



MAY 2022

## MENTAL HEALTH

### National Child and Youth Mental Health Day

May 7th is about building caring connections between young people and the caring adults in their lives. We know having caring, connected conversations can have a big impact on the mental health of children and youth.

As Founders of National Child & Youth Mental Health day in 2007, FamilySmart has been leading May 7th and creating opportunities for home, schools, communities and organizations to connect around our "I care about you" message. We hope you will join us this year.

See: [Family Smart Resources for Educators](#)

For information on virtual events on May 2-4 see: [Virtual Events for Parents & Caring Adults](#)



## NUTRITION

### Teaching Resources: Body Image

Are you searching for resources on the topic of Body Image?

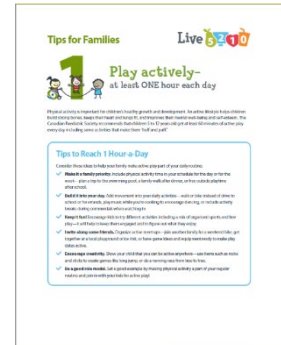
- [Teach Body Image: Portal for Teachers and Parents](#) aims to promote a healthy body image by providing teachers with the knowledge and tools to encourage and support students in making healthy body positive life choices.
- Check out this resource on [Strategies for Promoting Healthy Body Image](#) by DASH for helpful strategies to encourage positive body image.



## HEALTHY LIFESTYLE

### Promoting the '1' – New Live 5-2-1-0 Tip Sheet for Families!

Being active every day can help children build strong bones, increase cardio fitness, and improve mental-wellbeing and self-esteem. In response to feedback from community partners, the [Live5210 - 1 Tip Sheet for Families](#) was created to share simple ideas to help families work towards the 1-hour-or-more of active play each day, and offer suggestions on how to overcome some of the common barriers to being active. The '1' Tip Sheet is available to download from the [Live 5-2-1-0 Resource Hub](#). Be sure to also check out the other Tip Sheets in the series for guidelines '5' and '2' and stay tuned for the '0' Tip Sheet coming soon!



## SAFETY

Parachute Safe Kids Week is May 30 to June 5, 2022.



Safe Kids Week is an annual campaign to raise public awareness of child safety issues in Canada, encouraging community involvement as part of the solution. The topic of 2022's Safe Kids Week digital campaign is safe and active transportation for children: We are encouraging them to **#WalkBikeAndWheel**.

Keeping our roads safe is a shared responsibility. We encourage drivers, communities, municipalities and other levels of government to support children and their families in creating environments that can help them engage in active and safe transportation.

For more information including a backgrounder, tip sheet, social media guide, and the event guide for "Anything But A Car Day" see: [Safe Kids Week – Parachute](#)