

Booster Seats & Seat Belts – guidelines include weight and age restrictions below <i>plus</i> proper seatbelt fit (see references). Rear seat is safest except in certain compact extended cab pick-up trucks.		
Booster Seat		At least 18 kg (40 lbs) Rear seat. Booster seat laws vary between provinces. Check labels for individual model limits.
Seat Belt	Rear seat	At least 145cm (4' 9") tall and at least 36kg (80lbs)
	Front seat	Age 13 and over

<http://www.cps.ca/documents/position/car-seat-safety> www.parachutecanada.org

Injury Prevention	
General	www.parachutecanada.org canadasafetycouncil.org/safety-info
ATVs	www.caringforkids.cps.ca/handouts/all_terrain_vehicles www.parachutecanada.org
Bicycle Safety	canadasafetycouncil.org/child-safety/what-teach-your-children-about-bicycle-safety www.parachutecanada.org
Drowning	canadasafetycouncil.org/child-safety/drowning-it-can-happen-seconds www.parachutecanada.org
Farm safety	canadasafetycouncil.org/child-safety/children-farm www.parachutecanada.org
Halloween	canadasafetycouncil.org/child-safety/ten-halloween-safety-tips www.parachutecanada.org
Helmets	parachutecanada.org/injury-topics/topic/C8
Ice hockey	www.caringforkids.cps.ca/handouts/bodychecking_in_ice_hockey_what_are_the_risks www.parachutecanada.org
Needle Stick	www.caringforkids.cps.ca/handouts/needle_stick_injuries
Online Safety	canadasafetycouncil.org/child-safety/online-safety-rules-kids www.redcross.ca/how-we-help/violence--bullying-and-abuse-prevention/parents/kids--safety-online
Pedestrian	www.parachutecanada.org/injury-topics/topic/C14
Playground safety	www.caringforkids.cps.ca/handouts/playground-safety www.parachutecanada.org
Poisons	www.parachutecanada.org/injury-topics/topic/C16
Rail Safety	www.parachutecanada.org/injury-topics/topic/C17
Safety on Wheels	canadasafetycouncil.org/child-safety/safety-wheels
Skiing and snow boarding	www.caringforkids.cps.ca/handouts/skiing_and_snowboarding_safety www.parachutecanada.org
Snowmobiling	www.caringforkids.cps.ca/handouts/snowmobiles
Trampolines	www.caringforkids.cps.ca/handouts/home_trampoline
Violence and Firearms	pgs.ca/?page_id=119 www.caringforkids.cps.ca/handouts/gun-safety-information-for-families
Winter Safety	www.caringforkids.cps.ca/handouts/winter_safety
Workplace	canadasafetycouncil.org/workplace-safety

Concussion Resources
www.parachutecanada.org/thinkfirstcanada – info sheets and links to concussion assessment and recognition tools www.cps.ca/documents/position/sport-related-concussion-evaluation-management - evaluation and management www.caringforkids.cps.ca/handouts/sport_related_concussion parent/ coach handout

Internet safety tips
Discuss internet expectations with your parent or caregiver.
Keep your identity private.
Never reveal personal information – including age or gender
Avoid posting pictures of yourself or friends on Web sites or in chat rooms.
Assume any information posted will be available for anyone to see or read.
First-time meetings with cyber buddies should be supervised.
Let others know if you experience unwanted or hurtful material while online
People online may not be who they say they are.
The Internet is unregulated, information found can be dangerous or illegal.

Adapted from Norris ML. Paediatr Child Health 2007;12(3):211-6.

Help Sites with lots of information for kids and teens
www.kidshelpphone.ca http://www.jeunessejeecoute.ca 1-800-668-6868
www.caringforkids.cps.ca
kidshealth.org/ - a section for kids and another for teens
www.aboutkidshealth.ca

Internet Resources for Patients and Parents	
Babysitters	canadasafetycouncil.org/child-safety/what-you-and-your-babysitter-need-know
Booster Seats, Seat Belts	www.tc.gc.ca/eng/roadsafety/safedrivers-childsafety-car-index-873.htm http://www.caringforkids.cps.ca/handouts/car_seat_safety
Bullying	kidshealth.org/kid/feeling/emotion/bullies.html www.redcross.ca/what-we-do/violence-bullying-and-abuse-prevention/parents canadasafetycouncil.org/child-safety/cyber-bullying
Complementary and Alternative Medicine (CAM)	nccam.nih.gov www.naturaldatabase.com
Dating Safety & Healthy Relationships	www.rcmp-grc.gc.ca/cycp-cpcj/violence/dv-vf/index-eng.htm www.redcross.ca www.kidshelpphone.ca/Teens/InfoBooth/Dating/healthy-relationships.aspx
Discipline	www.caringforkids.cps.ca/handouts/guiding_with_positive_discipline
Health	www.healthycanadians.ca health and safety information
Hearing Loss/ Personal Music Players	www.hc-sc.gc.ca/hl-vs/iyh-vsv/enviro/hearing_loss-perse_audition-eng.php www.hc-sc.gc.ca/hl-vs/iyh-vsv/life-vie/stereo-baladeur-eng.php www.soundsense.ca
Home Alone	canadasafetycouncil.org/child-safety/your-own-home-safety-checklist canadasafetycouncil.org/child-safety/preparation-and-communication-key-children-home-alone
HPV vaccine	www.cdc.gov/std/hpv/stdfact-hpv-vaccine-young-women.htm
Immunization	http://www.caringforkids.cps.ca/handouts/vaccination_and_your_child www.immunize.cpha.ca
Low Income	www.canadabenefits.gc.ca
Mental Health	www.camh.ca/en/hospital/health_information/for_children_youth/Pages/default.aspx mindyourmind.ca/teenmentalhealth.org/
Physical Activity	www.caringforkids.cps.ca/handouts/physical_activity www.csep.ca/guidelines www.participation.com www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/04paap-eng.php
Second Hand Smoke	www.cancer.ca/en/cancer-information/cancer-101/what-is-a-risk-factor/tobacco/second-hand-smoke
Sexuality & Relationships	www.sexualityandu.ca includes emergency contraception www.kidshelpphone.ca
Sleep Issues	www.caringforkids.cps.ca/handouts/healthy_sleep_for_your_baby_and_child www.caringforkids.cps.ca/handouts/teens_and_sleep www.sleepfoundation.org
Strangers	canadasafetycouncil.org/child-safety/what-teach-children-about-strangers
Substances and Addictions	www.camh.ca/en/hospital/health_information (alcohol, marijuana, tobacco, cocaine, gambling) www.nationalantidrugstrategy.gc.ca/prevention/youth-jeunes/betobaccofree.hhs.gov/dont-start/index.html www.quitnow.ca/tools-and-resources/e-cigarettes.php (e-cigarettes)
Sun Safety, Tanning & Skin Health	www.caringforkids.cps.ca/handouts/sun_safety www.caringforkids.cps.ca/handouts/tanning www.hc-sc.gc.ca/hl-vs/sun-sol/index-eng.php
Television, Internet, Screen Time	www.caringforkids.cps.ca/handouts/promote_good_tlevision_habits www.caringforkids.cps.ca/handouts/limiting_screen_time_at_home canadasafetycouncil.org/child-safety/online-safety-rules-kids www.redcross.ca/how-we-help/violence--bullying-and-abuse-prevention/parents/kids--safety-online

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Disclaimer: Given the evolving nature of evidence and changing recommendations, the Greig Health Record is meant to be used as a guide only.