

# Family Fun in Halton

Physical Activities for Children



A Guide for Parents and Caregivers



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## Healthy ACTIVE Children

Research shows that children who are physically ACTIVE enjoy improved health. Taking part in unstructured play, games, sports and planned family or community activities on a daily basis, helps both physical and mental health.

Parents and caregivers can further help ACTIVE children attain good health by encouraging them to eat a healthy diet as recommended in Canada's Food Guide and keeping the home environment smoke-free.

Safety is an important thing to think about when it comes to helping children stay ACTIVE. Using the right equipment, whether biking or skateboarding, taking care when out walking or at the playground and choosing age-appropriate activities will help keep ACTIVE healthy children safe.

It is also a good idea for parents and caregivers to protect children by using sunscreen and bug repellent when needed. One should also be aware of local air quality and heat or cold alerts when being ACTIVE outdoors.

Being ACTIVE helps children build strong bones and muscles, maintain a healthy body weight and to feel good about themselves. Most importantly, being ACTIVE is fun!

***Enjoy having Family Fun in Halton.***

## How to use this booklet

“Family Fun In Halton” is designed to help you, parents and caregivers, find ways to get and keep your children ACTIVE. This booklet describes physical activities primarily for children aged 4 to 11 years. If you have younger children, you can adapt the activities and make the rules easier to follow.

Activities are listed by season and there are rainy day and birthday party suggestions. Most of the activities do not need expensive equipment and some include using places and services available in Halton.

Each activity section contains:

- ✓ activities for children between the ages of 4-7 years,
- ✓ activities for children between the ages of 8-11 years, and
- ✓ ideas for family excursions.



This guide also contains useful information on staying safe while being ACTIVE and provides suggestions for making healthy meal and snack choices.

## How to get the most out of this booklet

1. Keep this booklet with your telephone directory for easy access.
2. Call your local pools and arenas for information on the annual free swim and skate times. Mark all dates and times on your calendar.
3. Plan to try something new every month.
4. Call your recreation department to find out about annual festivals and mark them on your calendar.

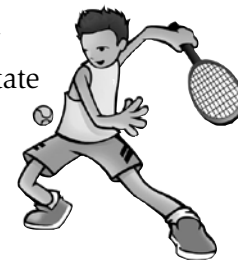
When you see this symbol ☎, refer to Pages 61-75 for telephone numbers. This symbol ♿, identifies wheelchair accessible facilities.

## Children and Physical Activity

While most adults think their children are ACTIVE enough, the evidence clearly shows that this is not the case. In Canada, only 7% of children and youth are meeting the new Canadian Physical Activity Guidelines (2011 Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth).

### How much physical activity is necessary?

To remain healthy, children need to be ACTIVE EVERY DAY. The new Canadian Physical Activity Guidelines state that for health benefits, children (age 5-11) and youth (age 12-17) get at least 60 minutes of moderate-to vigorous-intensity physical activity daily. This should include vigorous-intensity activities at least three days per week, and activities that strengthen muscle and bone at least three days per week. More than 60 minutes of daily physical activity provides greater health benefits.



- **Moderate-intensity** physical activity includes brisk walking, skating, bike riding, and playing outdoors. These activities will cause children to breathe harder, but they should still be able to talk.
- **Vigorous-intensity** physical activity includes running, soccer, basketball and swimming. These activities will cause children be ‘out of breath’ so talking would be difficult.

For more detailed information on how to increase your child’s physical activity see Canada’s Physical Activity Guide for Children in the centre of this booklet.

## What about sedentary behaviours?

According to the 2007-2009 Canadian Health Measures Survey, Canadian children and youth spend an average of 8.6 hours, or 62% of their waking hours engaged in sedentary behaviours. Sedentary behaviours include:

- sitting for long periods of time,
- watching television or videos,
- playing computer and hand-held games, and surfing the Internet.

New research shows that increased levels of sedentary behaviour are associated with increased risk of chronic disease, and a variety of physiological and psychological problems. (2011 Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth)

New Canadian Sedentary Behaviour Guidelines for School-Aged Children and Youth, released in February 2011, state that in order to achieve health benefits, children (age 5-11) and youth (age 12-17) should limit screen time to no more than two hours per day, as well as limiting sedentary (motorized) transport, extended periods of sitting and time spent indoors.

For more information about physical activity for children and youth please visit **[www.halton.ca](http://www.halton.ca)**.

***Replace non-active time with physical activity.***

## What are the Benefits of Regular Physical Activity?

- builds strong bones and strengthens muscles
- maintains flexibility
- achieves a healthy body weight
- promotes good posture and balance
- strengthens the heart
- enhances healthy growth and development

### What can you do?

1. Encourage your children to be physically ACTIVE. Think about what your children like to do. Start with activities that they already enjoy.
2. Be a role model. Kids learn more from your actions than your words. Share in the fun. Take the time to play actively with your children.
3. Turn off the television. Limit the amount of time that your child watches television and plays video or computer games to no more than one hour a day.
4. Go to garage sales for bargains on used equipment such as racquets, balls, skates, and bicycles. Check the Yellow Pages for a store that sells used sports equipment.
5. Find places for your family to be physically ACTIVE in your home, outside your home, and in your community.
6. Encourage your child's teachers, youth group leaders, and babysitters to try some of the activities in this guide.
7. Children benefit from regular activity breaks. Encourage daily physical activity in schools and if possible, have children walk to and from school.
8. Explore lessons such as swimming or skating for you and your child. You and your child will learn new skills and be physically ACTIVE.
9. If you have concerns about your child's inactivity, discuss this with your health care professional.

10. Use physical activity as a reward. Never discipline your child by taking away physical activity time. This is likely the time he or she needs to run around or go outside.
11. Choose an activity that makes your child feel successful.
12. Teach your child basic sport skills such as kicking, dribbling, and throwing.
13. Praise your children when they are ACTIVE. They need your approval and encouragement to continue to try new activities.
14. Sign your children up for Girl Guides. Visit [www.girlguides.ca](http://www.girlguides.ca) for more information.
15. Sign your children up for Boy Scouts. Visit [www.scouts.ca](http://www.scouts.ca) for more information.
16. If your neighbourhood is in need of a play area for children, contact your municipality to find out if there is funding or help to develop a playground for your community.
17. Join your school council and promote a physically ACTIVE school culture. Things to consider:
  - Do school policies promote or prohibit physical activity?
  - Are children allowed to ride their bikes to school?
  - Are there bike racks?
  - Can children roller blade to school?
  - Where is the drop off for those who are driven? Can it be 2 blocks away from the school?
  - What types of fundraising activities occur at the school? Are there any that are ACTIVE (danceathon)?
  - Do teachers take recess or physical education away to discipline the children?



## Tips for Getting ACTIVE

“Family Fun In Halton” suggests ways to stay healthy by being ACTIVE. The ideas below will help you and your children prepare for physical activities.

### Shoes

Make sure your child has a comfortable pair of shoes to prevent blisters or injury. A good pair of shoes for an ACTIVE child should have:

- enough room to wiggle toes
- a flexible sole that bends where the foot bends
- a firm arch support
- nylon mesh to allow feet to breathe
- good heel support to prevent sliding; and
- a slightly elevated heel



In warm months, choose loose, lightweight clothing. Remember to follow the Canadian Cancer Society Sun Safety Guidelines:

### “Slip/Slap/Slop/Slide”

**Slip** on a shirt

**Slap** on a hat, and

**Slop** on the sunscreen

**Slide** on sunglasses

“**Fight the Bite**”. Protect yourself and your family from West Nile Virus by using the proper insect repellent (see pages 53-56).

In colder months, layer clothing so layers can be easily removed as the body gets warmer. Make sure the outer layer is waterproof, for example, a snowsuit. Keep ears, head and fingers covered to avoid frostbite.

## Equipment

Beach balls, badminton rackets, all sizes of rubber balls, and bats can be bought at a good price (check discount stores). Also, young children enjoy toys made from plastic containers, squeeze bottles, cardboard boxes, cardboard rolls from wrapping paper or toilet paper, egg cartons, old clothes and hats. Check equipment regularly and discard if cracked or broken.

## Places to be ACTIVE

Kids need room to move. Where can your children be ACTIVE and safe without causing damage to your home? Where can they skip, play hopscotch, throw a ball, kick a ball, or ride a bike? Look around your neighbourhood. Find areas where they can play safely. For example:

- Find your closest play areas, public parks, or call your local Parks and Recreation Department ☎.
- To find the closest recreation building, swimming pool, and arena, call the Recreation Department ☎, your local YMCA ☎ or check the Yellow Pages/phone book for private facilities.
- A wide variety of sports programs and lessons are offered for children in Halton. In addition to recreation centres, sports organizations and private facilities offer a wide selection of activities. Check your Yellow Pages to find out what programs they offer for you and your family ☎.

Need transportation to get you there? Walk, ride a bike, or call your local bus information line for prices and schedules ☎.

## Energy for ACTIVE bodies

Children may feel hungrier or eat more during growth spurts and periods of increased activity. Make healthy eating easy by stocking your fridge and cupboards with healthy choices. Plan for meals and snacks so that healthy options are available before, during and after activities. Here are some quick, easy meal, snack and drink ideas to try.

### Meals

- Chicken and vegetable stir fry with rice
- Quinoa salad with a glass of milk
- Vegetable pizza with whole grain crust and fruit juice
- Lentil soup, green salad and whole grain crackers

### Snacks

- Cut up raw vegetables with hummus
- Sliced or whole fruit with cheese
- Ready-to-eat or hot cereals with fruit
- Whole grain muffin and a glass of milk

### Drinks

- Milk
- 100% fruit juice
- Water

***Respect your child's appetite.  
Provide healthy food and let your child decide which foods  
and how much to eat.***

## Activities for different ages

Kids will like activities that they can do well given their age and ability levels. The following guide is to help parents choose activities for their children.

Although each child is special and unique, at certain ages many act this way.

### Children between the ages of 4-7 years:

- enjoy dress-up with old hats, clothes, or shoes, etc.
- need to be shown how to play new games (telling them how to play may not be clear)
- enjoy crawl spaces (blankets over tables), bouncing balls, sprinkling cans, squeeze bottles, tricycles and bicycles, trucks to move dirt or sand, and noisemakers
- are just learning skills and need a lot of encouragement, and
- are not usually ready for competition but may want to play in organized sports

Encourage young children as they begin to learn new skills. Younger children have shorter attention spans and may tire more quickly than older brothers or sisters.

### Children between 8-11 years of age want to:

- be accepted as a member of a group of kids
- gain skills in the activities they like
- begin forming separate male and female groups
- collect things, and
- spend a lot of time deciding about the rules and changing the rules when they play a game

You can help by inviting other children over to play and encourage them as they form new skills. Skill development might include the skills of baseball, soccer, basketball, skating, skiing, tennis, dance, gymnastics or whatever their peer group is doing. It is helpful for this age group to have running shoes, balls, bats, skates, and a bike.

**Get active your way, everyday - for life !**

## Winter Activities

Take advantage of a fresh snowfall. Dress your children warmly, get them outside, and keep them moving.

Some good winter fun can include:

- tobogganning
- skating
- hiking
- building snow people and snow castles, and
- skiing - cross country or downhill
- hockey - try making a rink in your backyard



### Special activities for children between the ages of 4-7 years:

#### Snow Castles (all ages)

Castles can be made from digging and piling up snow or making snow bricks. To make bricks, use plastic containers (for example, a large ice cream bucket) and fill with snow. Pack the snow into the container, then turn it upside down. Pile the bricks to build the castle. Then decorate with flags made from plastic bags, build turrets, moats, and bridges.

*Caution: Do not make roofs, tunnels or forts – snow can collapse!*

#### Build a Snow Maze

After a snowfall, create a path in your yard or a park. Mix up steps, hops, huge steps, and tiny steps. Include a side body roll or forward roll. Add some obstacles such as jumping over the branches of an evergreen tree. Go through the maze following in the original tracks. Play follow the leader. Walk along the snow maze in slow motion. Go faster, then as fast as possible. Retrace the maze backward. When tired, lie on the snow and make a snow angel.

