

General Health Resources

CPS <https://www.aboutkidshealth.ca/>
CHEO <https://outreach.cheo.on.ca/health-information-resources/health-education-info>
Montreal Children's Hospital <https://www.thechildren.com/health-info>
Nemours <https://kidshealth.org/>

Nutritional Recommendations

Eat vegetables, fruit, whole grains and protein foods.

Protein - Among protein foods consume plant-based more often. Protein foods include legumes, nuts, seeds, tofu, fortified soy beverage, fish, shellfish, eggs, poultry, lean red meat including wild game, lower fat milk, lower fat yogurts, lower fat kefir, and cheeses lower in fat and sodium

Choose foods with mostly **unsaturated fats** rather than mostly saturated fats

Water should be the beverage of choice

Eating together such as family meals, can foster healthy eating habits

Energy needs are individual and should be adjusted to maintain a healthy weight

Processed or prepared items with excessive sodium, free sugars (such as sugary drinks and confectioneries) or saturated fat should not be consumed regularly. Unsweetened nutritious foods and beverages should be promoted instead of sugar substitutes.

Cooking and preparing food at home can help support healthy eating. Food labels can help in making informed food choices.

Recommended daily intake	4 to 8 years	9 to 18 years
Calcium (mg)	1000	1300
Upper limit (maximum)	2500	3000
Vitamin D (IU) Health Canada	600	600
Source	Through diet or a supplement of 400IU	Through diet or a supplement of 400IU
Upper limit (maximum)	3000	4000
	No adjustment for latitude, pregnancy or lactation	

See RDI tables <https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/dietary-reference-intakes/tables/reference-values-elements.html>

Source: www.canada.ca/en/health-canada <https://food-guide.canada.ca> food-guide.canada.ca AAP

Selected measures to prevent excess childhood weight gain

INTERVENTION	RECOMMENDATION
Eat more fruits and vegetables	≥ 5 servings /day (or as appropriate for age as specified in Canada's Food Guide)
Limit free sugars and highly processed foods	Avoid sweetened fruit drinks, sport-drinks, energy drinks and carbonated soft-drinks. Reduce foods with added sugars, honey, syrups, fruit juices and fruit juice concentrates For example, reduce baked goods, sugary cereals, fast foods and frozen prepared meals
Eat breakfast	<i>Eat breakfast every day.</i>
Eat family meals	<i>Eat family meals together as much as possible through the week, including breakfast and dinner.</i>
Avoid distractions while eating	Do not eat while viewing television, video games, other screens.
Meals outside the home	Limit eating out and minimize 'fast foods'
Importance of satiety / fullness	Self-regulated by child, Include protein sources at every meal to promote a feeling of fullness.
Physical activity	≥ 1 hour per day
Sleep time	Adequate sleep (see recommendations)
Screen time	<i>Maximum 2 hours per day after 2 years of age; no television or video games in bedroom</i>

Adapted from Bosomworth Can Fam Phys 2012;58(5):517-23,
WHO <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

Canadian 24-hour Movement Guidelines

Sweat – 60 min of heart-pumping physical activity
Include vigorous PA for 60 min. ≥ 3 days per week
Include muscle and bone strengthening ≥ 3 days per week

Step – several hours of light physical activity

Sleep – 9 to 11 hours – ages 5 to 13 years
– 8 to 10 hours – ages 14 to 17 years

Sit – *no more than 2 hrs recreational screen time*
limit sitting for extended periods

<https://csepguidelines.ca>

Tremblay MS et al. Appl. Physiol. Nutr. Metab. 2016;41(6):S311-327

Food Guide Snapshot – available in many languages



<https://www.canada.ca/en/health-canada/services/canada-food-guide/resources/snapshot/languages.html>

Strategies for Good Sleep Habits – School-age children

Maintain a relaxed, predictable sleep routine - consistent and earlier bedtimes for all family members
Encourage relaxed settings at bedtime (dim lights, cool, calm environment)
Use the bed for sleep – not for activities, homework, watching TV
Identify and avoid negative sleep associations
Decrease time, attention given to night waking
Acknowledge nighttime fears and provide reassurance
Avoid daytime napping
Interact with children at bedtime
Avoid replacing parental attention with TV, computer or video games
No electronics or media in the bedroom (including adult bedrooms)
Limit screen time before bedtime (avoid 1-2 hrs before bedtime)
Reading is an essential part of the bedtime routine
No foods or drinks that contain caffeine (including chocolate and soft drinks) before bed, as it may interfere with sleep onset and quality
Avoid stimulant medications (e.g., cough medicines, decongestants)
Consult with a primary care practitioner about snoring or other sleep concerns

