe Kids Canada has launched a new Ethno-Cultural Knowledge Translation Program. The core focus of the program is to identify high risk ethnic communities and ensure they have access to culturally relevant injury

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prevention resources for the purpose of influencing behaviour and reducing the burden of preventable injuries.

Safe Kids Canada has decided to target Punjabi, Cantonese and Portuguese communities. According to a literature review conducted by Safe Kids Canada, children from these three communities are at high risk of unintentional injuries due to lower socioeconomic status,

parental education/English skills, cultural norms, lack of information and access to health resources.

Safe Kids Canada will be engaging community leaders or representatives from these communities to identify injury patterns, barriers to access and preferred methods of communication. Based on the findings, we will develop and translate culturally relevant injury

prevention strategies that are accessible to these high risk communities. Resources will be disseminated through appropriate key stakeholders who serve ethno-cultural communities.

If you need more information or require injury prevention resources targeting ethnic communities please contact Rifat Ahmed, Ethno-Cultural Coordinator at rifat.ahmed@sickkids.ca.



TUBERCULOSIS ...

Region of Peel
Working for you

Did you know that TB Infection and TB Disease are not the same?

TB Infection	TB Disease
<ul style="list-style-type: none"> You have the germs in your body. Your body has walled the germs off so they can do no damage. 	<ul style="list-style-type: none"> TB germs are multiplying and causing damage. TB usually causes disease in the lungs but can also affect other organs.
<ul style="list-style-type: none"> You have a positive skin test. Your chest x-ray showed no TB Disease. You may develop TB Disease in the future. 	<ul style="list-style-type: none"> You are sick. Symptoms – weakness, fever, weight loss; cough, chest pain, coughing up blood when TB is in the lungs, pain if in other parts of the body
<ul style="list-style-type: none"> You are not contagious. You are not sick. 	<ul style="list-style-type: none"> You are contagious if the TB germ is in your lungs and you are coughing.
<ul style="list-style-type: none"> TB Infection can be treated with 6 – 12 months of medication. Treatment will prevent TB Disease from developing. 	<ul style="list-style-type: none"> TB Disease is treatable and curable as long as you take all your medication. Early treatment prevents the spread of TB to others.

For poster resources go to www.region.peel.on.ca/health

Safe Kids Week Report

Halifax, Nova Scotia, May 26, 2008 – Today marks the beginning of national Safe Kids Week and new research shows that more child pedestrian injuries take place on residential roads than anywhere else.

The data, released by Safe Kids Canada, indicates

that child pedestrian incidents are a leading cause of injury-related death for Canadian children under the age of 14. Each year across Canada, 2,412 children are seriously injured and approximately 30 are killed due to pedestrian injuries – the 30 deaths represent more than one

classroom of elementary school children each year.

Over the past five years, pedestrian injuries have remained constant at the IWK Health Centre with more than 150 children seen at the Emergency department. The top two injuries include lower leg fractures and head injuries.

According to Safe Kids Canada, most incidents occur between 3 – 6 p.m. when drivers are returning home from work and children are returning home from school or play. The majority of these incidents are taking place in residential areas such as crosswalks and intersections.

Thank you for your thank you!

This is a card we received from the Upper Canada District School Board, in Cornwall We love hearing from you and hope you enjoy the dual language book kit!



Protection in the sunny season ... Do you have your hat?

Region of Peel
Working for you

Short shadow?
Seek shade

Long shadow?
Enjoy the sun!



Seek Shade

- Not all shade provides the same protection from UV exposure. Shade is most effective if it blocks both indirect and direct rays.
- Plan your daily outdoor activities so you are not in direct sunlight during the most intense UV radiation between 11 a.m. and 4 p.m.
- Seek or create shade when doing outdoor activities. Use umbrellas, gazebos, tents, awnings, canopies and the natural shade created by buildings, structures and trees.
- Keep babies under one year, out of direct sunlight.

Wear Sun-safe Clothing

- Wear a hat with a wide brim or a back flap to cover the back of the neck and ears, and to shield the face.
- Wear clothing made of tightly woven fabric that blocks the sun's rays.

- Wear a long sleeved shirt and long pants when in the sun.
- Apply sunscreen under sheer clothing.
- Wear a T-shirt, as well as sunscreen, when in the water.

Use Sunscreen

- Use a sunscreen and lip balm with UV protection with a SPF 15 or higher. Apply sunscreen 30 minutes before going outside and every 2-3 hours.

Wear UV-protective Sunglasses

- Wear sunglasses that provide 100% UV protection.

Check your shadow

- When your shadow is shorter, the sun is stronger, therefore stay out of the sun.
- When your shadow is taller, it is safer to be outside.

RESOURCES

Take a Look ...

Building Partnerships Between Families and Child Care Practitioners

Ottawa, ON – May 5, 2008

Today the Canadian Child Care Federation launched on its website a set of user-friendly, accessible tools to help practitioners build strong partnerships with the families of the children they serve. Workshops, articles and resource sheets highlight the importance of partnerships and will provide tips and strategies on how families and practitioners can work together to help children develop the social skills that will help them succeed in school and throughout life.

The first set of the resources will be launched on May 5; the second set will be launched in fall 2009. The articles and resource sheets are being distributed for free to 11,000 child care practitioners across Canada. All materials can also be downloaded for free from the CCCF website:

www.qualitychildcarecanada.ca

Check out ...

Child Safety Link

Child Safety Link is an injury prevention program at the IWK Health Centre in Halifax, Nova Scotia. We began serving Nova Scotians in 1997 and in 2002 expanded our focus to include the provinces of New Brunswick and Prince Edward Island. Take a 'virtual house safety tour' online. A great resource for all parents.

www.childsafetylink.ca/house/aMainHouse/default.asp

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