

Primary Health Care

SW2 Newsletter— Keeping Kids Healthy

The school season is in full swing, and kids are often exposed to new illnesses (both viral and bacterial) while at school. Some of the most common illnesses can include the common cold, coughs, fevers, stomach illness, and pink eye. During the fall and winter months, respiratory illnesses also spread more easily.

Regular hand washing is the best way to prevent the spread of germs and keep your child healthy.

Children (and adults) should wash their hands:

- After sneezing or blowing their nose
- After touching doorknobs, desks and handrails
- After using the bathroom
- Before and after eating



How can I boost my child's immune system?

- Make sure your child gets the recommended amount of **sleep**
- Keep **stress** at a minimum
- Stay up to date with your child's **vaccinations**
- Offer **healthy food** choices

What should I do if my child is sick?

Despite your best efforts, your child may still get sick. When that happens, it's best to keep them home from school to avoid spreading germs or viruses.

Use this guide or contact 811 to know if your child is too sick to go to school.

HealthLine 811



Meal Planning Tips for Affordable and Healthy Eating in Saskatchewan :

Many individuals and families in Saskatchewan are impacted by the affordability and accessibility of healthy food. *Meal planning is one of the best ways to save money on food* while making sure you are eating balanced, nutritious meals. To get started try these 10 meal planning tips:

1. **Create a Menu:** Plan meals and make a shopping list to avoid impulse buys.
2. **Shop Sales:** Focus your meals around items on sale.
3. **Incorporate Plant-Based Meals:** Use lentils, beans, tofu, and canned fish for affordable protein.
4. **Check Your Supplies:** Use ingredients you already have before shopping.
5. **Use Grains:** Include inexpensive grains like rice and pasta.
6. **Avoid Special Ingredients:** Choose recipes that don't require costly or hard-to-find items.
7. **Focus on Seasonal Vegetables and Fruits:** Buy in-season fruits and vegetables or frozen/canned options.
8. **Repurpose Leftovers:** Turn leftovers into new meals to reduce waste.
9. **Make Extras:** Cook larger quantities and freeze portions for later.
10. **Involve Your Family:** Let family members suggest their favorite meals.

A dietitian can provide you with personalized advice on how to save money on food while ensuring you are getting adequate nutrition.

For more food related tips, please visit the following QR codes or contact:



Nutrition
Bites: Packing
School Lunch-

Laura Williams, RD:
306-860-7707

Cassidy Roberts, RD:
306-951-7712

Message from Public Health Nutritionist & Medical Health Officer: Dr. Tabien



Submission by Jadwiga Dolega-Cieszkowski MSc. RD.

Health professionals, including the Saskatchewan Health Authority's **Public Health Nutritionists**, play a crucial role in supporting the health of families and young children. While they do not work directly with clients, they provide guidance to those who do.

Adequate nutrition in early childhood is vital for growth, development, and long-term health. Many health professionals assess the nutrition and health status of infants and young children to ensure they are meeting milestones and identify any additional support needed.

SHA Nutritionists offer training to assist professionals in their work. For instance, public health nurses review growth trends and feeding patterns during Child Health Clinic assessments. Their guidance helps families with:

- Informed infant feeding decisions
- Cue-based feeding and responsive parenting
- Positive feeding relationships
- Developmental readiness for family foods
- Importance of key nutrients
- Growth trends and milestones

Public Health Nutritionists aim to support health professionals in guiding families, so children can reach their full potential.

For questions about nutrition standards and assessments, feel free to reach out.

Jadwiga Dolega-Cieszkowski MSc. RD.

Public Health Nutritionist, SW1-2
Rosetown and District Health Centre
306-882-2672 ext3 option3

Network Spotlight: Local Pediatric Physiotherapy Services

We are excited to announce that families in the SW1 and SW2 network now have access to **pediatric physiotherapy services** closer to home. Our local therapy teams provide support for children with developmental concerns, including abnormal head shapes, torticollis, and general motor delays.

