



By 5 years old, your child likes to be helpful by taking messages for you from loved ones and by helping with simple jobs.

Talk to your child about their day and what interests them. Show interest by asking questions- this will also help your child remember their day. If they are struggling with something, offer support and talk out how the challenge can be fixed. Not only does this show your child that you care, but it also helps them learn problem solving.

Healthy Snack Ideas

Snacking can be a part of balanced eating. 2-3 healthy snacks per day can keep energy levels up and give your child needed nutrients. A healthy snack can also help manage their appetite and make them feel less hungry between meals. For easy and quick kid-friendly snack ideas check out: [Cookspiration.com](https://www.cookspiration.com)



Sodium

Too much sodium (salt) can put your child at risk for high blood pressure, heart disease, and kidney disease later in life. Most of the sodium children eat is found in processed foods, packaged foods, ready-to-eat foods, fast foods and restaurant meals. Do your best to [offer your child healthy foods that are lower in sodium.](#)

Added Sugars and Sugary Sweet Beverages



Consuming too many foods and drinks with added sugars increases the risk of chronic diseases and dental cavities. It is important to model healthy drinking by avoiding sugary beverages in front of your child. Avoid serving soft drinks (pop) and fruit punch to your child as these drinks are full of sugar and may curb your child's appetite, leaving less room for healthy meals and snacks. If you offer your child juice, offer 100% juice, and give no more than 125-175 mL (4-6 oz) juice per day. You can also dilute the juice with water, so it has less sugar and fewer calories. [Click here to learn more.](#)

Vaccination

Getting your child immunized protects them from a variety of diseases.

If your child hasn't gotten their 4 year immunizations, call us or your primary care provider to book an appointment.

Your Child's Development

Timiskaming Health Unit has tools to help you monitor your child's development at each stage of their growth and offer tips to help your child thrive. Contact us to find out more or to get your child screened.



[Try these affirmation cards](#) to remind your kids of the great qualities they already have. Showing interest in your child's thoughts and interest helps build a caring relationship with them and also supports building resiliency.

How much does my child need?

	Guideline
Sleep	In a 24-hour period, 5-13 year olds should be getting 9-11 hours of uninterrupted sleep, with consistent bed and wake-up times.
Movement	5-17 years olds should get at least 60 minutes of heart-pumping energetic play each day. They should also get several hours of a variety of structured and unstructured light physical activities throughout the day.
Sitting time	No more than 2 hours per day of recreational screentime (e.g. tablet, cell phone, computer, tv). Long periods of time spent sitting should also be limited.

From: [Canadian 24-Hour Movement Guidelines for Children and Youth \(5-17\)](#)

Tips to Help Your Child Sleep

Having a good bed time routine and picking up certain habits can help your child (and parents) get a better night's sleep.

Here are some tips for parents and caregivers to help children get a good night's sleep:

- ♥ Be a role model and make sleep a priority.
- ♥ Talk to your child about the importance of sleep and promote independence by involving your child in setting a sleep routine.
- ♥ Set a regular sleep and wake-up time; even on weekends.
- ♥ Avoid screen time (television, phone, tablet) at least one hour before bedtime.
- ♥ Set up a comfortable sleep environment that is cool, dark, quiet and free of televisions and other screen devices.
- ♥ Ensure children avoid caffeinated food and drinks.
- ♥ Being active during the day can improve sleep quality and duration.



School Bus Eligibility

In Timiskaming, when a child gets to grade 1, if they live within 0.8 km of their school, they will no longer be eligible for the school bus. [Help your child develop safe walking skills early by teaching them about active travel!](#)

[Transportation Eligibility Policy](#) (North East Tri-Board Student Transportation)
[Politique: Transport Scholaire](#) (CSCDGR)



Car Seats

As your child grows, their car seat needs change as well. Timiskaming Health Unit Certified Child Passenger Safety Technicians are trained to help you understand when to go from a forward-facing car seat up to a booster.

Have your child's car seat checked **FREE** by trained staff. They will ensure your child is riding in the proper type of seat for his/her age, height and weight, check for wear and tear, proper fit, installation and anchoring. Your child's safety depends on it. Call us today to book an appointment! [Learn more.](#)

Check out your local library!

Libraries throughout Timiskaming do more than just lend out books. Many offer crafts, activities and specialized programs geared to children and families. Not only do these programs help you support your child's literacy, they can also be an opportunity to meet new people, socialize and learn new skills!



Dental Care

Regular dental visits are needed to maintain oral health and prevent issues before they start. All children and youth in need of dental care in the province of Ontario can get access to FREE dental services through the **Healthy Smiles Ontario** program (HSO). To find out if you are eligible for the program, [click here](#) or contact the THU Dental Team at 1-866-747-4305.



CONTACT US!

Call us toll free 1-866-747-4305 and ask to speak to a Healthy Babies Healthy Children nurse