**Jack Frost can nip at more than your nose,  
so protect your face, ears and toes.**

## Snow Creatures

Start with a small amount of snow formed into a ball. Roll the ball in wet snow to make it bigger and bigger. Build a snowperson or make different types of snow creatures. Make a turtle, a dinosaur, or snow serpent. If your child is playing with friends, suggest one start on the head, another build a body, another start on the tail. Let them choose a name for their creature.



## Snow Throw & Catch

Roll a small amount of snow into a ball and play catch. Use underhanded throws only. If playing alone, find an ice cream container, basket, or plant container for your child to throw into.

## Name Tracks

In fresh snow, help your child build a snow trail using the letters in their name. Starting with the first letter of their name, use small steps or hops to spell out each letter. Jump from letter to letter.

## Special activities for children between the ages of 8-11 years:

### Football in the Snow

With one or two other children and a foam football, organize a football game. Practice passing and kicking the football on the snowy field. Tackling is okay in deep snow.

### Skiing/Snowboarding

Kelso & Glen Eden have ski hills, usually operating during the winter months. Ski and snowboard rentals are available. A day at Glen Eden can provide hours of ACTIVE fun ☎. Is your child in grade 4 or 5? Check out [www.snowpass.org](http://www.snowpass.org) for free lift tickets.



## Treasure Hunt

Wrap some objects in small plastic bags and bury them around the yard. Provide a general map of where to look. (For example, the first object can be found 15 steps from the back door step, heading North. Find the rose bush and move 2 strides East). Provide the children with sand shovels or plastic tubs and let them find the treasures.

## Snow Village

Encourage your children to build toy-sized roads and houses out of snow. Using a piece of board, a ruler or plastic toy dump trucks and front-end loaders, help them pack down snow to build roads. When the roads are made, encourage them to use their imaginations to build schools, homes, hospitals, and stores. Bring out older or plastic cars and trucks to travel along the streets to go to the various buildings.

## Family Excursions

Halton Region has wonderful outdoor places to enjoy. A winter excursion outdoors can build special memories and may become a family tradition.

Consider taking your children to the Royal Botanical Gardens ☎ or one of the Conservation Areas ☎ for a winter hike. See the woods and trails with a fresh dusting of snow. Watch for winter birds. Find a sheltered spot to have a snack, or winter picnic and breathe the fresh, cool air.

Glen Eden has good beginner hills as well as rental equipment for skiing and snow boarding. Instruction is available for a cost. For more information, call Glen Eden ☎.

Halton has many winter carnivals/festivals. Call your local Parks and Recreation Department for dates and location ☎.

Halton museums also offer special winter activities. For more information call the museums or visit their web pages ☎.

Check out your local arena for family skating times ☎. Some arenas may offer free family skating, or check out the free outdoor community rinks.





## More Excursions to Try

- Burlington Lakeside Festival of Lights. Traditional celebration of lights with unique illuminated and animated displays and family fun (free). Spencer Smith Park.
- Candlelight Tours of Yesteryear. Seasonal tours of historic Ireland House by the warm glow of candlelight. Reservations required. Ireland House at Oakridge Farm ☎.
- Holly Trolley Rides. Special Christmas streetcar rides at the Halton County Radial Railway museum, 13629 Guelph Line, Milton ☎.

Remember there are many excellent indoor activities available all winter. Try swimming, volleyball, bowling, mini golf, and rock climbing ☎.

*Caution: Watch for frostbite! If your child's face, ears, hands or feet become a reddish violet colour, itchy, chapped, painful, or have white patches, it is time to go inside. For more information on frostbite see page 49.*



***Be a positive role model.***

## Spring Activities

When spring arrives children want to play outside.

Some great spring activities include:

- basketball
- bicycling
- skipping
- baseball
- soccer
- hopscotch
- gardening



### All ages

#### Walking

Walking is great for everyone! Explore your neighbourhood by flipping a coin at each corner to decide if you will turn right or left. Don't forget your sunscreen!

Create a scavenger hunt by looking for a number of objects. Can you find a fire hydrant? A street sign? A stop sign? A telephone? Walking with your children is a great time to teach them pedestrian safety (page 43). Walking gives children and parents a chance to talk about what is happening in their lives and it also gives children a chance to learn about their neighbourhood.



#### Spring Cleaning

Put on energetic music, hand out cleaning supplies and divide jobs with your children. Your children's self esteem is improved when they help you.

## 4-7 year olds can:

- scrub window screens with soft brushes, a bucket of soapy water and a garden hose on the lawn
- clean out leaves and paper around garden shrubs and trees
- dust and polish baseboards with a soft cloth
- wash down porch steps or outside doors with old squeeze bottles filled with water, or a garden hose or,
- polish taps in the bathroom and kitchen with a soft cloth and a bit of detergent or window cleaner

## 8-11 year olds can:

- remove everything from a kitchen cupboard, scrub the shelves then reorganize
- wash windows with a bucket of a water-vinegar solution, sponge and newspaper or a squeegee
- change bedding and hang blankets and comforters outside to air
- vacuum or,
- rake the yard



*Caution: Do not allow children to use corrosive or poisonous cleaning products.*

## Special activities for children between the ages of 4-7 years:

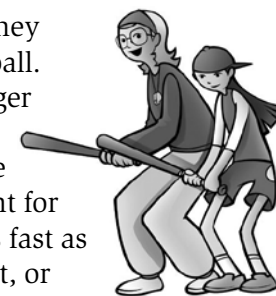
### Ball Play

Using a soft ball like a beach ball, kick the ball against a wall. When the ball bounces off the wall, kick it again. Keep the ball in motion. Watch for windows.

With a rubber ball (the size of a soccer ball), practise kicking the ball between two objects. Kick the ball from different distances and different spots. Try running and kicking the ball.

## Learning to Bat

Children love the attention and encouragement they receive when a parent helps them learn to bat a ball. Throw a soft ball for a child. Larger balls and bigger plastic bats are good for 4 and 5 year olds. Or, place a ball in the foot of an old pair of pantyhose and suspend it from a tree branch at a good height for the child to hit. The game can include running as fast as possible to first base and home base after each hit, or around all of the bases.



## Ball Handling

Have a child sit facing a wall with his/her legs spread. Gently roll a ball against a wall using two hands. Practice catching the ball when it returns. Try both right hand rolls and then left hand rolls. When they are comfortable with rolling and catching the ball, try more difficult activities.

From a standing position, have the child bounce the ball against the wall. Catch the ball as it bounces back. Use smaller balls to increase the difficulty.

With other children, have them pass the ball either by gently throwing or bouncing the ball between them. A beach ball works well for small children. Soft rubber balls are good for slightly older children.

## Play Structures

Many neighbourhood parks have climbing equipment. With your child, watch other children use the climbers and talk about safe play. Encourage your child to climb the monkey bars, and to play on the slides and swings. Show your child how to keep the swing going by pumping their legs. To find out where the nearest park is and what equipment is there, call your local Parks & Recreation Department ☎.

*Caution: Make sure your child tucks in drawstrings, cords or dangling scarves. Don't tie skipping ropes to equipment.*

## Special activities for children between the ages of 8-11 years:

### Skipping

With a skipping rope, hop with both feet, change from one foot then to the other. Try skipping backward. For more vigorous exercise skip faster or jump higher.



### Soccer

Get ready for the soccer season by practising dribbling a soccer ball. Practise running and gently kicking a soccer ball from one foot to the other foot. The key is to keep control of the ball. Use gentle kicks with the inside toe area of the shoe. Do not kick with the front of the foot or shoe.

For more of a challenge, build an obstacle course with plastic containers (margarine or ice cream containers) or trees. Practise dribbling the ball around the containers or trees. Move in different directions and pick up speed.

### Ball Games

Encourage your child to invite a friend over for a game of catch. Use a baseball if the children have baseball gloves. Use a softer ball if they don't.

On a tree or post, tie an old pail, basket or hoop, anything with an opening to throw through, and help your child practise overhand and underhand throws. Place sticks or draw lines at different distances. Suggest they keep track of the number of balls they sink in the basket. They might enjoy having a contest with one of their friends.

### Baseball

With a minimum of three players, a ball, a bat, and some open space, children can start a game of baseball. One child can be the batter, one the pitcher, and one the outfielder. Most children will want to make up their own rules. Play along with them if they need a pitcher, back catcher, or outfielder.

### Hula Hoops

Hula hoops are fun, especially if more than one person is hula hooping. Put on music and move!

### Family Excursions

#### Maple Syrup Festival

Each spring many conservation areas host a maple syrup festival. Enjoy campfires, sleigh rides, and maple syrup demonstrations.

For information, call Conservation Halton ☎.

#### Hiking and Bird Watching

Combine a nature hike with bird watching. Pack a lunch with lots of drinks. Bring binoculars and pictures to help you recognize the birds. You can see many birds and other winged beauties at:

- Halton Conservation Areas ☎
- The Royal Botanical Gardens (RBG), Grindstone Marshes Trail (Trail maps are available at the library or at kiosks at the RBG entrances) ☎

#### Creek Exploring

With an adult, children can have fun exploring neighbourhood creeks. Count how many toads, salamanders, tadpoles, or crayfish you can see. Watch how they move. Be careful not to hurt or disturb these beautiful little creatures. Conservation areas have guided tours ☎.

*Caution: Avoid creeks after a heavy rain or during the spring thaw because water levels can be high and dangerous.*

#### Plant Your Own Garden

You will need a small bag of soil, a small shovel, items to plant (either a package of seeds, or plants), and a watering can. Children like to be in charge of their garden and will love to watch things grow. Visit the Royal Botanical Gardens or a nearby park to see how other gardens grow ☎. If you don't have a yard, you may want to grow something in a community garden. Go to page 74 for a list of local community gardens.

## Spring/Summer Skating

Yes, ice skating is available at some arenas in Halton during the spring and summer. Call your local arena ☎ for more information. What a great way to cool off and stay ACTIVE.

## Summer Activities

School is out and local community events and programs have begun!

- ACTIVE programs are offered by several organizations such as the YMCA, private facilities, local parks and recreation centres, conservation areas, and day camps across Halton ☎. Most camps include a range of activities. Children can meet and play with many others while being ACTIVE.



Protect your skin from the sun when having fun. **Slip, Slap and Slop.**

Protect yourself from mosquito bites. **Fight the Bite.**

Drink lots of water each day, before, during, and after ACTIVE play.

Know when to be active outdoors. Visit [www.halton.ca/airquality](http://www.halton.ca/airquality) to check the Air Quality Health Index (AQHI).

## Special activities for children between the ages of 4-7 years:

### Paint with Water

Fill a large bucket of water, supply large paint brushes and let children “paint” the house, the fence, the garage, or anything they can reach. They can cool down by painting themselves too. Sponges can be used instead of paint brushes. Empty containers after each use.

### Hopscotch

Using sidewalk chalk or a stick, draw a hopscotch pattern. One box is a one-foot hop; two boxes are a two-foot hop. Make a giant hopscotch pattern and see how far you can go without stopping or stepping on a line.

## Water Play

Halton has numerous outdoor pools or Splash Pads. Children love Splash Pads with their colourful water sprinklers. For a park near you, call your Parks and Recreation Department ☎. Or, hook up the sprinkler in your backyard and let your children run through it.

## Name Garden

With a small amount of grass seed and a spot of unused garden, or flower bed, children can dig, hoe and rake to make a patch of smooth and weed-free earth. With a small shovel they can print or write their name in the earth to a depth of about 1cm. Fill the marks with grass seed. Water frequently, and watch their name appear. This can also be done in a flower pot indoors.

## Group Games:

### Statues

One person is “It”. “It” chooses the activity (jump, jog, throw, kick, dance, etc.) and then closes his or her eyes and starts counting to 10. All children but “It” start to move vigorously. When “It” finishes counting to 10, “It” yells “freeze!” Children must hold their positions without moving. The first person to move becomes “It”. The game can be played indefinitely. Try changing the activity each time you play.

