



Friendship

February is here and what a better time to talk about friendship. Parents as you talk to your child about healthy relationships, encourage your child to :

- Talk- to others about his/her interests
- Listen to what each other have to say.
- Praise each other for what he/she does well
- Use manners- saying please and thank you
- Be helpful- do things for your friends without keeping track of what they have done for you.
- Be honest about each others feelings
- Handle Conflict. Be clear about what you want and how you will compromise

Friendship does not include bragging about yourself, talking behind someone's back, or putting someone down. For more information, go to:

www.albertahealthservices.ca/2622.asp



Eating Disorders

Eating Disorder Awareness Week: February 5-11

Eating disorders are characterized by a preoccupation with food that interferes with life and keeps children from enjoying life and moving forward. Children learn attitudes towards food and weight at a very young age, so make a positive difference in your child's life.

Here are some tips to help prevent eating disorders:

- Give children healthy choices
- Emphasize positive aspects of healthy eating
- Teach children that their worth is not related to how they look
- Encourage children to take responsibility for their own well-being
- Do not use food as a reward or punishment
- Be aware of advertising and toys aimed at children
- Make family meals a peaceful time

For more information on eating disorders, visit www.nedic.ca or call Community Mental Health at (403) 381-5260.

Get Healthy and Celebrate Heart Month!

According to the Heart and Stroke Foundation, "families who eat nutritious food together, are physically active together, and live smoke-free lives are well on their way to reducing their risk of heart disease and stroke."

Without a balanced, nutritious diet and regular physical activity, children can gain weight and harm their heart health. Studies show that children who are obese are more likely to remain obese, leading to serious risk factors for heart disease and stroke. They may be prone to developing high blood pressure or Type 2 diabetes. Here are some helpful hints to encourage heart-healthy habits in your children and in yourself:

- Eat nutritious, balanced meals and snacks
- Make sure children are getting 60 minutes of physical activity **every day**
- Talk to your children about how tobacco use can effect their health

To find out how to improve your families heart health visit www.heartandstroke.com