



Spring 2017

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Sun Safety

Canadians have been increasing their time in the sun, and UV rays from the sun can harm the skin and eyes. Skin cancer is the

most common cancer in Canada, and rates of melanoma are increasing. To help prevent skin cancer:

Enjoy the Sun Safely - Protect your skin and eyes

1. **Time of Day:** If you can, limit time in the sun when the UV Index is 3 or higher, usually between 11 a.m. and 3 p.m.
2. **Shade:** Seek shade or make shade by using an umbrella, a UV protective tent or pop-up shade shelter.
3. **Cover Up:** Wear clothes that cover as much skin as possible or UV-protective clothing. Wear a wide brimmed hat or baseball cap with flaps that cover the head, neck and ears.
4. **Sunscreen:** Apply plenty of sunscreen with SPF 30 or more, labelled 'broad spectrum' and 'water resistant'. Reapply when needed (especially after swimming, sweating, or towelling). Use a sunscreen lip balm.
5. **Sunglasses:** Wear close fitting / wrap-around sunglasses with UV 400 or 100% UV protection/ Children's and babies' sunglasses should be unbreakable.

Things to Avoid:

- Avoid getting a tan or sunburn.
- Don't expose children to UV rays to meet vitamin D needs. Use food or supplements instead.

Sun Safety Factsheets

1. [Sunscreen](#)
2. [Sun Tanning / Indoor Tanning](#)
3. [Children](#)
4. [Outdoor Sports and Recreation](#)
5. [Outdoor Workers](#)

Submitted by Sasha Girden PHN at MLHU

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Triple P® (Positive Parenting Program) Classes

The Middlesex-London Health Unit provides FREE Triple P (Positive Parenting Program) classes for parents and caregivers of children (1 - 12 years). This is an evidence-based model with a discussion group format where parents can learn positive parenting strategies.

Topics being offered this spring include: developing good bedtime routines; hassle free shopping with children; dealing with disobedience and dealing with fighting & aggression.

For more information about these FREE classes, locations, and how to register, visit www.healthunit.com/triple-p-classes

To register for a session, call 519-663-5317 ext. 2378.

Submitted by Dorothy McCann PHN at MLHU
Dorothy.mccann@mlhu.on.ca

International Kangaroo Care Awareness Day

May 15th is Kangaroo Care Awareness Day!

Kangaroo Care, Kangaroo Mother Care (KMC), or Skin-to-Skin is the name for holding a young baby bare chest to bare chest. It is ideally done immediately after birth and as much as possible during the first few days, and beyond. It is good for premature and healthy full-term babies.

Holding babies skin-to-skin in the early hours after birth helps newborns adjust to being outside the womb. Skin-to-skin for newborns is beneficial because it:

- Stabilizes blood sugar levels and heart rate
- Transfers good bacteria from mom to baby
- Supports the initiation of breastfeeding, as alert babies can use their natural instincts to locate, latch on, and breastfeed

Continued skin-to-skin helps:

- Reduce baby's stress and crying

- Reduces pain during newborn procedures and immunizations
- Helps baby sleep
- Boosts breast milk production
- Supports bonding



Skin-to-skin time helps both mom and dad get to know their new little baby.

Skin-to-skin...the healthiest place to begin!

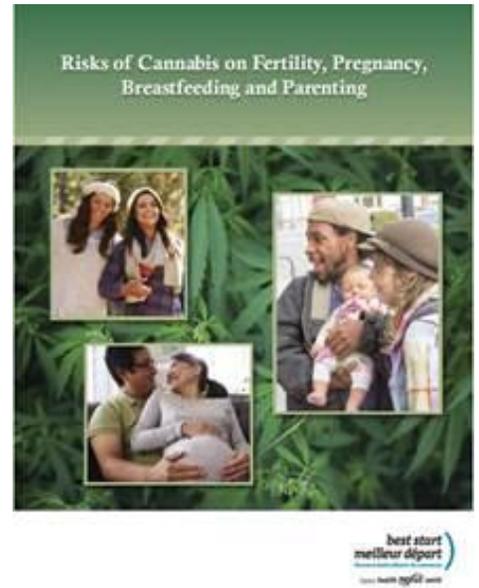
To learn more about skin-to-skin, call and speak to a Public Health Nurse at Health Connection 519-663-5317 ext. 2280 or go to www.healthunit.com/skin-to-skin

Submitted by Laura Dueck, RN PHN Laura.dueck@mlhu.on.ca

Best Start has just released a new resource called "[Risks of Cannabis on Fertility, Pregnancy, Breastfeeding and Parenting](#)".

