



Stan & Fran's Health Hints



May 2008

Safe Kids Week: May 26 - June 1

Twenty percent of all pedestrian injuries involve children under 15 years of age. Close to 1,800 Canadian children and youth are hospitalized each year due to pedestrian injuries.

Why are children at risk for pedestrian injuries?

- They are unable to judge speed and distance of vehicles.
- A child's hearing is not as well developed so they do not always know the direction from which the sound is coming.
- Children are small and cannot see over bushes or parked cars.
- Children judge larger vehicles as more dangerous, even if it is going more slowly than a small vehicle traveling quickly.
- Peripheral vision is not well developed so children cannot see approaching cars.



Five Steps to Cross the Street Safely

1. **Stop**
2. **Look both ways**
3. **Listen for traffic**
4. **Make eye contact with drivers**
5. **Wait until street is clear and all traffic has stopped**

For further information go to:
www.waytogo.icbc.ca

Traffic Light Foods

We often hear about food rating systems like the traffic signals of green light (eat lots), yellow light (eat with caution), and red light (don't eat). Is this a good system to use with your children?



Probably not. Most registered dietitians worry that traffic light systems are too "black and white". Instead, focus your food conversations around "fresh", tasty, and nutritious" rather than "good or bad for you".

Just like using the crosswalk for pedestrian safety is basic, **start with the basics for healthy eating:**



1. Have meals and snacks at routine times. Don't let your kids graze.
2. Be sure to sit down and eat with your children most of the time.
3. Serve healthy food, almost all of the time.
4. Balance your meals with all four food groups, focusing on vegetables, fruits, and whole grains. Check out www.healthcanada.gc.ca/foodguide

Next, take some special care to boost nutrition quality:

1. Limit added sugars, even naturally sourced ones, as well as salty, processed products.
2. Decrease processed, packaged foods (especially those that don't require refrigeration or freezing).
3. Teach your children the joy of seasonal, local produce—visit your local farmer's market this weekend!