### Shadow Tag

A sunny day is needed. One person is the “chaser”. The “chaser” has to step on another child’s shadow. When a player’s shadow is touched, they join the “chaser”. The last person caught is the “chaser” for the next game.

***Discover the pleasure ....of being ACTIVE together.***

## Special activities for children between the ages of 8-11 years:

### Swimming

Put on waterproof sun block and visit your local outdoor pool with a friend. For the location of your closest outdoor pool call your local Parks and Recreation Department ☎.



### Bicycling

Go cycling with your children or have children call a friend(s) and go for a bike ride around the neighbourhood. Make sure they wear a bike helmet. Talk about and draw a map of where your child can bike safely. Be sure to set a time for children to return home for a nutritious snack. Parks close to home can be enjoyable bike areas. Review the bicycle safety information on page 44-46.

### Fly a Kite

You can buy an inexpensive kite or you can make your own. To make a kite, you will need a heavy piece of cardboard for the frame and wood strips, or small branches for support. Cover the cardboard with construction paper or light material. Attach a bright, long tail and string and fly away or try [www.molokai.com/kites](http://www.molokai.com/kites) for another easy paper kite. Flying a kite will give you and your children hours of endless fun.

*Caution: Don't fly kites near power lines. Kite line can burn and cut through skin - wear gloves. Children should be supervised when flying a kite.*



### Ball Practice

Find a brick wall without windows:

- Practise slow controlled kicking of a soccer ball against a wall
- Use a large ball for overhand throws
- Use a tennis ball for easy high throws. Practise a smooth, easy rhythm. Be careful not to throw the ball on the roof
- Use a tennis racket to practise tennis swings by hitting a ball against a wall

### Family Excursions

#### Bicycling

Fill a water bottle, put on your helmet, get on your bike, and visit one of the bicycle trails around the Region. Consider using the Waterfront Trail which links 26 cities, towns, and villages. You can also check Bike and Trail Maps on Page 70. ☎



### Halton Conservation Areas

Halton has six conservation areas with recreation and heritage activities. The areas have sandy beaches, clean lakes for swimming, wilderness areas to explore, and shady spots for picnics. Bring a picnic lunch and the whole family to enjoy some good summer fun. Remember to bring your Frisbee.

1. Crawford Lake - Steeles Ave. & Guelph Line
2. Hilton Falls - Highway 25 & Campbellville Road
3. Kelso & Glen Eden - Tremaine Road & Kelso Road
4. Mount Nemo - Guelph Line between Highway 5 & Britannia Road
5. Mountsberg - Milborough Line & Campbellville Road
6. Rattlesnake Point - Derry Road & Appleby Line
7. Bronte Creek Provincial Park - Burloak Drive & QEW

**Be ACTIVE together with family and friends.**

## Fruit/Berry Picking

With warm weather comes fresh fruit and vegetables. In and around our community, a wide range of fruit and vegetables are grown: strawberries, raspberries, peaches, plums, beans, and much more. Each summer, the local newspapers print information about “Pick Your Own” farms. Check the website [www.harvestontario.com](http://www.harvestontario.com) for a complete listing of “Pick Your Own” farms or call Halton Region for a copy of “A Guided Tour of Halton Farms”.

Picking your own is a great way to learn more about how fruit and vegetables grow and may encourage an appetite for healthy foods. Slap on sunscreen and wear a hat. Bring water for drinking and extra water to wash your fruit before you snack.

Enjoy Halton’s bounty: Fresh fruit and vegetables, locally grown garden plants and trees, educational farm tours, straw mazes, and horseback riding.... just a few of the many treasures in your community.

## Why buy from local family farmers?

Buying locally is good for your health - not just your individual health, but the health and well being of your community. Fresh picked local fruit and vegetables are healthy choices and taste amazing. They are full of freshness and flavour! Give the local community a boost by keeping local farm families in business, creating local jobs, and directing your dollar to your community. Supporting your local farmers connects you to the people who:

- Produce the food you eat
- Grow plants for your garden
- Offer entertaining ways for you, your family, and friends to be ACTIVE together

By buying local, you help to protect farmland and green space. Farms and markets are vibrant, lively places to socialize, learn, and share. Buying products closer to home is good for the environment since less energy is used for transportation, refrigeration, processing and packaging. For a complete listing of local farms you can call 905-825-6000 and ask for the “Guided Tour of Halton Farms” brochure.

## Farmers’ Markets

Plan a special meal and take the family along to select the best vegetables, fruit, cheeses, breads, and fish at any of the following markets:

- **Acton Farmers’ Market** - Mid June to Early October, Thursdays from 3 - 7 p.m.  
Located on Willow St. between Mill & Church Street
- **Aldershot Farmers’ Market** - May to November, Thursdays and Sundays starting at 8 a.m.  
Located on the North-West corner of Cooke Blvd and Plains Rd.
- **Burlington Mall Farmers’ Market** - May to October, Wednesdays 8 a.m. to 2 p.m., Fridays 8 a.m. to 4 p.m. and Saturdays from 8 a.m. to 2 p.m.  
Located at Guelph Line and Prospect Street.
- **Georgetown Farmers’ Market** - June to October, Saturdays from 8 a.m. to 12:30 p.m.  
Located at Main Street South between Church and James Streets.
- **Harbourside Farmers’ Market** \*Oakville  
[www.market.osfp.ca](http://www.market.osfp.ca)  
Centennial Square, 120 Navy Street, Oakville  
Open: 9:30 a.m. - 2 p.m. everyday Saturday - June 19 to October 30
- **Milton Farmers’ Market** - May to October, Saturdays 7 a.m. to 12 p.m.  
Main Street, between Martin and James Streets.
- **Oakville Civitan Farmers’ Market** - May to November, Saturdays 8 a.m. to 4 p.m.  
Hopedale Mall, located at Rebecca Street and Third Line.
- **Oakville Place Farmers’ Market** - June to October, Thursdays from 8 a.m. to 2 p.m.  
Located at Oakville Place Shopping Centre, Trafalgar Road and Leighland Avenue.

Dial 211 or visit [www.halton.ca](http://www.halton.ca) for more information.

***Learn your body’s hunger cues - eat when hungry,  
stop when full.***

# Fall Activities

School is just beginning. After sitting for six hours in school, children need to get moving and be **ACTIVE**. Dress them for the weather and send them to play outside.

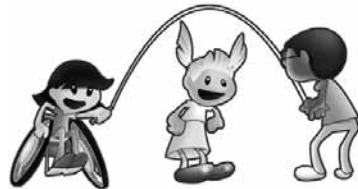
Each fall, a brochure listing recreation programs and services is delivered to many homes in Halton. Check for information about programs and services in your area. Your child may be ready for an organized sport. If you do not receive one in the mail you can pick up a brochure at your local recreation centre.

The YMCA provides lessons and activities for children. Call for information or for a brochure ☎. Many private facilities, such as health and fitness clubs, dance studios, gymnastic clubs, Karate or Tai Kwon Do organizations offer lessons and activities for children. Check your Yellow Pages.

## Special activities for children between the ages of 4-7 years:

### Skipping

Give your children their own skipping rope and encourage them to try and practise skipping on their own. Once they can skip alone, have friends join in by turning a long rope.



### Throwing

Practise hitting a ball or playing catch in a nearby park. If more than one child is playing, have the children gently throw the ball to each other.

### Kicking

Practise kicking a soccer ball around a yard or field. Practise scoring by kicking the ball between two markers or a net.

## Running

With cooler weather, it's more fun to go for a run. Take short jogs or runs with your children. You'll both feel great afterward. Be sure to take along water.

## Special activities for children between the ages of 8-11 years:

### Swimming

Keep up your swimming skills at one of the several pools in Halton ☎. They offer swimming lessons and many public swims all year long.

### Driveway Hockey

Although this requires equipment, children love the excitement of putting together teams to play a game of hockey. Make sure that the play area is safe from traffic. Tennis and basketball courts are good places to play hockey. Children will need a net, hockey sticks, and a ball. A goalie will need a glove, knee/shin pads, and a facemask.



### Take a Hike or Ride a Bike

Check out the Bike and Trail Maps ☎ for a local map of trails near you. If biking, make sure that all family members wear a bicycle helmet. Bring along some snacks and water.

### Rake Leaves

Build your muscles and rake your lawn. Children could earn a few dollars by helping the neighbours rake their lawn! Jump or play in the leaves before bagging them.



## Sports Facilities

Locate outdoor basketball and tennis courts in your neighbourhood. Encourage your children to call some friends and organize a game of baseball, basketball, tennis, or hockey.

## Family Excursions

### Entertainment Farming

There are several farms in Halton where you can have a lot of fun. Take the family on a farm tour, learn how food is grown, go for a hay or wagon ride, visit with the animals, and have a picnic. For a listing of entertainment farms, get your copy of “A Guided Tour of Halton Farms”, by calling 905-825-6000.

### Hiking

The fall can be a beautiful time of year. Layer clothing so tops can be removed when you and your children get warm. Pick one of your children’s favourite walking trails or try a new one and enjoy some beautiful fall weather. Call for a trail map, or visit one of the conservation areas 📞.

### Fall Fairs

Each year the libraries update a calendar of local fairs and events. The fairs often give your family a chance to touch farm animals, see displays, and enjoy events. Check your local library community event listing 📞.

### Apple or Pumpkin Picking

Check the local newspaper to find an apple orchard or pumpkin patch where you can pick your own apples or pumpkins. Choose the perfect pumpkin for you. Save the seeds and plant them in your garden or a nearby field in the spring.



## Rainy Day Activities

“Rain! Rain! Go away! Come again another day!” Unfortunately, this rhyme rarely works and you need activities that will keep your children happy, and ACTIVE! To help you collect items for the activities below, get a cardboard box and label it “Fun Box”. Save empty toilet paper rolls, old pieces of fabric, ice cream containers, scrap paper, yarn, and balloons. When the rain comes, you will have everything you need for creative play!

### Special activities for children between the ages of 4-7 years:

#### Animal Dances

Play music and have children dance and march like different animals. With low sounding instruments like a trombone or tuba, suggest they dance like elephants, swinging their arms as a trunk. With light bouncy music let them fly about like birds, or hop like grasshoppers. Have them walk on all fours like a crab (hands and feet down with tummy up), or leap like a frog.

Encourage them to skip, slither, slide, and twirl. Have them use their arms and legs in different ways. Try variations such as having them lie down and dance with their feet in the air. Have them dance with teddy bears, twirl light fabric, or scarves. Be brave and join in.

A variety of music tapes and CDs are available from your local public library and might include music with flutes, harps, brass bands, bag pipes, or tubas. Turn up the volume and DANCE. Teach the children a dance that you did as a child, for example, polka, or highland fling.



#### Box Cars

To make a car, cut a hole in the bottom of a large box so that your child can step into the box and hold it around his/her waist. Decorate the outside of the car with paint, markers, or crayon. Use plastic container lids or paper plates for the wheels and steering wheel. Add headlights, rear lights or a fancy fin. Your children can have car races in the basement or hallway.



## Balloon Volleyball

Blow up a balloon and set up a game to keep the balloon in the air for as long as possible. String a net (made from old panty hose) between two chairs. With two children, have one child stand on each side of the “net” and pass the balloon back and forth over the net.



**Caution: Children should be told to never put a balloon in their mouths or try to bite a balloon. Balloons can be dangerous. This activity must be supervised.**

## Indoor Hopscotch

Using masking tape, outline boxes on the floor or carpet. Toss a coin or a set of keys on the hopscotch and skip the number of boxes that the coin has fallen on. To increase the challenge, make the squares bigger, making the leap longer.

## Indoor Skating

You need two pieces of 8” by 11” paper, one for under each foot and a large carpeted or tiled area. Stride forward and backward just like you would if you were really on skates. Have a race with your friend or make up a routine, and take turns watching each other’s performance.

## Special activities for children between the ages of 8-11 years:

### Hackesack Ball

Put a small funnel in the neck of a large balloon. Pour enough flour into the balloon to fill it. Squish the balloon to gently get rid of any air. Tie the balloon. Now you can play hackesack (gently bouncing the balloon to another person using the insides of your feet), catch, or juggle.