This resource is for women and men, who are thinking about becoming parents, are pregnant, or who are new parents. It provides information about the effects of cannabis on fertility, pregnancy, breastfeeding, on children and adolescents when their mothers used cannabis

during pregnancy and on parenting. This resource summarizes the current knowledge about the effects of cannabis.



Submitted by Melissa Knowler PHN at MLHU
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NEW! Canadian 24-Hour Movement Guidelines for Children and Youth (aged 5-17 years)

The Canadian 24-Hour Movement Guidelines for Children and Youth (aged 5-17 years) are the result of new research in disease prevention and health promotion for school-aged children.

The [Guidelines](#) recommend "high levels of physical activity, low levels of sedentary behavior, and sufficient sleep each day".¹:

- A minimum of 60 minutes of physical activity every day:
 - activities can be spread out over the day

- activities should cause harder breathing and sweating such as bike riding, skipping, climbing on playground equipment, and dancing
- Several hours each day of light activities:
 - walking to school
 - helping with household chores (inside and outside)
- Active kids sleep better:
 - ages 5 to 13 years need 9 - 11 hours each night
 - ages 14 to 17 year olds need 8 - 10 hours each night
- Sit less, move more
 - limit recreational screen time to no more than 2 hours
 - limited sitting for extended periods

Now that spring is here, it's a great time for the whole family to get outside. Find an activity that you and your family enjoy, can do together and get moving. For goal setting or keeping track of your activity use the *in motion™* App or the Tracking Calendar available all year around.

www.inmotion4life.ca.

For more information:

Canadian Society for Exercise Physiology: [Canadian 24-Hour Movement Guidelines](#)

Middlesex-London Health Unit:
<https://www.healthunit.com/physical-activity>

Submitted by Berthe Streef PHN at MLHU
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Preparing for Parenthood prenatal classes

Prenatal preparation is about more than birth plans and baby care. Preparing for Parenthood classes focus on the couple and how they can prepare their relationship for a new family member. Through large and small group discussion, parents-to-be gain the knowledge and skills to cope with this major transition. Strategies to improve communication patterns are discussed within the context of common transition to parenthood challenges. Topics include work/life balance, team parenting, financial worries, finding helpful help, intimacy, and time management. The class is offered once a month and is facilitated by a female Public Health Nurse and a male facilitator with expertise in family dynamics. Please visit our [website](#) for class location, dates, and registration information.

Article submitted by Cassie McLeod Reproductive Health Team

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**Cassie is going on maternity leave at the end of this month.

Please direct inquiries for this program temporarily to:

Erica Zarins

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Ext. 2287



Be Efficient ... Give Active Transportation a GO!

Using a motor vehicle is supposed to be an efficient means of getting to destinations such as work, school or shopping. For this reason, many people drive to and from work. But just how efficient is it to spend time waiting in traffic cues, especially during peak travel times? In some cases, using an active mode of transportation (AT) such as walking, biking or the bus can take about the same amount of time as driving ... or less! Consider that the average amount of time it takes to travel 1 km by walking is just 12 minutes and by cycling, just 5 minutes. <http://www.london.ca/residents/Environment/environmental-initiatives/Documents/YourOwnPower.pdf>

As far as efficiency goes, using AT has much to offer. It is an excellent way to build physical activity into a daily routine while getting to and / or from destinations such as work. It spares the environment by reducing greenhouse gas emissions and when fewer people drive there is less congestion on the roads. Driving less can also lead to cost savings, which is good for ones' economic health. Learn how to economize on fuel and what it costs to use different travel modes:

<http://www.london.ca/residents/Environment/environmental-initiatives/Documents/YourOwnPower.pdf>

[nvironment/environmental-initiatives/Documents/Transportation.pdf](https://www.healthunit.com/active-commuting-workplaces)

Sharing the benefits of using AT with employees can start “the wheels turning”. Find out how your workplace can encourage employees to use AT to get to and / or from work by visiting: <https://www.healthunit.com/active-commuting-workplaces>

To arrange an Active Transportation presentation for your workplace contact:
Bernadette McCall, RN, Public Health Nurse
Middlesex London Health Unit
PH: 519-663-5317, ext 2314
EM: Bernie.mccall@mlhu.on.ca

[The Aging Workforce...making it work!](#)

May 18, 2017
9:00 a.m.-3:30 p.m.
Registration begins at 8:30 a.m.
Speakers commence at 9:00 a.m.

