



Bundle up!

Dressing warm makes winter more enjoyable

By the time you read this, winter will be upon you. But you don't have to let it walk all over you.

If you prepare for winter weather and dress accordingly, you can still have fun outside.

Here's some tips on how you can keep winter at bay when you're outdoors:

- Wear layers.
- Always wear a hat or toque that covers your head and ears, and try wearing a neck warmer instead of a scarf to keep warm and reduce injuries while playing.
- Choose either mittens or gloves to warm your hands.
- A windproof shell is also a good idea to keep out the cold during the windy winter months.



This young fellow has it right: Toque, jacket and gloves.

'Tis the season to be healthy and mindful

In the holiday season baked goods are at our reach and holiday gatherings tend to always focus on food. It may be easy to eat a large amount of food without realizing.

Here are some quick tips to avoid mindless eating and promote a healthy holiday season for your family:

- **Store treats until snack or meal time.** Your child is more likely to nibble throughout the day if treats are left out in



Smile-Friendly Stocking Stuffers

Sugar-free gum
Popcorn
Trendy toothbrush
Electric toothbrush
Flavoured dental floss
3-minute egg timer
Mouthguard

an easy to access area. Keep them away in a cupboard or out of sight.

- **Offer regular meals and snacks.**

Try to offer healthy food choices at regular times throughout the day. This will help to satisfy your child's appetite so that they are content with smaller amounts of the holiday treats.

- **Slow down and taste the food.** Encourage your child to fill his/her plate once and to sit down to enjoy foods before deciding whether to take seconds. Teach your child to savour special holiday foods along with regular healthy choices.

Seasonal safety tips

*Deck the halls with boughs of holly,
Fa, la, la, la...OUCH!*

Remember that hazards are always lurking in your home, even at Christmas time! The tree, the lights, even the toys can create many dangers for you and your family. So let's all remember to **CELEBRATE!**

Check your indoor and outdoor light strings for frays, broken bulbs loose connections or broken light sockets.

Extinguish all candles when unattended.

Light your tree with indoor-specific lights (alternatively, make sure outdoor lights are for outdoor use).

Electrical outlets are easily overloaded! Make sure you are smart when it comes to plugging in.

Be sure to buy toys and gifts that are suitable for a child's age. Make sure batteries are installed properly and that packaging is disposed of quickly (to prevent suffocation).

Rearrange your room so that the Christmas tree is away from high traffic areas, heating vents, radiators, fireplaces and burning candles.

Always keep lighters, matches and burning candles out of children's reach.

Turn off your holiday lights when you when you leave home and before you go to bed. Ensure real Christmas trees are watered daily to prevent drying (and a potential fire hazard).

Remember to take the time to **CELEBRATE** and have a joyful holiday season!



One thing to remember about Christmas lights: Indoor-specific lights for indoors; outdoor lights for outdoors.