

# Healthy Children

November 2017 Parent Newsletter

## Consent and Touch

Consent is an important concept for children to learn about from an early age. Consent is permission for something to happen or an agreement to do something. It can lead to better relationships with family, friends, peers and eventually romantic partners.

It's important to talk to your child about consent when they're still young. Here are some tips to start the conversations:

- Help your child understand that their bodies are their own and that they have the right to make decisions about their body. This includes making your child hug or kiss a family member or friends if they don't want to.
- Encourage your child to pay attention to other people's cues about personal boundaries by watching others' body language. For example, a person may take a few steps back to protect their space or they may move over slightly when someone sits too close to them.
- Encourage your child to ask for consent (e.g. ask first if you can give someone a hug).
- Teach your child to respect the 'no' messages. For example, if your child is roughhousing with another child, and the other child says "stop" they must respect that message.



### Good Touch vs. Bad Touch

Good touches are important because they make us feel loved and cared about (like hugs, kisses, cuddles, a pat on the back and high fives).

Giving hurtful touches isn't okay. It's not okay for people who take care of kids to give them hurtful touches. It's also not okay for kids to see other people getting hurtful touches. This includes touches like punches, kicks, slaps, bites or anything else that leaves a mark on their body.

➔ For more information please visit [Alberta Health Services](http://Alberta Health Services)

## Articles

Consent and Touch

Movement Guidelines for the Full 24-Hour Day

### Health Advice is as easy as 8-1-1

Did you know you can get trusted health advice around the clock from a registered nurse by dialing Health Link at 8-1-1?

Health Link is Alberta's free 24/7 health information and advice line. They can help assess symptoms and help you decide if you need to seek medical attention.



## Movement Guidelines for the Full 24-Hour Day

Physical activity is an important part of a child's healthy lifestyle. As a child's day is filled with a variety of activities, we need to remember that every hour counts. It is important to consider the full 24 hours in a day when supporting your child with healthy movement choices in order to ensure they have optimal time to sweat, move and rest. The *Canadian 24-Hour Movement Guidelines for Children and Youth* outline what a healthy 24-hour day should look like and recommend that 5–13-year-olds should:

**Sweat:** Aim to get 60 minutes of heart pumping activity each day.

**Step:** Spend several hours in structured and unstructured light physical activity such as walking, playing, household chores and exploring outdoors.



**Sleep:** Get 9–11 hours of quality, uninterrupted sleep each night.

**Sit:** Reduce sitting time as much as possible and limit screen time to 2 hours per day.

Health benefits come from being active every day and from getting a restful sleep each night. Even if your child is active for the recommended 60 minutes per day, it is important

to recognize how the other 23 hours of the day are being spent. By achieving the right balance of movement patterns across an entire day, we can ensure that children get optimal amounts of exercise, sleep and inactive time.

➤ **For tips on how to meet these guidelines, visit** <https://www.participaction.com/en-ca/peptalk/kids-parenting/24-tips-for-meeting-the-24-hour-movement-guidelines-for-kids> **and** <http://buildyourbestday.participaction.com/en-ca/>