

Healthy Children

April 2018 Parent Newsletter



A Healthy Home

Staying healthy all year long includes many things such as physical activity, eating well, social interaction and other factors. One area you might not have thought of that can help keep you and your family healthy is the home you live in.

In Alberta, there are regulations that apply to any place a person rents to another person to live in. This could include an apartment, a house or a basement suite.

Both landlords and tenants have responsibilities. The tenant must pay their rent on time and not cause damage. The landlord must make sure that the home is safe to live in, has a proper toilet,

plumbing and safe water, heat is provided, there are rooms to sleep in and the appliances in the home work properly.

If you do not have shelter to live in that meets certain minimum requirements, it can affect your health. If you have a concern about a place you are renting you can contact Alberta Health Services Public Health Inspectors and an inspection can be done.

➤ For more information or to contact a Public Health Inspector visit www.ahs.ca/eph

Articles

A Healthy Home

Healthy Relationships

Does your child's school have an AMA Youth Run Club?

The Alberta Medical Association (AMA) and Ever Active Schools have brought a free, award-winning program for school-aged children to Alberta schools. They can provide schools with resources and support for new and or existing run clubs. To learn more visit

<http://www.amayouthrunclub.com/>



Healthy Relationships

Children start learning about relationships from birth. As they get older, their relationship circle grows beyond their family to include friends, teachers, teammates and others in the community. Being a positive role model and teaching your child how to be a good friend can help them develop the confidence and skills they need to build positive relationships as they grow up.



Here are some things you can show and teach your child about healthy relationships:

Treat people with respect:

Speak and solve problems in a respectful way helps your child learn when they're being treated with respect – or not.

Manage anger: Deal with anger in a positive, healthy, non-violent way.

Problem-solve: Break problems down, find possible solutions and think about possible outcomes for each solution.

Negotiate, compromise and agree to differ: Try turning problems into 'win-win' situations, where each person gets some of what they want. It's important for them to know when to 'agree to disagree' and that it's okay for people to have a different view. Learning to understand and respect others is what's important.

Be assertive, not aggressive: Being assertive is asking for what you want clearly and respectfully, without threats or physical force. Assertive

communication means that you respect the rights of others, as well as your own.

Children learn by example, and you're their biggest influence.

➤ **For more information on relationships please visit Alberta Health Services www.teachingsexualhealth.ca**