### Indoor Volleyball

Using a balloon, practice keeping it up in the air. If playing alone, count how many times you can keep it up. If more than one child is playing, count the number of successful volleys (passes) before the balloon hits the ground.

### Outdoor Fun

In warm weather, put your children in bathing suits and have them run around in the rain. In cooler weather, get your children to put on boots and a raincoat and take your dog, or a neighbour’s dog for a walk.

*Caution: Do not go outside if there is lightning or thunder.*

### Indoor Batting Games

Use a badminton racket or small paddles (like for table tennis) and a balloon. String up a net by stretching old panty hose (or whatever is around the house) across chair backs. Have games with two or four players. With one child, try batting a balloon against the wall and back. Parents might want to set this game up in a basement or a safe place with lots of room.

***Age is no barrier, join in the fun!***

## Family Excursions

### Sightseeing

There are many places in Halton that you and your family can explore. Places of interest to visit 📞 :

- Ireland House Museum at Oakridge Farm
- Joseph Brant Museum
- Country Heritage Park
- Halton Region Museum
- Halton County Radial Rail Museum
- Oakville Museum at Erchless Estate
- The Canadian Golf Hall of Fame & Museum

### More Family Excursions

- Indoor glow in the dark mini-golf
- Indoor rock climbing
- Bowling
- Inline skating

📞 or check your local Yellow Pages for more information.

***Daily active time is part of a healthy lifestyle.***

## Birthday Party Activities

With a bit of planning, you can organize a fantastic birthday party! The key is to plan activities that will be fun, safe, and enjoyable for everyone. The following guide gives some information that might be helpful in planning a party for a specific age group.

- **4 year olds** tend to be an enthusiastic audience, co-operative with games, and are good guests until they become over-tired or over-stimulated.
- **5 year olds** are a little more difficult to draw out and are a bit more self-conscious. They may not get along as well with one another.
- **6 year olds** have more energy and tend to be more competitive. They may want to steal the show (for example, all want to win the games). An ACTIVE non-competitive outing works well (for example, swimming or gymnastics).
- **7 year olds** can be more co-operative about taking turns and better at understanding the rules for games. They tend to follow the group; adult direction is needed to keep their energy focussed in a constructive way.
- **8 year olds** are more grown up and may run through games very quickly. An outing for this age group may be a good idea (for example, bowling, miniature golf).
- **9 year olds** want to be impressed. They like different themes with food and games. Their need to show physical and mental skills and competition is strong.
- **10 year olds** tend to be more enthusiastic, responsive, and less critical. They are willing to contribute to a party's success and are eager to help.
- **11 year olds** - Many girls are interested in including boys whereas boys may be uncomfortable and unruly. Tight friendship groups may affect guests at girl parties.

**Note:** To determine the number of guests, a general rule is to use the child's age plus one. For example, for a four year old, five would be the suggested maximum number of guests. Also, consider the cost and available space.

## ACTIVE Gift ideas

When purchasing a birthday gift buy a piece of equipment to help the child to be ACTIVE. What about something the child can take to school to play with? ACTIVE gift giving includes:

- basketball
- baseball and glove
- bocce ball set
- Frisbee
- badminton set
- skipping rope
- soccer ball
- volleyball
- kites
- bicycle accessories (helmet, lights, bell, water bottle)
- inline skates
- skateboard
- toboggan, and much more.

Check the sporting section in stores.

## Special activities for children between the ages of 4-7 years:

For 4 to 7-year-olds, it might be wise to avoid competitive team games or scavenger hunts. Alternate ACTIVE games with more quiet games. Remember to let parents know that the guests should come dressed to move and run and that they might get dirty.

### Sardines

This is a variation of Hide and Seek. One person hides while everyone else closes his or her eyes. After counting to ten, the players open their eyes and search for the person hiding. When they find this person, they join him/her until everyone is in the same place.

## Dress Up Relay

Divide group into two teams. Decide and mark a turn back point about 15 feet from the start line with tape, chalk, or a pylon.

Each team needs a set of clothes in a bag to change into. Adult clothing works best and you can make it funny by using wild colours.

The first player in line puts on the clothes and runs to the turn back line with the empty bag, stops, takes off clothes, puts them in the bag, and runs with the bag of clothes back to the next person in line who takes the bag of clothes and repeats the actions above. Each person must put on the clothes and take them off once. The first team who finishes wins.

## Body Part Tag

Select a tag area in your backyard or in a park. One parent can be the “chooser”, who stays outside the tag area, chooses the body part to be tagged and acts as a judge if needed. Everyone else is in the tag area and a “tagger” is chosen. The “chooser” (parent) yells out a body part such as arm, leg, head or foot and the group has to avoid being tagged by the tagger on that body part. Players who are correctly tagged, join the tagger in catching the remaining players.

## Balloon Games/Races

- Children hop to a finish line holding a balloon between their knees.
- Children run to the finish line while keeping their balloons in the air. They might use their hands or to make it different for 7-year-olds, they have to use their heads.
- Balloons are placed at the start line. Children line up behind the start line on their hands and knees and push the balloon to the finish line using their noses or foreheads.

***Choose activities that are moderate and fun.***

## Copy Cat Dance

Find some energetic music. The children stand in a circle. The birthday child begins by starting with a movement, perhaps hopping. The children copy the activity and hop to the music. When everyone is hopping, the next child is asked to start a new movement while continuing to do the first movement. Each child copies that action, too, while continuing the first action. The pattern continues until all children have added some new movement and the group moves to the music using all the various movements. This is fun to videotape. The children love to see how they looked hopping, twirling arms, and swinging hips. This game can be played a couple of times with different movements and music.



## Special activities for children between the ages of 8-11 years:

### Obstacle Course

Have the birthday child help set up a course with various obstacles. For each obstacle, set up a specific task. For example, if the course includes a ladder, a stool, a large ball, a picnic table, a bicycle, and a garden hose, you could include:

- ride a bicycle or tricycle and ride around a table or tree two times
- get off the bike, run to a low stool, climb on and jump off
- run to a ball, pick it up and shoot it into a pail or net
- run to a picnic table and crawl under the table
- hop around the curls of a garden hose

Use a watch with a second hand to time each participant.

### Scavenger Hunt

Guests are divided into teams and given a list of items to find. This can be done indoors or outdoors. If held indoors, it is wise to be very clear about rooms that can be searched. The first team to find all the objects wins.

Lists can include a wide variety of objects. For outdoor hunts, they might include a maple leaf, a round stone, a bottle cap, an acorn, or a flower from a dandelion. Be sure to check out the yard or park where the scavenger hunt will take place to ensure that these objects can be found.

### Soccer Golf

Set up a soccer golf course with numbered pylons. Players start at different pylons and kick a soccer ball to the next pylon. The object is to hit each pylon in as few strokes as possible. Each kick equals one stroke.



***Participate in a variety of activities including unstructured, non-competitive activities and organized sports.***

## Sports Parties

Parties can include active outdoor activities, such as baseball and basketball games, or even touch football. Ask an older sibling or older neighbourhood child who knows the game to referee and to make sure there is no rough play. These games can be played in most weather conditions as long as the children are dressed appropriately.

## Skating Parties

Find a time when you can take a group skating as part of the party. Contact your local arena for a schedule ☎.

## ACTIVE Birthday Parties

For an afternoon of ACTIVE fun, book your birthday party at one of the many recreation centres, the YMCA, or conservation areas ☎. A variety of packages are available including gym activities, swimming and refreshments. Other party ideas include: bowling, glow in the dark mini-golf, gymnastics, and rock climbing. Private health clubs and fitness centres offer birthday packages too. For more information, check your local Yellow Pages.

## Party Food

Birthday parties can include nutritious food. Try the following:

- Chocolate milk
- Vegetable tray with yogurt
- Fruit tray with milk pudding dip
- Pizza with whole wheat crust

***Enjoy eating meals together as a family. Eating family meals encourages children to make healthy food choices.***

# Safety

Children love to play. Play is extremely important for children's healthy development. It is sometimes called children's work because children learn so much as they play. Play is also considered a fundamental right by the United Nations Convention on the Rights of the Child.

It is important for children to have opportunities to play indoors and outdoors. However, some parents may have concerns about their child's safety when playing outside. How do we find the balance between keeping our children safe and letting them explore and play?

## Personal Safety

Did you know that Halton is ranked as one of the safest communities in Canada? (MacLean's magazine, 2009 statistics from the Canadian Centre for Justice).

Halton Region Police and community groups run several campaigns every year to keep our communities safe. Some of the programs that help keep our community safe include:

- Active and Safe Routes to School ☎ 905-825-6000  
[www.halton.ca/asrts](http://www.halton.ca/asrts); [www.saferoutestoschool.ca](http://www.saferoutestoschool.ca)
- Community Road Watch ☎ 905-844-1109  
<http://eix.dyndns.org/hcrw/index.php>
- Neighbourhood Watch ☎ 905-825-4777 ext. 2324  
[www.haltonwatch.com](http://www.haltonwatch.com); [www.oakvilleneighbourhoodwatch.ca](http://www.oakvilleneighbourhoodwatch.ca)
- Crime Stoppers ☎ 905-825-4747 ext. 5139  
[www.haltoncrimestoppers.com](http://www.haltoncrimestoppers.com)

## Tips for Personal Safety

- Know where your children are, who they are with, what they are doing and when they will return.
- Be sure you and your child are clear on your rules and expectations for activities. Develop these rules together as a family. Keep rules to a minimum and ensure that they clearly tell your child how to behave (e.g., Hold mommy's hand when we are in a store).
- Younger children require supervision at all times. Check that the environment they play in is safe.

## Make sure your children know:

- How to call 911 or “0” in emergencies and how to use a public phone.
- Their full name, address, and phone number (including the area code), plus their parent’s work phone number, cellular phone and/or beeper. Be available to your child and let them know how to get a hold of you if your routine changes.
- How to walk confidently: walk directly and at a steady pace on the side of the street facing traffic, making eye contact with people and staying alert to what’s going on around them.
- To walk and play with friends, not alone.
- To be careful where they walk: to stay in well-lighted areas and avoid dangerous spots such as alleys, or new construction areas.
- To refuse rides or gifts from anyone, unless it’s someone both you and your child know and trust.
- How to respond to situations – Practise “what if” scenarios, such as getting lost in a park or being offered a ride with a stranger. Many families use passwords; children ask anyone picking them up for the password.
- To trust their instincts. If their instincts warn them something is not right, they should remove themselves from the situation.

## Ages 4-7

- Teaching your child “never to talk to strangers” is an excellent first step in keeping them safe.
- Identify safe places and people in your neighbourhood where your children might go to find help if needed. Teach your child who they could go to for help in different situations. For example, when going on a public outing with your child, designate a specific place to meet if you and your child become separated.
- It takes time to build your child’s independence and comfort with playing outdoors without you. Begin to build in small experiences which allow your child to practice (e.g., watch your child walk to the mailbox without you or go to a friend’s house nearby).
- Children this age should not be unsupervised.

## Ages 7-10

- Have your child practice the buddy system when going anywhere. There is safety in numbers.
- Begin to make your children aware of their surroundings so that they become used to taking notice of details and recognizing safe places.
- Children under 10 years should not be left alone.

## Ages 10+

- Know where your children/teens are, who they are with, what they are doing and when they will return. Ask your children/teens to always call home if their routine changes.
- There is no specific age at which a child can be left unattended. When deciding if a child can stay at home alone, parents must assess their child’s maturity and always take appropriate steps to ensure their child’s safety. Older children and teens should not be left for long periods of time without adult supervision.
- If you are a parent/guardian of a 10-14 year old, sign up for a free *At Home Alone* workshop. Through a series of activities, both parents and child are given opportunities to share expectations, concerns and ideas about being home alone. Register for a free workshop by dialling 311, 905-825-6000 or visit **[www.halton.ca](http://www.halton.ca)**.

