



Enhance your skills and confidence as a parent!



Tip sheets are available for parents of school-aged children on a variety of topics:

- Bullying and Violence
- Children and Stress
- Communication
- Discipline that Teaches
- Positive Body Image
- Self-Esteem
- Staying Healthy
- Talking to Your Kids about Sexuality
- Surviving Mealtime Mania
- Snacks that Make the Grade
- The ABC's of Fruit Juice
- What's in Your Child's Lunch Bag?



*Some Tip Sheets are also available in Chinese, Farsi, Punjabi, Tamil and Urdu

***Parenting is the most important and rewarding work
you will ever do!***

To access these Parent Tip Sheets or for more information,
visit www.york.ca/healthyschools

or call

York Region Health Services

Health Connection:

1-800-361-5653

