

## Read together!



By age 6, children have started reading and are excited to show their loved ones how they can read simple stories. Taking time at the end of the day to read together is still a great way to help your child develop their literacy skills as well as to relax. At this age, you can start to read longer stories. Try visiting the library and signing out simple chapter books to read together at home.

## Eating More Veggies and Fruits

Help your child to enjoy more veggies and fruits! The more kids learn about vegetables and fruits, the more they are to try them! Keep veggies and fruits available and have them cut up in your fridge. They are easy to serve and great at any time. They make wonderful appetizers and snacks. Your child can learn about different colours, textures, shapes and tastes while helping you prepare and serve food. Pack them wherever you go! They taste great!



### Your Child's Development

Timiskaming Health Unit has tools to help you monitor your child's development at each stage of their growth and offer tips to help your child thrive. Contact us to find out more or to get your child screened.



## Marketing to Kids

Marketing influences your child's food choices and preferences. Most foods advertised to children are highly processed and are high in sodium, sugars, or saturated fat. Creating a safe environment where children are not constantly exposed to marketing can help your child make healthy food choices. To learn more about the marketing of food and drinks to kids and how you can limit your child's exposure, check:

[Marketing of unhealthy food to children and youth](#)

[Limit kids' exposure to food marketing](#)



## Child Mental Health

6 year olds are discovering who they are, having more meaningful friendships and need strong relationships. They also shift their focus off of themselves and start to have increased awareness and concern about others. Now is a great time to nurture empathy in your child. [Learn more here.](#)

## How much does my child need?

	Guideline
<b>Sleep</b>	In a 24-hour period, 5-13 year olds should be getting 9-11 hours of uninterrupted sleep, with consistent bed and wake-up times.
<b>Movement</b>	5-17 years olds should get at least 60 minutes of heart-pumping energetic play each day. They should also get several hours of a variety of structured and unstructured light physical activities throughout the day.
<b>Sitting time</b>	No more than 2 hours per day of recreational screentime (e.g. tablet, cell phone, computer, tv). Long periods of time spent sitting should also be limited.

From: [Canadian 24-Hour Movement Guidelines for Children and Youth \(5-17\)](#)

### Car Seats

As your child grows, their car seat needs change as well. Timiskaming Health Unit Certified Child Passenger Safety Technicians are trained to help you understand when to go from a forward-facing car seat up to a booster. As your child ages, they can also advise on when your child is ready to move out of a booster seat to using just a seatbelt.



Have your child's car seat checked **FREE** by trained staff. They will ensure your child is riding in the proper type of seat for his/her age, height and weight, check for wear and tear, proper fit, installation and anchoring. Your child's safety depends on it. Call us today to book an appointment! [Learn more.](#)



### Vaccination

**Getting your child immunized protects them from a variety of diseases.**

If your child hasn't gotten their 4 year immunizations, call us or your primary care provider to book an appointment.

### This is the last newsletter in the Parenting in Timiskaming series.

You will no longer be receiving these newsletters in your inbox, unless you have signed up for younger children.

For more information about resources and services offered from the Timiskaming Health Unit, please [see our website](#) or contact us toll-free at 1-866-747-4305.



#### CONTACT US!

Call us toll free 1-866-747-4305 and ask to speak to a Healthy Babies Healthy Children nurse



Services de santé du  
**TIMISKAMING**  
Health Unit