

# Healthy Children

November 2019 Parent Newsletter

## 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 your 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 those with lice. Talk to a pharmacist for the most current 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>**

## Articles

5 Easy Tips to Get Rid of Lice

Technology and Physical Activity

As the best defense against influenza infection and illness, an annual influenza immunization is recommended for all Albertans six months of age and older. For more information about influenza immunization visit

<http://www.albertahealthservices.ca/influenza.asp>



## Technology and Physical Activity

There is no doubt that technological advances have changed our society. If we reflect on our own childhood play experiences most of us would likely say that we remember being outside, in an unstructured setting and had the freedom to experiment movement skills. We felt challenged yet successful, building confidence and competence in a variety of skills and movements but most importantly, we were having fun! We were definitely heading on the progressing path of enhancing our physical literacy and enjoying every minute of our journey.

Today our children and youth are exposed to technology in various locations (home, school, friends' homes). It has become a daily part of life and this trend is only going to become more and more common. As advances in technology continue, our lives become more and more efficient but also have contributed to more sedentary behaviours. How can we balance the need to embrace the advantages of new technology with the need to stay active and maintain our physical



health? This isn't easy in a world that is becoming over populated with screens, but there are some tips on balancing technology and physical activity in our children's, or even our own lives:

- **Set daily limits or guidelines.** Limit the use of screens to certain times of the day or set times to 'unplug'.
- **Encourage them to get outdoors.** Who needs a screen when you can discover so much more in the great outdoors? Some ideas include: scavenger hunts, snowmen building, or rolling down hills.
- **Lead by example.** Nothing has a greater impact than a positive role model. How

often are you on a screen in front of them? Take note of our behaviours and unplug and get moving with them.

- **Create a list of unplugged activities.** Keep an activity jar at home, have your child help make a list.

Technology is not going anywhere and we may not have a choice where screens are but we do have a choice in finding balance in our lives and learning how to unplug. Learning these skills and passing them on to our children is only going to help us all lead happy healthy lives.