

Self-Management

Why it's Important to You and Your Child

One part of self-management is having the ability to control your emotions and your responses. If you can identify your emotions and how they influence your actions, you will be better able to act on the emotions you experience. Being able to take a breath and calm yourself in a challenging situation to avoid over-reacting, yelling or getting into a fight is what self-management looks like in daily practice. Everyone experiences both positive and negative emotions, but knowing how to regulate and act appropriately on those emotions is key to self-management.

Have you ever done something or said something you wish you hadn't. We all have! For improved self-management skills, throughout the day, take time to deal with stress and teach your child this too. In a challenging situation, before doing anything else, take a deep breath (5 seconds in, 5 seconds out). By doing this you can actually calm your body's "fight or flight" response to strong emotions. In addition, learn to accurately name your emotions. These actions will allow your brain to start processing your emotions using your brain's cortex (thinking part). Practicing these two things can help you problem solve and think more clearly.

Reflecting on your emotions and how they influence your reactions is important for self-management. It can also help you think of how you can best model appropriate emotional responses for your child. Admitting to having emotions is not a sign of weakness or failure. It's okay to say, "I'm feeling upset right now, just give me a few minutes and then we can talk about this." It models that everyone has difficult emotions at times and that they can be managed in appropriate and safe ways.

(Adopted from www.parenttoolkit.com)



In Alberta, Alberta Health Care covers the cost of eye exams by a Doctor of Optometry for all children until they turn 19. Many vision and eye health conditions have no symptoms and can only be detected through an eye exam. For more information about childhood eye examinations and to find an optometrist in your area, please visit; www.optometrists.ab.ca

Helmet Safety

Spring is finally here and soon your kids will be begging you to bring their bikes, scooters, skateboards and in-line skates out of storage. But with wheels comes risk of injury. In fact, in 2013, more than 200 Alberta children between the ages of 6 and 12 years old visited an emergency department for injuries related to wheeled activities. Many children suffer head injuries as a result of a fall. Head injuries can be severe or even fatal. A properly fitted helmet, designed specifically for the wheeled sport your child enjoys, is the most important thing you can do to protect your child from serious head injury.

How do I choose a helmet?

Choose a helmet that meets Canadian Safety Standards and is designed specifically for the activity. Helmet costs vary, but more expensive ones are not always better. Choose a helmet that fits properly and that your child likes. It is best to buy a new helmet unless you are sure of the used helmets history and condition. Used helmets often have damage that you can't see and even a little crack can reduce the protection offered. Most helmets are made for single impacts and should be replaced after a crash. For more information visit: [Parachute: Which Helmet for Which Activity?](#).

What are pads for?

Pads help ensure a proper fit. They should be placed evenly around the helmet wherever there's a gap to get a snug fit. Thick pads can be replaced with thinner pads or removed as your child grows. You should not be able to move the helmet back and forth or side to side. For information on how to get a proper fit for your child's helmet visit: [Parachute: Got Wheels Get a Helmet.](#)

In Alberta it is the law that all children less than 18 years old must wear a helmet when they ride. Be a good "roll" model and always wear your helmet too! Have an active, fun and safe season with your family!