To find out more about safety in your community contact the Halton Region Police Services ☎ 905-825-4816 ([www.hrps.on.ca](http://www.hrps.on.ca)). For more tips, visit [haltonpolicingcommittees.ca/kidstips.html](http://haltonpolicingcommittees.ca/kidstips.html).

## Physical Activity Safety Tips

### General Safety

- If you are unsure about what types of activities are suitable for you or your children, talk to your family doctor.
- Make sure all children drink plenty of water before, during, and after activities, especially on hot, humid days.
- Never leave young children unattended.
- If your child plays outside after dark, make sure they play in well-lit areas with an adult, and wear reflective clothing.

## Pedestrian Safety

Children are more at risk for pedestrian injuries because:

1. They don't understand the dangers from cars.
2. They think that drivers will see them.
3. Children have trouble judging distance and speed.
4. Their peripheral vision is not fully developed.
5. Drivers cannot see children because of their height.

## Quick Tips for Parents

Find ways to practise safety during the child's daily activities. When walking to the park, store, or to school set a good example. Tell babysitters, grandparents and neighbours the same message you tell the children.

Teach your children to stop at driveways, alleys, and areas without curbs and to never run out onto the street.

Remember to look all ways, listen, check that cars have stopped, make eye contact with drivers and obey traffic signs when crossing the street. If crossing between parked cars is the only option, come out to corner of the parked car and stop, look left, look right, look left again. Listen.

Remember that because children judge distance, speed and sounds differently than adults. Children under nine should be accompanied by an adult when crossing the street.

If your child has a cell phone, make it a rule that they do not use it while they are walking, and not while crossing streets. Distractions put children at a much higher risk of being struck by a vehicle.

Teach children to respect the role of the crossing guard and to understand his/her signals yet still *Think, Look and Listen*.

Teach children that they should walk on the sidewalk whenever possible. In areas without sidewalks, teach children to walk as far away from the road as possible facing approaching traffic.

Teach children that playing games at railway crossings or around trains can be deadly. Teach children that the only way to cross railway tracks is to use designated railway crossings.

KIDestrians is a unique program that takes into account the reality of traffic and children's behaviour. This program is for children ages 18 months to eight years. It is a step-by-step guide with 12 fun lessons that parents and caregivers can practise with young children.

For more information, or to obtain a copy of KIDestrians parent guide call Halton Region Children's Health Services 905-825-6000.

Active and Safe Routes to School (ASRTS) is a provincial initiative that strives to create an environment that is conducive to, and supportive of, safe, walkable communities. ASRTS promotes the use of active and efficient transportation for the daily trip to school, addressing health and safety issues while taking action on air pollution and climate change. To find out more about ASRTS and how to bring it to your school community visit, [www.halton.ca/ASRTS](http://www.halton.ca/ASRTS)

Visit [www.safekidscanada.ca](http://www.safekidscanada.ca) for more pedestrian safety information.

## Bicycle Safety

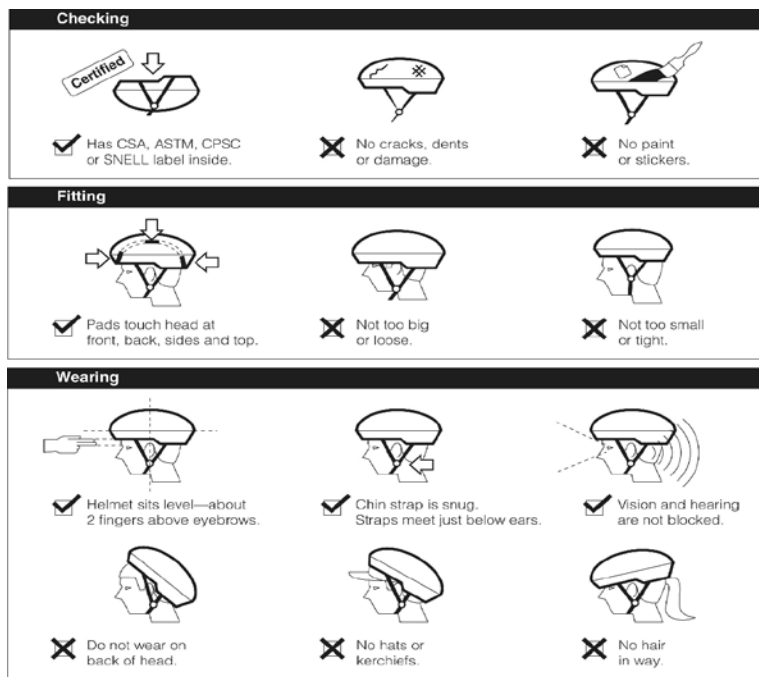
Bike riding is a great way for children to be physically ACTIVE! It's important to be sure you have the right equipment to have a safe and enjoyable ride.

Equipment required by law:

- Cyclist under the age of 18 must wear a helmet that meets approved safety standards such as the Canadian Standards Association (CSA), Consumer Product Safety Commission (CPSC), Snell Foundation or ASTM International.
- All bicycles must be equipped with a white front light and a red rear light or reflector if ridden half an hour before sunset until half an hour after sunrise.
- All bicycles must have a bell or horn.
- All bicycles must also have at least one braking system.

## How to fit a bicycle helmet:

Try the helmet on your child's head before you buy it. Overall, you want a helmet to touch the head at the front, back, top, and all sides, and achieve a fit that is snug, level, and stable enough to resist even violent shakes and hard blows. Remember to replace any helmet that has been in a crash.



Step 1: Adjust the helmet on the head. Some bicycle helmets come with a fitting ring, or a sliding band. These helmets should be opened to their largest setting while fitting the straps and buckles. Once the other components are properly adjusted and secured, the band or ring can be tightened to a comfortable, snug fit.

If the helmet does not have a ring or sliding band, they generally come with foam pads that are used to customize the fit.

The helmet should fit low on the head, about two fingers above the eyebrows.

Step 2: Adjust the side straps. Once the helmet is in place, fasten the chin buckle and look at the side straps. The side buckles should rest just beneath the ears. If they are not in place, undo the chin buckle and adjust the straps by first moving the rear most strap, then the front strap so that they meet at the side buckle, forming a “V” under the earlobes. The side buckles should sit just under the earlobes and slightly behind the jaw line.

Step 3: Adjust the chin buckle so that when it is fastened, there is only room for one finger between the strap and the underside of the chin.

Reference: Thinkfirst Canada, *Helmet Clinic Guide*.

If your child’s helmet has been in a collision that required the inner lining to absorb shock, or is greater than five years old, it is time to buy a new one!

Ensure that your children obey the rules of the road and know the meanings of all traffic signs. Your child should also know the hand signals to indicate right and left turns, and stopping. Teach your children to make a shoulder check before they signal and turn. Sign your child up for a Kids CAN-BIKE Course. Contact your local Parks and Recreation Department ☎.

A bicycle needs to be perfectly tailored to the size and style of the rider. The rider should be able to:

- Comfortably straddle the bike frame while standing flat-footed with both feet on the ground.
- Sit on a level saddle (seat) with heels on the pedals and legs straight at the bottom of the pedal stroke. Once your child is in this position, the saddle (seat) can be adjusted to the proper height.
- Reach the handlebar. Check the height by ensuring that one – third of your child’s weight is on the handlebar and the remaining is on the saddle. When the position and height of the saddle post and handlebar stems are at their maximum, it is time for a larger bicycle.

**ABC Quick Check** is an easy way to remember what parts of your bike you need to check in a basic safety inspection, and keep your bike in good shape.

**A is for Air:** Check your tires to see if they have enough air and if there are any holes in the tires.

**B is for Brakes and Bars:** Check your brakes to see if they work properly. Check to see if the handlebars are loose, either from side to side or up and down.

**C is for Chain and Crank:** Check the gears to see if the chain is on and lubricated, there is no damage, and that the pedals spin freely backwards.

For more information on cycling safety visit the Ontario Ministry of Transportations website and search for the Young Cyclist’s Guide. [www.mto.gov.on.ca/english/safety/cycling/young-cyclist-guide/what-this-guide-is-about.shtml](http://www.mto.gov.on.ca/english/safety/cycling/young-cyclist-guide/what-this-guide-is-about.shtml).



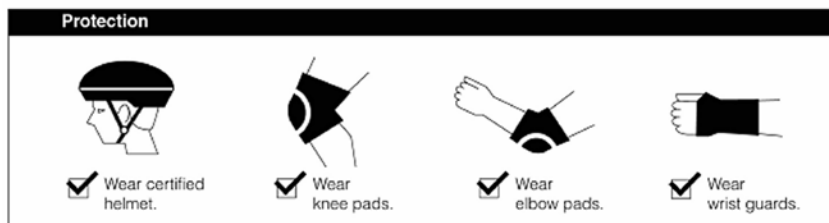
## Skateboarding and Inline Skating

Skateboarding and Inline skating injuries to children are often a result of high speeds, lack of experience, and the absence of protective gear. To reduce the chance of injury here are a few tips to keep in mind:

- Wear the gear
  - Make sure they wear a skateboard helmet if they are skate boarding.
  - Bike helmets can be used for inline skating and either CPSC, CSA, ASTM, or Snell certification are important. A multi-sport helmet meets safety standards for more than one activity and is another option if the helmet labelling clearly indicates what activity it has been tested for.
  - Elbow pads, knee pads, and wrist guards are important protective equipment.
  - Ensure the equipment is safe and the proper size.
- Find safe places for your child to ride away from hazards like traffic, pedestrians and uneven side walks.

Reference: Safe Kids Canada (Safe Skateboarding, Safe Inline Skating)

<https://www.safekidscanada.ca/professionals/safety-information/wheeled-activities/skateboarding/safe-skateboarding.aspx>.



Adapted from City of Hamilton, Public Health & Community Services Healthy Lifestyles & Youth Branch Hamilton, Ontario, Canada

## Playground Safety

Children need to have the opportunity to play, learn and have fun. In Halton there are many play spaces with climbers, swings, slides, and other play equipment.

Most playground injuries happen because of:

- Unsafe ground surfaces
- Poorly maintained equipment/unsafe equipment
- Not using the equipment properly
- Lack of supervision



## Quick tips to make your child's playtime safer

### Check your children

- Stay close to children while they are on equipment.
- Encourage your children to wait their turn.
- Keep children away from moving swings and the bottom of slides.
- Encourage your children to go down slides on their bottoms, feet first.
- Remove drawstrings, cords or anything else that can get tangled on equipment.
- Do not allow skipping ropes around playground equipment.
- Tie up and tuck in scarves and shoelaces.
- Have your children wear shoes with rubber soles, not sandals or bare feet.
- Remove bicycle helmets before using the playground.
- Keep children under five years old on equipment less than five feet high.

### Check the Surface (sand, gravel, mulch, etc.)

- Look for objects buried in the play space surface material which may be harmful like nails or broken glass.
- Make sure that the surface is not hard because of repeated use and poor weather conditions.
- Walk around the playground to look for hazards.
- Watch for other health hazards such as needles, condoms and animal droppings.

## Check the Equipment

- Make sure your children are the right age for the equipment that they are using.
- Look for sharp edges and areas on equipment that may hook or snag clothing.
- Always make sure that the surface of play equipment is not hot or wet.
- Always check play areas that are blocked from your view such as inside closed slides.
- If children cannot climb onto playground equipment by themselves, they are too small to be on it.

*Remember: Injuries are preventable. Make smart choices!*

## Frostbite

If your child's face has white patches, or if the face, ears, hands, or feet become a reddish violet color, itchy, chapped, or painful, it is time to go inside. Once inside, undress your child and put him/her in warm clothes and provide something warm to drink. Warm the area by using a blanket or place the area against a part of your warm body. Do not rub or run hot water over the area. Warm the area gradually. If the area turns black or numbness doesn't subside, consult your doctor.

## Sunsense

You and your children can follow the Canadian Cancer Society's Sunsense Guidelines to ensure a safe, comfortable and enjoyable experience while being ACTIVE outdoors.