Erin, a physical therapist, has been enhancing her skills with the guidance of specialists at Jim Pattison Children's Hospital and the Alvin Buckwold Child Development Program. She is now offering advanced pediatric support **one day a week in Outlook and Rosetown**. This expansion reduces travel time for families, allowing children to receive assessments and treatments sooner. It meets local needs and frees up resources at JPCH for more complex cases.

Supporting Your Child's Development:

Developmental milestones are skills that most children typically achieve at certain ages, such as waving, grasping items, or taking their first steps. These milestones serve as important indicators of a child's growth and readiness for school.

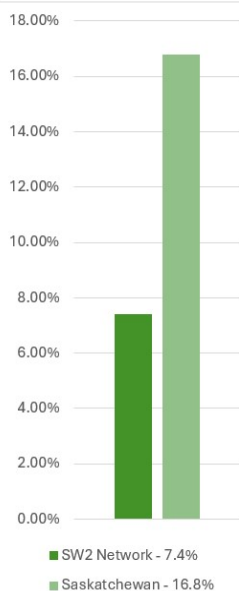
Milestones are categorized into five core areas:

1. Cognitive Skills: Thinking and understanding.
2. Communication Skills: Speaking, listening, and comprehension.
3. Social-Emotional Skills: Managing feelings and recognizing others' emotions.
4. Gross Motor Skills: Large muscle movements like walking and jumping.
5. Fine Motor Skills: Small muscle tasks like grasping a crayon.

Supporting Developmental Milestones:

- Engage in conversation, read, and sing.
- Provide a safe environment.
- Encourage physical movement.
- Use positive reinforcement.
- Play together. Play is vital for your child's brain, body, and emotional development. It fosters learning, exploration, and essential life skills.

Percentage of children not meeting developmental tasks at school entry.
Ministry of Education, Early Years Branch, 2023



For more information on how you can support your child to meet developmental milestones, contact:
Angela.Malcolm@saskhealthauthority.ca

Upcoming Events:

The Pathway to Preventing Diabetes

Express Education (20-30 minutes):

November 17, 2025 @ 2:00pm Beechy
Beechy Community Hall 111 Main Street

November 20, 2025 @ 10am Outlook
Civic Center—520 Semple Street

November 26, 2025 @ 10:30am Davidson
AGT Center (the rink) 500 Washington Ave

Free to attend and open to all members of the community & surrounding areas.

In Person Prenatal Class

Are you expecting a baby? Do you have a few questions? Like: How do I know if I'm in labour? What will I need to bring with me? How do I breastfeed? *We've got the answers for you!*

November 15, 2025 @ 9am—3pm Outlook
Outlook Health Centre—500 Semple Street

To register, please call:
Rosetown Community Services
306-882-2672 Ext 3 Opt3



Infant Feeding Class

This class is intended to help you feel the most comfortable introducing solid foods to your baby. Anyone who may find this information helpful is welcome—new and expecting mothers and/or fathers, caregivers of infants and family and friends. Babies are welcome!

October 27, 2025 @ 10:30am Davidson
Davidson Health Centre Boardroom: to register email Laura.Williams@saskhealthauthority.ca

November 27, 2025 @ 10:00am Dinsmore
Dinsmore Community Hall: to register email Cassidy.Roberts@saskhealthauthority.ca

PROTECT YOURSELF AND THE PEOPLE YOU CARE FOR

Visit 4flu.ca

for the most up-to-date details on walk-in clinics, vaccine booking and eligibility, and more



SW2 Flu and Covid

Immunization Clinic Dates

Outlook Heritage Centre

October 14: 11:00—5:00
October 20: 11:00-5:00
October 27: 11:00-5:00
November 3: 11:00-4:00
November 24: 11:00-4:00

Davidson Town Hall

October 15: 12:00-6:00
October 23: 12:00-6:00
November 6: 12:00-6:00

Craik Legion Hall

Oct 28: 2:00-6:00

Lucky Lake Community Centre

October 16: 10:00-2:00

Beechy Community Centre

October 21: 11:00-2:00

Kyle Legion Hall

October 24: 10:00-2:00

Loreburn Senior Centre

October 22: 12:00-17:00

Dinsmore Hall

October 28: 10:00-2:00

Kenaston Place, Kenaston

October 30: 12:00-5:00