



Caffeine use in children and youth

Maximum recommended daily consumption (2.5mg/kg of body weight)

- 4-6 years: approx. 45 mg/day
- 7-9 years: approx. 62.5 mg/day
- 10-12 years: approx. 85 mg/day
- 13+ years: 2.5mg/kg body weight/day

Caffeine in food and drink

- Can of cola 36 to 46 mg
- Cup of coffee 135 mg
- Energy drink (one serving) 180mg

Health Canada <https://www.canada.ca/en/health-canada/services/food-nutrition/supplemented-foods/caffeinated-energy-drinks.html>

CPS <https://caringforkids.cps.ca/handouts/healthy-living/energy-drinks-and-sports-drinks>

HealthLinkBC <https://www.healthlinkbc.ca/healthlinkbc-files/caffeinated-energy-drinks>

Dental Care

Brush for 2 to 3 minutes, twice daily

Floss at least once daily

Brush your tongue

Children under 7 years should be assisted with dental cleaning

https://www.cda-adc.ca/en/oral_health/index.asp

Guides for Healthy Media Use

Screen time and Digital Media (CPS)

<https://caringforkids.cps.ca/handouts/behavior-and-development/screen-time-and-digital-media>

Parental Resources (Media Smarts)

<https://mediasmarts.ca/resources-for-parents>

Safety Online (Canada.ca) <https://www.getcybersafe.gc.ca/en>

Safety Online <https://protectchildren.ca/en/resources-research/online-safety/>

Safety Online <https://kidshealth.org/en/kids/online-id.html>

AAP Family Media Plan <https://www.healthychildren.org/English/family-life/Media/Pages/How-to-Make-a-Family-Media-Use-Plan.aspx/>

Parental Controls (MediaSmarts.ca)

<https://mediasmarts.ca/teacher-resources/using-parental-controls>

Booster Seat and Seatbelt Recommendations

<https://parachute.ca/en/injury-topic/car-seats/choosing-the-right-car-seat/>

https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/car_seat_safety

Transition	Details
Car seat to Booster	<p>Age - Usual age - 4 to 7 years</p> <p>Weight: \geq 18 kg (40 lbs)</p> <p>Transition when child has outgrown the car seat AND child's weight is at least 18 kg (40 lbs)</p> <p>Avoid early graduation from a car seat to a booster seat</p> <p>Check the booster seat fit - https://tc.canada.ca/en/road-transportation/child-car-seat-safety/installing-child-car-seat-booster-seat/stage-3-booster-seats</p>
Booster to Seatbelt	<p>Age - Usual age - 9 to 12 years</p> <p>Height: \geq 145 cm (57 inches)</p> <p>Transition when child has outgrown the booster seat.</p> <p>Avoid early graduation out of the booster seat.</p> <p>Check local laws.</p> <p>Ensure that the seatbelt is centred over the shoulder and fits snugly on their lap - https://tc.canada.ca/en/road-transportation/child-car-seat-safety/installing-child-car-seat-booster-seat/stage-4-seat-belts</p>
Rear seat to Front seat	<p>Usual age \geq 13 years</p> <p>Check local laws.</p> <p>Most provinces and territories allow children 13 years and older to sit in the front seat.</p>

CPS, Parachute, Transport Canada

Benefits of Free Play

Improved

- physical health,
- cognitive abilities
- academic performance
- mental health

Reduced

- obesity
- environmental allergies.

Injury prevention

ATVs

https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/all_terrain_vehicles

<https://parachute.ca/en/injury-topic/all-terrain-vehicles/>

Helmets

Helmets for biking, inline skating, scooters and skateboards

<https://parachute.ca/en/injury-topic/helmets/helmets-for-bicycles-inline-skating-scooter-riding-and-skateboarding/>

Helmets for winter activities <https://parachute.ca/en/injury-topic/helmets/helmets-for-winter-activities/>

Which Helmet for which activity <https://parachute.ca/wp-content/uploads/2019/06/Which-Helmet-For-Which-Activity.pdf>

Hockey

https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/bodychecking_in_ice_hockey_what_are_the_risks

<https://parachute.ca/en/injury-topic/winter-sports-and-recreation/ice-hockey/>

Horseback riding

<https://parachute.ca/en/injury-topic/summer-sports/horseback-riding>

Pedestrian safety <https://parachute.ca/en/injury-topic/road-safety/>

Playgrounds

<https://parachute.ca/en/injury-topic/playgrounds-and-play-spaces/built-playgrounds/>

<https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/playground-safety>

Road safety <https://parachute.ca/en/injury-topic/road-safety/>

Skiing and Snowboarding

https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/skiing_and_snowboarding_safety

<https://parachute.ca/en/injury-topic/winter-sports-and-recreation/skiing-and-snowboarding/>

<https://www.skicanada.org/safety/how-to-choose-a-helmet/>

Soccer

<https://parachute.ca/en/injury-topic/summer-sports/soccer/>

Snowmobiles

<https://parachute.ca/en/injury-topic/winter-sports-and-recreation/snowmobiling/>

<https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/snowmobiles>

Summer sports and recreation

<https://parachute.ca/en/injury-topic/summer-sports/>

Sun safety and tanning

https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/sun_safety

<https://caringforkids.cps.ca/handouts/preteens-and-teens/tanning>

<https://www.canada.ca/en/health-canada/services/publications/healthy-living/sun-safety-infographic.html>

Trampolines

https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/home_trampoline

<https://parachute.ca/en/injury-topic/playgrounds-and-play-spaces/trampolines/>

Tobogganing

<https://parachute.ca/en/injury-topic/winter-sports-and-recreation/sledding-and-tobogganing/>

Water Safety and Drowning

https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/water_safety

<https://parachute.ca/en/injury-topic/drowning/>

Winter Safety – Frostbite, Thin Ice

<https://parachute.ca/en/injury-topic/winter-outdoor-safety/>

<https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/frostbite>

https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/winter_safety

