



MENTAL HEALTH

a happier outcome

What are the ingredients for a chipper child? According to the findings of a study by Britain's Institute for Social and Economic Research, it's living with two parents; no younger siblings (they were associated with lower levels of satisfaction); few quarrels with the folks; and having at least three family dinners together each week. Mom is also the word when it comes to a child's happiness. Researchers found that 73 percent of 10- to 15-year-olds reported being "completely satisfied" with their family situation when mom reported being in a happy relationship—but only 55 percent reported being "completely satisfied" when mom was unhappy in her relationship (the overall average was 60 percent). The findings also indicated that a mother's happiness in her partnership is more important to the child than the father's.

ALL HEALTH CONTENT
VETTED BY SICK KIDS
PEDIATRICIANS
SickKids
THE HOSPITAL FOR
SICK CHILDREN

eco.kid

organics for kids
do pour les jeunes



Prevent

Daily Shampoo
Shampooing quotidien prévenir
250ml/8.5 fl. oz.

PREVENTION

HEADING OFF LICE

With school well underway, it's just a matter of time before the first head lice outbreak updates start heading home. Head lice are spread through head-to-head contact or by sharing hats, helmets, brushes, etc., with someone who has lice. But if you are looking for a little extra preventative help in the fight against these horrible little critters, consider using a hair care product made with essential oils that smell nice to us but give off a scent that lice don't like. (We're fond of the eco.kid line.) "Essential oils, especially tea tree, eucalyptus, lavender, rosemary and thyme, all have antiseptic properties and are extremely useful to repel all insects. Most natural mosquito and other insect repellents contain one or more of these ingredients and the natural anti-lice prevention shampoos are no different," says Julie Zopp Rutledge, a Regina-based naturopath. *Prevent Daily Shampoo*, \$15, eco.kid.

BEDWETTING

Ooops! Sheet SWEET SHEET



Consoling a sad, soggy, trying-hard-to-be-potty-trained child who has a damp mattress in the middle of the night is a tough wake-up call for any parent. This waterproof, fitted cotton bedsheet (from a Canadian company) will protect your child's mattress from wetness, making it ideal for kids who have an occasional nighttime accident. Machine washable, it's available in twin, double and queen sizes. \$80-\$100, Ooops! Sheet.

VACCINES

immunization program expanded

Ontario recently joined Prince Edward Island in adding a rotavirus vaccine to its publicly funded immunization schedule. Infants will now be offered the oral vaccine at their two- and four-month visits. Rotavirus is the most common cause of serious diarrhea in babies and young children. Most children get rotavirus at least once by age five. According to the Canadian Paediatric Society, about 14 percent of children with the virus will see a health professional or visit a hospital. In other provinces, parents can expect to pay about \$200 to \$250 for the vaccine, but some health insurance plans do cover the expense.

HYGIENE

care kits

Perfectly sized for your purse or your child's knapsack, these cute kits are handy for travel and sleepovers. The first aid version includes sting relief pads, burn relief cream, antibiotic ointment, gauze pads and bandages. The dental care pack has toothpaste, a toothbrush, flossers and a timer. Both include stickers, which may be a welcome distraction from a boo-boo or brushing. *Medi Buddy* and *Smile Buddy*, \$7 each, Me4Kids.