1. Take extra care when planning outdoor activity and avoid being unprotected in the sun between the hours of 11 a.m. to 4 p.m. when the sun is strongest.
2. Seek Shade! Create shade with a canopy, umbrella or trees.
3. **"Slip"** on clothing to cover your exposed skin!
4. **"Slap"** on a wide-brimmed hat!
5. **"Slop"** on sunscreen with a sun protection factor (SPF) 30 or higher that offers protection against UVA and UVB rays. If you are planning to be outside most of the day. Apply a thick layer approximately 20 minutes before going outdoors. This applies

in the winter months as well since the reflection off the snow may cause sunburn. Remember to re-apply frequently. Choose a waterproof sunscreen when swimming or performing vigorous activities where you will sweat a lot and reapply every two hours.

6. **"Slide"** on some sunglasses that have both UVA and UVB protection.
7. Keep babies less than one year of age out of direct sun. Sunscreen should not be put on babies less than six-months-old. Babies need extra protection because their skin is very sensitive. Keep strollers and playpens in the shade.
8. Check your local weather forecast to find out the UV index in your area. The higher the UV Index number, the stronger the sun's rays and the more important it is that you take precautions. UV rays can cause sunburns and long-term exposure to UV rays has also been associated with skin cancer and cataracts. In Canada, the UV Index normally ranges from 0 to 10, and is also expressed in these categories:



**Take care in the sun. Your whole family will benefit.**

## Backyard Pool Safety

### The Facts on Drowning - Save the Children.

On average, 200 Ontarians drown each year. Tragically, most drownings in backyard pools involve children. On these occasions children either gained easy access to the pool, or were left unsupervised. Here are a few statistics to bring awareness to the seriousness of this issue.

- Drowning is one of the leading causes of death for Canadian children age one to four, second to motor vehicle incidents.
- For every toddler who dies from drowning, there are an estimated six to ten additional near drownings, which require hospitalization.

- One in five toddlers who experience near drowning will suffer permanent, irreversible brain damage.
- 69% of drowning victims aged one to four are alone at the time of drowning. An additional 24% are accompanied only by other children.
- Many toddlers drown when their guardian's supervision is distracted only for a moment.
- A small child can drown in only a few inches of water-enough to cover the mouth and nose.
- 35% of toddler drownings occur in private swimming pools.
- Children drown in almost every imaginable setting including: swimming pools, lakes, rivers, streams, bathtubs, toilets, oceans, hot tubs, drainage ditches, buckets, and puddles.

Source: Lifesaving Society, 2003

The key Water Smart message for parents of children under five is:

**Stay “within arms’ reach” of your children anytime you are around water.**

## Spinal Injuries - Lookout Below

One of every three diving accidents happens in backyard pools. Almost all victims are young male visitors aged 15-25. The majority of spinal injuries occur while diving into water less than five feet deep, and on the victim's first dive. In most cases, neither the victim nor the pool owner recognizes diving as a risky activity.

***Before they plunge explain and educate - you are the boss.***

***Be Wise - Supervise. Always have an adult supervise swimmers.***

The supervisor should know the safety equipment and emergency procedures. Water rescue and CPR are also very important skills to have when supervising swimmers.

Communicate pool guidelines to family and friends. Post these guidelines:

- Swim only with “pool supervisor”
- Play with care!
- Walk!
- Keep your head! Feet first entries only.



Inform your guests of pool safety procedures. Let them know that alcohol and pools do not go together. Alcohol is involved in 50% of drowning incidents.

***Be Aware - Always Prepare.***

## Safety Equipment

- A non-metal reaching pole
- A throwing line with buoyant aid
- A first aid kit
- A telephone with emergency numbers
- Your address and phone number
- Lock and store pool chemicals

## Good Fences Make Good Pools - Prevent Access to Your Pool

The fence around your pool should:

- Prevent direct access from the house
- Meet municipal height restrictions
- Have a self-closing spring-lock with inside hatch
- Discourage climbing

## Safe Diving, Jumping and Getting Wet

Few backyard pools are safe for diving.

- Clearly mark pool depths and unsafe diving areas
- Float a safety line between deep and shallow water
- Inform guests of safe entry methods
- Make sure there is the proper depth for entire path of entry on slide or diving area
- Tell guests to enter feet first when going down the slide
- Restrict activities to one at a time in slide and diving area



# Fight the Bite

## Protect yourself and your family from mosquito bites

West Nile virus (WNV) is a virus that is spread by mosquitoes. The best way to protect yourself and your family from becoming infected with WNV is by protecting yourselves from mosquito bites. Here are some tips to help you and your family enjoy the outdoors with fewer mosquito bites.

### Protection Strategies

- Cover up. Wear light-coloured, long-sleeved shirts and pants with fabric thick enough to prevent mosquitoes from biting. Shoes and socks are also recommended.
- Avoid being outdoors in the early evening to morning. This is when mosquitoes are most active and likely to bite.
- Reduce mosquito breeding sites around your home. Mosquitoes breed in water that has been standing for seven days or longer.
- Use an insect repellent if required. Repellents need only be used if you are going to be outdoors during the early evening to morning hours when mosquitoes tend to be feeding, or when in a wooded, shaded or swampy area.
  - Repellents that contain DEET (N,N-diethyl-m-toluamide) are most effective. DEET based products are available with concentrations of 5% to 30%. Ensure that you choose the correct DEET containing product that is suitable for the age of the person and for the time spent outdoors. This information is on the label.
  - Non-DEET repellents are available in Canada as well, although data on their safety and effectiveness is limited.
  - When using any insect repellent, carefully read and strictly follow the manufacturer's directions. Even non-DEET repellents have restrictions on their use.

### Note:

- Outdoor repellents such as citronella candles and mosquito coils are not entirely effective at protecting against mosquitoes. They must be used under proper conditions. The area needs to be protected so there is little breeze to dissipate the ingredients.
- Ultrasonic devices, incense, and bug zappers have not been shown to be effective in preventing mosquito bites. The purpose of these devices is to attract mosquitoes. Therefore, if you wish to use one, ensure that it is located away from the area where people are located.

### Insect Repellent

If you use a product that contains DEET, ensure that you choose one that is suitable for the age of the person and for the time spent outdoors.

Although current labels on insect repellents containing DEET recommend that they are not to be used on children under the age of two years (infant or toddlers), the Pest Management Regulatory Agency's (PMRA) re-evaluation on DEET, which included input from the Canadian Pediatric Society, is now recommending that:

- **For infants under six months of age**, insect repellents containing DEET should not be used. Dress infants in long-sleeve shirts, pants, socks, shoes, and cover strollers with mosquito netting.
- **For children six months to two years old**, the use of one application per day may be considered in situations where risk of mosquito bites is high. The product should be used sparingly, and prolonged use should be avoided. Ensure that the product contains 10% DEET or less and is not applied to face and hands.
- **For children between two to 12 years of age**, use a product with 10% DEET or less, no more than three times per day. The product should be used sparingly and not applied to face and hands.
- **People over 12 years of age** should use a product that contains no more than 30% of DEET.

*Caution: Do not use DEET on infants younger than six months or pregnant women.*

As a safety precaution, women who are pregnant or breastfeeding may wish to consider the use of non-chemical methods to protect against mosquito bites.

Do not allow young children to apply DEET products themselves.

Do not apply DEET products directly on children. Apply to your hands first, and then to child's skin avoiding eyes, mouth, and palms of hands.

Use DEET products sparingly, and only apply to exposed skin.

Wash all treated skin and clothing after returning indoors.

Store DEET, like chemicals, out of children's reach.

## Insect Repellent and Sunscreen

When using both sunscreen and insect repellent at the same time, liberally apply sunscreen first, wait 30 minutes and apply insect repellent. Always use insect repellents according to the manufacturer's directions and apply it sparingly, omitting the face and hands. Insect repellents may decrease the effectiveness of sunscreen, so ensure you use other sun protective measures in conjunction with the sunscreen (for example, shade, hats, clothing). Do not use sunscreen or insect repellent on infants less than six months of age.

## Pregnancy, Breastfeeding, Infants and Children

### Pregnancy

There are very few clinical cases of WNV being transmitted from a mother to her unborn baby, so determining risk is difficult. There is some evidence that it is possible to pass WNV to an unborn child. A pregnant woman should take steps to reduce her risk of mosquito bites if she is in an area where WNV is active. She should use the protection strategies listed on page 53 (including wearing clothes that cover her skin, avoiding being outside during peak mosquito biting times, etc.) She may also choose to use a recommended insect repellent. If a pregnant woman develops symptoms of WNV infection, she should consult her doctor right away.

### Breastfeeding

There is evidence that the transmission of WNV through breastmilk is possible. In one case, investigators determined breastmilk was the most likely source of WNV infection in a child. Despite being infected with WNV, the child had no symptoms and remained healthy.

Laboratory tests have found WNV in breastmilk. It appears that WNV can be passed to a child through breastmilk, but the level of risk is still unknown. Women who are breastfeeding their infants should contact their doctors for advice if they have symptoms of any illness, including WNV. However, the health benefits of breastfeeding are well known and new mothers should continue to breastfeed their newborn infants unless advised otherwise by their physician. Women who have concerns about the potential to transmit WNV through breastfeeding should consult their doctor for advice in their specific situation.

### Infants and Children

Anyone can become infected with WNV if bitten by an infected mosquito. Most people, including infants and children who are bitten by mosquitoes carrying WNV, may experience no symptoms or a very mild illness. Infants and children need adults to help them take the precautions outlined on this booklet. Parents or caregivers should contact a doctor immediately if a child develops symptoms such as high fever, confusion, muscle weakness, severe headaches, stiff neck, or if his or her eyes become sensitive to light.

# Air Quality and Your Family's Health

Poor outdoor air quality poses a significant risk to public health in Halton Region and in many other communities in southern Ontario. It does not matter who you are, where you live or the state of your health, the quality of the air you breathe each day affects you.

## Protect your health. Know the numbers.

If you are going to be outdoors, visit [www.halton.ca/todaysairquality](http://www.halton.ca/todaysairquality) to check the Air Quality Health Index (AQHI). The lower the number, the lower the risk.

## Air Quality Health Index

The Air Quality Health Index (AQHI) is a new index designed to replace the current Air Quality Index (AQI) in order to help individuals make decisions to protect their health by:

- adjusting activity levels during increased levels of air pollution
- understanding their responses to different levels of air pollution and
- providing the opportunity to plan outdoor physical activities at times when health risks are lower

The AQHI is measured on a scale ranging from one to 10 plus, with the values grouped into health risk categories. These categories help to easily and quickly identify risk levels:

- 1-3 Low health risk
- 4-6 Moderate health risk
- 7-10 High health risk
- 10+ Very high health risk

While everyone can be affected by poor air quality, children, the elderly, and people with pre-existing heart and breathing problems can be more sensitive than others.

Air Quality Health Index										
1	2	3	4	5	6	7	8	9	10	+
Risk: Low: (1-3)			Moderate: (4-6)			High: (7-10)			Very High: (Above 10)	

**Know when to be active outdoors.** Check the Air Quality Health Index every day. Information is updated hourly and forecasts are provided for the next day.

For AQHI readings in Halton Region, visit [www.halton.ca/todaysairqualit](http://www.halton.ca/todaysairqualit).

For more information on the AQHI, visit [www.halton.ca/aqhi](http://www.halton.ca/aqhi).

## Playing Outdoors during Smog and Heat Alerts

Outdoor physical activity builds strong hearts and healthy bodies, but can present health concerns for children during summer smog or heat alerts.

Children can be vulnerable to air pollution because their lungs are still developing. They can also be exposed to greater levels of air pollution than adults because they are so active and breathe faster than adults.

Air pollution can make asthma symptoms worse, produce breathing difficulties, increase respiratory infections, decrease lung function, and potentially lead to long-term lung damage.

Infants and very young children are also more vulnerable to high heat than healthy young and middle-aged adults. Heat can stress the heart and lungs as the body works harder to cool itself, and can produce cramps, headaches, nausea, weakness, dizziness, and fainting - if untreated, more serious, permanent damage or death.