Best Western Stoneridge Inn & Conference Centre, 6675 Burtwistle Lane, London On

The Canadian workforce is steadily aging. According to Statistics Canada (2015) 20% of Canada’s workforce (3.6 million) is 55 years and over. It is estimated that “older workers” will make up more than 80% of the workforce by 2018!

Is your workplace ready to support its’ Aging Workforce? How will this affect your organization? How can/should you prepare your organization so it is ready to support its’ Aging Workforce? What do you need to think about and plan for, how can

you anticipate and deal with generational conflict, how can you retain older workers longer - and why would you want to retain older workers anyway?

Join us for an engaging workshop as we explore the issues around the “maturing” of our current workforce; something that will have an effect on every workplace--in every sector. At [The Aging Workforce...making it work!](#) you will hear speakers from Public Services Health and Safety Association, (PSHSA), Human Resource Professionals from AON Hewitt, Age Friendly London and London Economic Development Corporation. These experts will help you assess the demographic risk in your organization and provide resources for you to develop strategies to respond effectively to this impending significant challenge.
Cost: \$75.00
Registration is required.
For registration and more information: <https://the-aging-workforce.eventbrite.ca>.
Sandy.richardson@mlhu.on.ca



#LittleMindsMatter

May 1st to the 7th is International Mental Health Awareness Week- it is also the week the Community Early Years Partnership and the Middlesex-London Health Unit are launching their Infant and Early Childhood Mental Health Campaign: #LittleMindsMatter.

Help us to spread the message that kids have mental health too! In fact, by helping children to have healthy social and emotional development in the early years we can build the foundation they need for life long mental health. A strong foundation built in the early years, supports the development of resilient, thriving adults. Please share and like our messaging on the Middlesex-London Health Unit’s Facebook page, Twitter page and website: <https://www.healthunit.com/early-child-development-social-emotional>

Tell parents about our #LittleMindsMatter Contest. Details are on the above webpage. Parents can complete the online quiz by July 31, 2017 and be entered to win 1 of 3 great prize bags full of fun activities. For information directed specifically at professionals who work with young children and their families every day go to <https://www.healthunit.com/children-and-mental-health>

There you will find suggestions about what to look for, how to talk to parents about sensitive issues and some community resources to recommend. *Stay tuned for details about an upcoming workshop featuring Dr. Jean Clinton and Dr. Chaya Kulkarni.*

Article submitted by: Sarah Ingram Early Years Team
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Resources

The Middlesex-London Health Unit, Health at Work 4 All! program is once again pleased to provide your organization with our Spring Newsletter and a selection of new resources for use in your workplace.

These resources can be downloaded for you to print, or you can request hard copies by contacting Sandy Richardson at 519-663-5317 ext. 2412 or email her at sandy.richardson@mlhu.on.ca

**Moms Want To Know!
How Do I Return To Work/School
And Breastfeed?**

**NEW!
Breastfeeding
Peer Support Group**

You are invited to come share your ideas on how to manage breastfeeding while working or in school!

A safe place for all breastfeeding moms to connect with other moms Facilitated by a Public Health Nurse

Family Centre Argyle
1990 Royal Crescent
6:30-7:30pm
Monday, May 15
Monday, June 19
Monday, July 17
Monday, August 21
Monday, September 18
Please check website for cancellations

Join us once a month

For more information
www.healthunit.com/breastfeeding
Health Connection (519) 663-5317 x 2260
Family Centre Argyle (519) 499-2194

www.healthunit.com

Middlesex-London
Baby-Friendly
Initiative

Triple P Positive Parenting Program
Hassle-free Shopping with Children
Discussion Group for Parents of 5-12 year old Children

Shopping can be an enjoyable activity for the family.
Learn about strategies that can make shopping with your child enjoyable.
We can find answers together.

