**A group of children with backpacks

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**Prepare Healthy Meals**

Would you like to prepare a nutritious lunch for your school children? Do you want to make sure your child will eat it themselves instead of swapping it out or throwing it away?

Follow these guidelines to get a winning combination:

Avoid snacks with heavily processed food products such as granola bars and potato chips. Of course, it's convenient to grab a package from the pantry, but these products usually contain a lot of sugar, salt, saturated fat and their nutritional value is sometimes negligible

Feed them products with good natural nutritional value. Wholemeal breads and crackers, fresh fruits and vegetables, and cheeses are all ingredients of choice for a healthy lunch. You can even divide them ahead of time into smaller portions that will be easier to swallow.

Give your child the opportunity to be entertained with appetizers. Give them the opportunity to experiment with a variety of nutritious dips and toasts such as yogurt, salsa or hummus for their vegetables and crackers. Prepare a soft-boiled egg for her to shell at lunchtime

Think small. Children eat the small portions with a good appetite, and they tend to snack throughout the day, so substitute several small bites for a submarine.

Leave out soft drinks and sugary fruit juices. They promote cavities and they take up a lot of space in the stomach which needs it for healthier fluids like milk

Consider what your child wants to eat. The best way to make sure they eat their lunch is to involve them in their preparation. Find out what their favourite snacks are or give‑them a choice of 2 or 3 items in the morning. Then, at the end of the day, ask them what they liked best about their lunch bag.

**Identify back-to-school stress1px-trans**

Sometimes children don't respond well to changes, and it can take some time to adjust to the start of the school year. Back-to-school stress can have a variety of causes. These include adjusting to new teachers and classmates, homework in addition to homework, or simply changing routines. Stress can sometimes come from more important causes, such as bullying by other children or the presence of a school-related phobia. To properly prepare to help your child, there are some important signs you need to pay attention to.

Signs that your child may be stressed or worried include:

Difficult departures to school, crying or irritability

Sudden bouts of bedwetting or incontinence during the day

Sleep disturbances

School truancy or dropping out of social activities

The occurrence of problems in the school environment

The appearance of nervous tics (twisting of the hair or biting of the nails)

Regressive driving

Headaches or abdominal pain at short intervals.

If you notice that your child is stressed, start a dialogue.

Talk to them about different ways to cope with this problem or possible solutions to the causes of their stress. Make sure your child's diet is balanced and encourage physical activity that will allow them to decompress. Make sure your child has some rest time in their schedule.

Involve your child's teachers or the school principal if a problem-solving method is required. And consult your doctor if stress seems like an excessive or unsolvable problem.

Above all, reassure your child by telling them that you support and love them, kissing them often, hugging them frequently, and encouraging them.

**Beware of these two parasites1px-trans: Head lice and pinworms**

In schools across Canada, lice and pinworms are two of the most common parasites in children.

How to get rid of head lice:

Step 1: Check your child's hair every week, especially looking for lice or their nits. You can also use a lice comb with very fine teeth.

Step 2: Remove as many parasites and eggs as possible by hand, then talk to your pharmacist about therapeutic products like medicated shampoos.

Step 3: Wash all clothes and bedding in very hot water to kill lice and nits. Vacuum furniture and floors.

Step 4: Don't let your child, whether infected or not, share a hairbrush, comb, headband or hat with friends.

How to get rid of pinworms:

Use a medicine prescribed by your doctor to free your child from pinworms. You should also treat other family members even if they don't have any symptoms. A second dose is usually taken 2 weeks later to prevent reinfection

Wash sheets, underwear, and pajamas to remove eggs

Make sure your children's nails are cut short and don't let them bite their nails or suck their fingers.

Teach your child, whether infected or not, to wash their hands thoroughly and regularly, especially after using the toilet and before meals.