## During a smog alert, it is recommended that caretakers:

- Schedule outdoor activities early in the day during summer months before air pollution increases.
- Plan activities away from high traffic areas, especially during morning peaks and afternoon rush hours.
- Reduce outdoor activity levels by choosing less vigorous activities or reducing their duration.
- Provide children with plenty of rest breaks and a wide variety of quiet activities.
- Monitor children's comfort regularly. If children experience symptoms such as coughing, wheezing, chest tightness and/or difficulty breathing, reduce outdoor activity, move children inside, preferably to an air conditioned environment, and seek medical

attention if needed.

- Pay close attention to children who have pre-existing health conditions such as asthma.

## During a heat alert, it is recommended that caretakers:

- Schedule outdoor activities early in the day before temperatures rise.
- Dress children in loose-fitting, light-coloured clothing.
- Ensure that children wear a wide brim hat and use sunscreen with an SPF of 15, preferably 30 to 50, and has a Health Canada number and/or CDA logo showing it is considered safe.
- Take extra care when planning outdoor activity and avoid being unprotected in the sun between the hours of 11 a.m. and 4 p.m. when the sun is strongest.
- Reduce outdoor activity levels by choosing less vigorous activities.
- Provide rest breaks and a wide variety of quiet activities, including water-play, in shaded areas.
- Provide plenty of drinking water for both children and staff.
- Monitor children's comfort regularly. If children experience symptoms such as rapid breathing, weakness, headache or nausea, move them into a cool space and seek medical attention if needed.
- Never leave a child unattended in a car.

For more information on extreme heat, visit [www.halton.ca/heatalert](http://www.halton.ca/heatalert).

## Playing Outdoors during Cold Alerts

When winter temperatures drop below normal, staying warm and safe can become a challenge. Anyone can be affected by extreme cold-related weather conditions, depending on length of time and exertion levels outdoors. Those especially at risk include older adults (over the age of 65) and infants and young children.

Extreme cold weather is always a possibility. To keep your family safe, you should know how to prevent cold-related health problems and what to do if there is a cold-weather emergency; this is even more important if your home is used for child care.

## During a cold alert, it is recommended that caretakers:

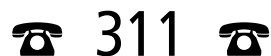
- Ensure exposed skin is covered (skin can become frostbitten in 30 seconds).
- Dress children in proper protective clothing with a hat that covers ears and foreheads, gloves or mittens, and a scarf to protect the chin, lips, and cheeks. Layer clothes: inner layer, middle layer, and outer layer.
- As always, before heading outside, make sure clothing does not present a strangulation hazard. Always take off, tie up or tuck in cords and drawstrings on hoods, hats, jackets and mittens to prevent them being caught on playground equipment and fences.
- Teach children not to lick metal surfaces or to remove mittens or boots in cold weather. Skin damage can also occur when skin comes into contact with objects whose surface temperature is below freezing point.
- Keep children moving and limit time sitting.
- Prepare a winter survival kit for the home, including food, water, and medicines.
- Always be on the lookout for signs of frostbite and hypothermia.
- Plan ahead – listen to the weather forecast!

For more information on extreme cold, visit [www.halton.ca/coldalert](http://www.halton.ca/coldalert).

## Resources Available from the Health Department

Air Quality resources are available for order/download at [www.halton.ca/airquality](http://www.halton.ca/airquality). Resources include: toolkits, videos, tipcards, fact sheets, bookmarks, picture books, posters, and much more. AQHI resources are available in multiple languages.

## For More Information



- 311 offers a single window of direct access to Halton programs and services provided by any of the eight partner organizations:
  - Regional and Local Municipal governments
  - Halton Regional Police Service
  - Halton District School Board
  - Halton Catholic District School Board
- 311 provides free, multilingual assistance to anyone calling from within Halton. Call 311 to request a service or receive general information or even register for a parks and recreation program.



- 211 is an easy-to-remember, three-digit, non-emergency telephone number that offers a single window of access for anyone seeking information and referral to the full range of community, health and social services available in Halton.
- 211 provides free, confidential, multilingual assistance 24 hours a day, 365 days a year and is also available on-line at **[www.211halton.ca](http://www.211halton.ca)**
- 211 can assist individuals, families, people facing barriers due to language or personal circumstances, professionals in business, government and community agencies.

**Explore It!** Go online to discover safe & fun ideas for living an active lifestyle. Visit **[havefungetintoit.ca](http://havefungetintoit.ca)**!

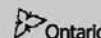
**Get Into It!** Click on Challenges & get moving! Actively challenge yourself, & your family, friends & co-workers too!

**Enjoy It!** Be inspired by your surroundings, backyards & neighbourhoods, parks, green spaces & recreational facilities!

**Share It!** Get inspired & inspire others. Share your ideas & accomplishments about active living. Submit your stories & photos on the website... & have fun!

**runit  
bikeit  
walkit  
swimit  
enjoyit  
halton  
hills**

This initiative  
proudly  
supported by:



**[www.havefungetintoit.ca](http://www.havefungetintoit.ca)**





**Take advantage of the variety of fun and recreational activities the Town of Oakville has to offer!**

- Recreation and culture programs
- Community and fitness centres
- Pools, arenas and splash pads
- Sport fields and tennis courts
- Skateboard parks
- Parks, walking trails and harbours
- March Break, Holiday, P.A. Day and Summer camps

**MAKE  
YOUR  
MOVE**  
Oakville

Get active your way  
every day!

**For more information visit**  
[www.oakville.ca/makeyourmove.htm](http://www.oakville.ca/makeyourmove.htm)

**Mark February 20, 2012  
on your calendar!**

Make Your Move Family Day  
Free activities for the  
entire family!

Join us for June is Recreation  
and Parks Month  
...and more!



**Move More, Milton!**

Be active, more often

## **Take to the Trails!**

Take to the trails in a neighbourhood near you to connect with your community. Explore nature while you nurture your health! Discover natural areas, wildlife and plants. Consult the Take to the Trails brochure on our website for maps and details on each of these walks:

### **Urban Trail Walks**

Timberlea Neighbourhood  
Coates Neighbourhood  
Dempsey Neighbourhood  
Wagging Tail Trail (Leash-free Dog Park)  
Beaty Tributary

### **Rural Trail Walks**

Brookville Hamlet  
Kelso Conservation Area  
Hilton Falls Conservation Area

## **Have Cool Family Fun in Winter!**

During the winter, indoor hibernation is only for the bears! Outdoor playtime in the cool, crisp air with the snow crunching under your feet can be an exhilarating experience for you, your family and even the whole neighbourhood!

Add some pink to your cheeks and a sparkle in your eye with the ideas for family games and activities on our website.

Move More, Milton! is a new community-wide program that encourages Milton residents and employees to be more active, more often and as a result — healthier!

Think you need to run a marathon, work out for hours at a time or spend money to be active? Think again! You can easily include a variety of activities in your daily routine anytime and anywhere to benefit your health, maximize your mood, connect with your community and have some fun!

Move More, Milton! was developed by the Town of Milton, in partnership with Milton Community Resource Centre, and funded by the Ministry of Health Promotion.

Visit our website for tips on becoming more active and sign up for our e-newsletter.



[www.MoveMoreMilton.ca](http://www.MoveMoreMilton.ca)

905-878-7252, ext. 2706

# Parks and Recreation Departments

Call for information about recreation programs, community centres, day camps, pools, splash-pads, arenas, sports facilities, ACTIVE birthday parties, and amateur sports teams. If you have not received one in the mail, ☎ request a recreation and leisure guide from:

## City of Burlington

Parks and Recreation . . . . . 905-335-7736  
www.burlington.ca

## Halton Hills

Recreation and Parks Department . . . . . 905-873-2601 ext. 2275  
TTY . . . . . 905-873-0644  
www.haltonhills.ca

## Town of Milton

Recreation and Parks Department . . . . . 905-878-7252 ext. 2211  
TTY . . . . . 905-878-0122  
www.milton.ca

## Oakville

Recreation and Culture . . . . . 905-338-4250  
TTY . . . . . 905-338-4200  
www.oakville.ca

# Recreation Centres, Pools and Splash Pads

## Burlington

**Aldershot Pool** . . . . . 905-637-5688  
50 Fairwood Place  
**Angela Coughlan Pool** . . . . . 905-335-7000  
2425 Upper Middle Road

**Centennial Pool** . . . . . 905-639-5722  
Robert Bateman High School  
5151 New Street

**LaSalle Park Pavilion & Splash Pad** ♿ . . . . . 905-637-5688  
50 North Shore Blvd. E.

**Mountainside Recreation Centre & Outdoor Pool** . . . . . 905-332-6060  
2205 Mount Forest Drive

**Nelson Pool & Splash Pad** . . . . . 905-637-2552  
4235 New Street

**Tansley Woods** ♿ . . . . . 905-332-1996  
1996 Itabashi Way

**The Ron Edwards Family YMCA** . . . . . 905-632-5000  
500 Drury Lane

## Halton Hills

**Acton Pool** . . . . . 519-853-3140  
69 Acton Blvd. Acton

**Gellert Community Centre** . . . . . 905-877-4244  
10241 8th Line Georgetown

**Georgetown Indoor Pool** . . . . . 905-877-7721  
70 Guelph Street

## Splash Pads in Halton Hills

**Dominion Gardens Splash Pad**  
135 Maple Avenue East, Georgetown

**Gellert Splash Pad**, open from 10 a.m. to 8 p.m. - May to September 5 (weather permitting)  
10241 8th Line, Georgetown

**Superior Glove Splash Pad**  
30 Park Avenue, Acton

## Milton

**Milton Leisure Centre** . . . . . 905-878-7946  
1100 Main Street East

**Rotary Park Outdoor Pool** . . . . . 905-878-7252 ext. 2211  
1 Garden Lane

## Splash Pads in Milton

**Splash Zone (Rotary Park):** 10 a.m. - 8 p.m.

Open first weekend of June to Sunday following Labour Day (weather permitting)

**Neighbourhood Spray Pads:** 9 a.m. - 9 p.m.

Saturday of Victoria Day weekend to Sunday following Labour Day (weather permitting)

- Beaty Neighbourhood Park - beside Guardian Angels School
- Bristol District Park - Thompson Rd. and Louis St. Laurent Ave.
- Clarke Neighbourhood Park (South)
- Coates Neighbourhood Park (North) - Philbrook Dr.
- Dempsey Neighbourhood Park - beside Chris Hadfield School
- Lions Sports Park - 77 Thompson Rd.

## Oakville

**Centennial Pool** . . . . . 905-815-5955  
120 Navy Street

**Glen Abbey Recreation and Aquatic Centre** . . . . . 905-815-5950  
1415 Third Line

**Iroquois Ridge Community Centre** ♿ . . . . . 905-338-4255  
1051 Glenashton Drive

**Queen Elizabeth Park Centre** . . . . . 905-815-5979  
2302 Bridge Road (grand re-opening March 24, 2012, 10 a.m. to 5 p.m.)

**River Oaks Recreation Centre** . . . . . 905-338-4186  
2400 Sixth Line

**White Oaks Pool** . . . . . 905-815-5975  
1330 Montclair Drive

**YMCA of Oakville** . . . . . 905-845-3417  
410 Rebecca Street

## Outdoor Pools in Oakville

**Bronte Pool** . . . . . 905-827-9531  
2184 Hixon Road

**Brookdale Pool** . . . . . 905-827-1475  
1215 Bridge Road

**Falgarwood Pool** . . . . . 905-844-4862  
1349 Gainsborough Drive

**Lions' Community Centre** . . . . . 905-845-3281  
159 Felan Avenue

**Wedgewood Pool** . . . . . 905-845-9177  
351 Cairncroft Road

## Splash Pads in Oakville

Open from 9 a.m. to 8:30 p.m.