Strategies for Good Sleep Habits – Adolescents

Have a consistent bedtime routine
Try to keep sleep and wake times the same for weekdays and weekends
Avoid daytime napping
Have a relaxed setting at bedtime (dim lights, cool, calm environment)
Use the bed for sleep – not for activities, homework, watching TV
Get exercise every day, but avoid high-intensity exercise within 3 hrs of bedtime
Fall asleep in your bedroom, not on the couch
Avoid caffeine after mid-afternoon and later
Don't smoke, and don't use alcohol, herbal products or over-the-counter sleep aids to help you sleep
Avoid media/electronics in the bedroom
Limit screen time before bedtime (avoid 1-2 hrs before bedtime)
Consult with a primary care practitioner about snoring or other sleep concerns

Sleep Websites

www.caringforkids.cps.ca/handouts/healthy_sleep_for_your_baby_and_child
<https://www.ementalhealth.ca/World/Sleep-in-Children-and-Youth-Information-for-Caregivers/index.php?m=article&ID=21575>
<https://www.sleepfoundation.org/children-and-sleep>
<https://kidshealth.org/en/parents/sleep.html>

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	Age - Usual age - 4 to 7 years Weight: ≥ 18 kg (40 lbs) Transition when child has outgrown the car seat AND child's weight is at least 18 kg (40 lbs) Avoid early graduation from a car seat to a booster seat 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
Booster to Seatbelt	Age - Usual age - 9 to 12 years Height: ≥ 145 cm (57 inches) Transition when child has outgrown the booster seat. Avoid early graduation out of the booster seat. Check local laws. 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
Rear seat to Front seat	Usual age ≥ 13 years Check local laws. Most provinces and territories allow children 13 years and older to sit in the front seat.

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



Booster Seat Laws (a summary)		
	Earliest Graduation to Booster Seat	Earliest graduation to Seatbelt alone
BC	≥18 kg (40 lbs)	≥145 cm tall (57 inches) OR ≥ 9 years old
AB	≥18 kg (40 lbs) OR ≥ 6 years old	
SK	≥18 kg (40 lbs)	≥145 cm tall (57 inches) AND ≥36 kg (80 lbs) OR ≥ 7 years old
MB	Appropriate restraining device	≥145 cm tall (57 inches) OR ≥36 kg (80 lbs) OR ≥ 9 years old
ON	≥18 kg (40 lbs)	≥145 cm tall (57 inches) OR ≥36 kg (80 lbs) OR ≥ 8 years old
QC	Appropriate car seat or booster seat	≥145 cm tall (57 inches) OR ≥ 9 years old
NB	Appropriate car seat or booster seat	≥145 cm tall (57 inches) OR ≥36 kg (80 lbs) OR ≥ 9 years old
NS	≥18 kg (40 lbs)	≥145 cm tall (57 inches) OR ≥ 9 years old
PE	≥18 kg (40 lbs)	≥145 cm tall (57 inches) OR ≥ 10 years old OR Exceed manufacturer's weight limit
NL	≥18 kg (40 lbs)	≥145 cm tall (57 inches) AND ≥37 kg (81.5 lbs) OR ≥ 9 years old
YT	≥22 kg (48lbs)	≥145 cm tall (57 inches) OR ≥45 kg (100 lbs)
NT	≥18 kg (40 lbs)	
NU	≥18 kg (40 lbs)	
		Note that this summary is for comparison only. Refer to local legislation for details and current status

Environmental Hazards	
General Resources	American Academy of Pediatrics: https://publications.aap.org/aapbooks/book/524/Pediatric-Environmental-Health Canadian Partnership for Children's Health and Environment / Physician & Patient Resources: https://healthyenvironmentforkids.ca/ CDC National Center for Environment Health : https://www.cdc.gov/nceh/
Air Quality	https://www.canada.ca/en/health-canada/services/air-quality.html
Climate and Heat	https://www.canada.ca/en/health-canada/services/publications/healthy-living/infographic-staying-healthy-heat.html
Firearms	https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/gun-safety-information-for-families
Needle Stick	https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/needle_stick_injuries
Pedestrian	https://parachute.ca/en/injury-topic/pedestrian-safety/
Poison Centres	Call 1-844-POISON-X (1-844-764-7669) In Quebec 1-800-454-1212 In Nunavut call your local health centre
Poisonings	Cannabis https://parachute.ca/en/injury-topic/poisoning/cannabis/ Radon Gas https://parachute.ca/en/injury-topic/poisoning/approver-draft-copy-1249/
Smoke and Carbon Monoxide Detectors	Smoke Detectors https://parachute.ca/en/injury-topic/burns-and-scalds/smoke-alarms/ Carbon Monoxide https://parachute.ca/en/injury-topic/poisoning/carbonmonoxide/ and https://www.oafc.on.ca/public-safety/carbon-monoxide-alarms
Radon reduction	https://www.canada.ca/en/health-canada/services/health-risks-safety/radiation/radon/resources.html
Rail Safety	https://parachute.ca/en/injury-topic/rail-safety/
Second Hand Smoke	https://www.thoracic.org/patients/patient-resources/resources/second-hand-smoke.pdf
Workplace safety	https://www.canada.ca/en/employment-social-development/services/health-safety/workplace-safety/youth.html

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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.