Location: Beacock Public Library
1280 Huron Street
Date: Tuesday, May 16, 2017
Time: 6:30 – 8:30 p.m.

For more information go to www.healthunit.com/iparent

To register, call the Middlesex-London Health Unit 519-663-5317 Ext. 2378

London Public Library

www.healthunit.com/iparent

MIDDLESEX-LONDON
HEALTH UNIT

Triple P Positive Parenting Program
Dealing with Disobedience
Discussion Group for Parents of 5-12 year old Children

Children don't come with an instruction manual
Learn about ways to handle those everyday challenging behaviours.
We can find answers together.

Location: Beacock Public Library
1280 Huron Street
Date: Tuesday, May 2, 2017
Time: 6:30 – 8:30 p.m.

For more information go to www.healthunit.com/iparent

To register, call the Middlesex-London Health Unit 519-663-5317 Ext. 2378

London Public Library

www.healthunit.com/iparent

MIDDLESEX-LONDON
HEALTH UNIT

**CANADIAN 24-HOUR
MOVEMENT GUIDELINES
FOR CHILDREN AND YOUTH:**
An Integration of Physical Activity, Sedentary Behaviour, and Sleep

PREAMBLE

These guidelines are relevant to apparently healthy children and youth aged 5-17 years irrespective of gender, race, ethnicity, or the socio-economic status of the family. Children and youth are encouraged to live an active lifestyle with a daily balance of sleep, sedentary behaviours, and physical activities that supports their healthy development.

Children and youth should practice healthy sleep hygiene habits and practices that are conducive to sleeping well, limit sedentary behaviours (especially screen time), and participate in a range of physical activities in a variety of environments (e.g., home/school/community, indoors/outdoors, land/water, summer/winter) and contexts (e.g., play, recreation, sport, active transportation, hobbies, and chores).

For those not currently meeting these 24-hour movement guidelines, a progressive adjustment toward them is recommended. Following these guidelines is associated with better body composition, cardiorespiratory and musculoskeletal fitness, academic achievement and cognition, emotional regulation, pro-social behaviour, cardiovascular and metabolic health, and overall quality of life. The benefits of following these guidelines far exceed potential risks.

These guidelines may be appropriate for children and youth with a disability or medical condition, however, a health professional should be consulted for additional guidance.

The specific guidelines and more details on the background research informing them, their interpretation, guidance on how to achieve them, and recommendations for research and surveillance are available at www.csp.ca/guidelines.

Triple P Positive Parenting Program
Managing Fighting and Aggression
Discussion Group for Parents of 5-12 year old Children

It is common for children to have disagreements or arguments.
Learn about ways to handle fighting or aggression.
We can find answers together.

Location: Beacock Public Library
1280 Huron Street
Date: Tuesday, May 9, 2017
Time: 6:30 – 8:30 p.m.

For more information go to www.healthunit.com/iparent

To register, call the Middlesex-London Health Unit 519-663-5317 Ext. 2378

London Public Library

www.healthunit.com/iparent

MIDDLESEX-LONDON
HEALTH UNIT

Triple P Positive Parenting Program
Developing Good Bed Time Routines
Discussion Group for Parents of 5-12 year old Children

Children need a good night's sleep.
Parents also need sleep.
Learn about developing healthy sleep patterns for you and your child.
We can find answers together.

Location: Beacock Public Library
1280 Huron Street
Date: Tuesday, May 23, 2017
Time: 6:30 – 8:30 p.m.

For more information go to www.healthunit.com/iparent

To register, call the Middlesex-London Health Unit 519-663-5317 Ext. 2378

London Public Library

www.healthunit.com/iparent

MIDDLESEX-LONDON
HEALTH UNIT

The Aging Workforce *...making it work!*

When: Thursday, May 18th, 2017
9:00am – 3:30pm

Where: Best Western Stoneridge Inn & Conference Centre
6675 Burtwistle Lane
London ON, N6L 1H5

Registration begins at 8:30am; speakers commence at 9:00am



Is your workplace ready to support its' Aging Workforce?

This workshop will feature engaging, expert speakers from Public Services Health and Safety Association, Human Resource Professionals from AON Hewitt and Age Friendly London to help you assess your readiness and plan for the future.

Registration Fee: \$75.00 (register before May 11th)

For registration and information: <https://the-aging-workforce.eventbrite.ca>