June to mid-September, weather dependent

**Coronation Park**, Lakeshore Road West, east of Third Line

**Forrester Park**, Forrester Park Dr.

**Heritage Way Park**, Heritage Way at Merchants Gate

**Millbank Park**, Glenashton Dr. at Millbank Dr.

**Munn's Creek Park**, River Oaks Boulevard West

**Nautical Park**, Nautical Blvd.

**Neyagawa Park**, Neyagawa Blvd. at River Glen Blvd

**Old Abbey Lane Park**, Old Abbey Lane & Dorval Dr

**Pine Glen Park**, Pine Glen Road at Third Line, S of Dundas St West

**Postridge Park**, Postridge Drive at North Ridge Trail

**Sixteen Hollow Park**, West Oak Trails Blvd north of Upper Middle Rd, east of Fourth Line

**Valleybrook Park**, Valleybrook Drive at Grosvenor St & Upper Middle Rd

**Valleyridge Park**, Valleyridge Drive, west of Bronte Rd. & south of Dundas St. West

**West Oak Trails Park**, Westoak Trails Blvd.

**Wynten Park**, Wynten Way, south of Kingsway Drive

# ARENAS

## Burlington

<b>Aldershot</b> . . . . .	905-637-3555
494 Townsend Avenue	
<b>Appleby Ice Centre</b> ♿ . . . . .	905-331-7465
1201 Appleby Line	
<b>Central</b> ♿ . . . . .	905-634-5571
519 Drury Lane	
<b>Mainway Recreation Centre</b> ♿ . . . . .	905-336-1877
4015 Mainway Drive	
<b>Mountainside</b> . . . . .	905-332-6060
2205 Mount Forest Drive	
<b>Nelson</b> . . . . .	905-637-2552
4235 New Street	
<b>Skyway</b> . . . . .	905-632-1717
129 Kenwood Avenue	

## Halton Hills

<b>Acton Arena</b> . . . . .	519-853-0020
415 Queen Street East	
<b>Mold-Masters SportsPlex</b> . . . . .	905-877-8488
221 Guelph Street (Georgetown)	
<b>Georgetown Memorial Arena</b> . . . . .	905-877-9612
42 Mill Street	

## Milton

<b>Milton Sports Centre</b> . . . . .	905-875-5393 ext. 2601
605 Santa Maria Blvd	
<b>Memorial Arena.</b> . . . .	905-875-5393 ext. 2601
77 Thompson Road	
<b>John Tonelli Sports Centre</b> . . . . .	905-875-5393 ext. 2601
217 Laurier Ave	
<b>Rotary Park Outdoor Skating Rink</b> . . . . .	905-878-7211
1 Garden Lane	

## Oakville

<b>Glen Abbey</b> . . . . .	905-815-5950
1415 Third Line	
<b>Joshua's Creek Arena</b> . . . . .	905-815-6111
1663 North Service Road East	
<b>Kinoak</b> . . . . .	905-338-4191
363 Warminster Drive	
<b>Maple Grove</b> . . . . .	905-338-4193
2237 Devon Road (Maple Grove Park)	
<b>Oakville Arena</b> . . . . .	905-338-4406
133 Rebecca Street	
<b>River Oaks.</b> . . . .	905-338-4186
2400 Sixth Line	
<b>Sixteen Mile Creek Sports Complex</b> . . . . .	905-815-6177
3070 Neyagawa Boulevard (on Neyagawa Boulevard north of Dundas Street)	
<b>Canlan Ice Sports</b> . . . . .	905-845-6989
2300 Cornwall Road (Private Facility, call for public skate times)	
For Oakville outdoor skating rinks . . . . .	905-815-5984

# Bike & Trail Maps

Are available:

Burlington. . . . .	905-335-7777
Halton Hills . . . . .	905-873-2601 ext. 2275
or pick up at the Recreation & Parks desk in the Civic Centre	
Milton. . . . .	905-878-7252 ext. 2211
Oakville . . . . .	905-845-6601

Also see Conservation Areas/Parks pg. 72

For a complete southern Ontario trail listing visit [www.trailpaq.ca](http://www.trailpaq.ca)

# Museums

## Burlington

Ireland House Museum at Oakridge Farm . . . . .	905-332-9888
Joseph Brant Museum . . . . .	905-634-3556

## Milton

Country Heritage Park . . . . .	905-878-8151
Halton Region Museum . . . . .	905-875-2200
Halton County Radial Railway . . . . .	519-856-9802
Waldie Blacksmith Shop . . . . .	905-875-4156

## Oakville

The Canadian Golf Hall of Fame & Museum . . . . .	905-849-9700 ext.411
Oakville Museum at Erchless Estate . . . . .	905-338-4400
Oakville Sports Hall of Fame . . . . .	905-338-1528
Sovereign House . . . . .	905-825-5552
Thomas House . . . . .	905-844-2695

## Information Lines

Burlington. . . . .	905-639-4212
Halton Hills . . . . .	519-853-3310
Milton. . . . .	905-875-4636
Oakville . . . . .	905-815-2046
Acton . . . . .	519-853-3310

# Tourism Information

<b>Burlington Tourism</b> . . . . .	905-634-5594
414 Locust Street	
toll free . . . . .	1-877-499-9989
www.tourismburlington.com	
<b>Halton Hills Chamber of Commerce.</b> . . . .	905-877-7119
328 Guelph Street Georgetown	
www.haltonhillschamber.on.ca	

<b>Milton Tourism</b> . . . . .	905-693-1157
1 Chris Hadfield Way	
www.milton.ca	
<b>Oakville Tourism</b> . . . . .	905-815-6055
toll free . . . . .	1-877-625-8455
1225 Trafalgar Road	
www.oakvilletourism.ca	
<b>Halton Tourism</b> . . . . .	311
www.halton.ca/tourism	
Twitter.com/haltonontourism	
Facebook.com/haltonontourism	
email - tourism@halton.ca	

For all southern Ontario destinations check out:

<b>Southern Ontario Tourism</b>
www.soto.on.ca

# Libraries

Acton . . . . .	519-853-0301
Burlington. . . . .	905-639-3611
Georgetown. . . . .	905-873-2681
Milton. . . . .	905-875-2665
Oakville . . . . .	905-815-2042

# Conservation Areas / Parks

Explore the many parks and conservation areas in Halton. Here you can hike, swim, camp, bike, cross country ski and more! Call ahead for special events and park times.

For a full listing of Halton Region conservation areas and events contact:

<b>Halton Conservation Authority</b> . . . . .	905-336-1158
www.hrca.on.ca	
<b>Bronte Creek Provincial Park</b> . . . . .	905-827-6911
1219 Burloak Drive	
www.ontarioparks.com	

<b>Crawford Lake</b> . . . . .	905-854-0234
Steeles Ave & Guelph Line	
<b>Hilton Falls</b> . . . . .	905-854-0262
HWY 25 & Campbellville Road	
<b>Kelso &amp; Glen Eden</b> . . . . .	905-878-5011
Tremaine Road & Kelso Road	
<b>Mount Nemo</b> . . . . .	905-854-0262
Guelph Line between Hwy 5 & Britannia	
<b>Mountsberg</b> . . . . .	905-854-2276 or
Milborough Line & Campbellville Road . . . . .	905-854-4342
<b>Rattlesnake Point</b> . . . . .	905-878-1147
Derry Road & Appleby Line	
<b>Royal Botanical Gardens</b> . . . . .	905-527-1158
680 Plains Road, Burlington	
www.rbg.ca	

## Active Birthday Parties

All four municipal recreation providers offer ACTIVE birthday party options. Check your recreation guide or call your local Parks and Recreation Department page 65. For more ACTIVE birthday party ideas check your local Yellow Pages for: bowling, climbing walls, and fitness centres, or search under birthday parties in the Halton Community Services database at [search.hipinfo.info](http://search.hipinfo.info)

## Community Gardens

### Holy Cross Lutheran Church Community Gardens

Lakeshore & Walker's Line, Burlington  
905-637-2741

### Time to Grow Community Gardens

North Burlington Baptist Church  
Mainway & Walkers Line, Burlington  
905-335-5808  
[www.nbbcc.ca](http://www.nbbcc.ca)

### Milton Community Gardens

Ontario Street & Childs Drive  
905-876-4276

### Oakville Community Gardens

Shell Park (West Oakville)  
Lyons Lane Park (Central Oakville)  
Kingsford Gardens (East Oakville)  
[www.oakville.ca](http://www.oakville.ca)  
905-845-6601 ext. 3076

## Resources for Young Families

Ontario Early Years Centres -The Ontario government created Ontario Early Years Centres to be a place where parents and caregivers can get answers to questions, information about programs and services that are available for young children, and an opportunity to talk to early years professionals, as well as other parents and caregivers in the community. You and your child can visit the Ontario Early Years Centre for a range of free services. Call the location closest to you or check this website for more information [www.ontarioearlyyears.ca](http://www.ontarioearlyyears.ca).

### Acton

85 Wallace Street . . . . . 519-853-2574

### Burlington

710 Cumberland Avenue . . . . . 905-632-9377  
645 Plains Road East . . . . . 905-632-4011  
126 Plains Road East . . . . . 905-632-9377  
2111 Walkers Line. . . . . 905-632-9377

### Georgetown

96 Guelph Street . . . . . 905-873-2960

### Acton

85 Wallace Street . . . . . 519-853-2574

### Milton

410 Bronte Street South. . . . . 905-876-1244 ext. 210

### Oakville

74 Florence Drive . . . . . 905-849-6366  
461 North Service Road West #17 . . . . . 905-849-6366  
481 North Service Road West #25 . . . . . 905-849-6366  
1500 Sixth Line . . . . . 905-849-6366

## Also check these websites:

Child Health Information from Canada's Paediatric experts.  
[www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)

More tips on how to get active and eat healthy  
[www.dietitians.ca](http://www.dietitians.ca)

Party Games  
[www.partycentral.com](http://www.partycentral.com)

Games kids play  
[www.gameskidsplay.net](http://www.gameskidsplay.net)

Active Healthy Kids  
[www.activehealthykids.ca](http://www.activehealthykids.ca)

Active Halton  
[www.activehalton.ca](http://www.activehalton.ca)

Girl Guides of Ontario  
[www.guidesontario.org](http://www.guidesontario.org)

Scouts Ontario  
[www.scouts.ca](http://www.scouts.ca)

Child and youth programs and services provided by the Government of Ontario  
[www.childrensinfo.ca](http://www.childrensinfo.ca)

PlaySport  
[www.playsport.net](http://www.playsport.net)

Make Your Move  
[www.oakville.ca/makeyourmove.htm](http://www.oakville.ca/makeyourmove.htm)

Have Fun Get Into It  
[www.havefungetintoit.ca](http://www.havefungetintoit.ca)

Move More Milton  
[www.movemoremilton.ca](http://www.movemoremilton.ca)

Public Health Agency of Canada  
[www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)

ParticipACTION  
[www.participaction.com](http://www.participaction.com)

## Acknowledgements

Adapted from the resource "Families on the Move" produced by the Healthy Lifestyles & Disease Prevention Branch, Social & Public Health Services Department, City of Hamilton.

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"Family Fun in Halton" is distributed by the Departments of Health and Social and Community Services.

For additional copies of "Family Fun in Halton" or more information about physical activity, please contact:

The Halton Region Health Department  
Chronic Disease Prevention  
Dial 311 or 905-825-6000  
Toll Free  
1-866-4HALTON (1-866-442-5866)  
[www.halton.ca/health](http://www.halton.ca/health)

### Join the *HaltonParents* conversation for local parenting news, tips, health info and more

Website: [www.haltonparents.ca](http://www.haltonparents.ca)

Twitter: [www.twitter.com/HaltonParents](https://twitter.com/HaltonParents)

Blog: <http://haltonparents.wordpress.com>

E-mail: [haltonparents@halton.ca](mailto:haltonparents@halton.ca)

Phone: **Dial 311 or 905-825-6000**  
for parenting information or to talk  
directly with a Public Health Nurse.  
(Monday to Friday, 8:30 a.m. to 4:30 p.m.)



For more information contact

**Halton Region**

Dial 311 or 905-825-6000

Toll free 1-866-4HALTON (1-866-442-5866)

TTY 905-827-9833

**[www.halton.ca](http://www.halton.ca)**



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