

## Niagara Region Public Health School Health Newsletter

### February 2025

#### Is your youth due for vaccines?

Go to [Immunization Connect](#) to review your youth's immunization history and check the **Immunizations Needed** section for missing vaccines.

If your youth is missing any vaccines, book an appointment to get them vaccinated. Vaccines are available at healthcare providers' offices, walk-in clinics or Public Health vaccination clinics.

Bring your yellow card or immunization record print out from [Immunization Connect \(ICON\)](#) to each vaccine visit. This will help you and your health care provider keep an up-to-date record of which vaccines have been received.

**Can't find any immunization records?** Here are some [tips](#) to help you.

- **Previous healthcare providers** will keep records for a limited time. Also check with local health units, your pharmacist, and any urgent care clinics, as well as hospital emergency departments.
- **At home** – Close family members such as parents or guardians may have copies of your childhood immunizations in old papers, including baby books and school or camp forms.
- **Schools, colleges, universities or other post-secondary institutions** may still have records for you or your child.
- **Previous employers**, including the military, may still have records from your employment.

If your family is having trouble with locating or transferring immunization records, please [contact the Vaccine Team](#) and a nurse will discuss what needs to be done. Translation services are also provided.



#### Eating Disorders Awareness Week

From **February 1st to 7th 2025** join, National Eating Disorder Information Centre (NEDIC) and, eating disorder groups nationwide come together to observe [Eating Disorder Awareness Week](#). This dedicated week of action aims to educate the public about eating disorders, raising awareness of their impact, dispelling harmful stereotypes

and myths, and highlighting available support for those living with or affected by these disorders.

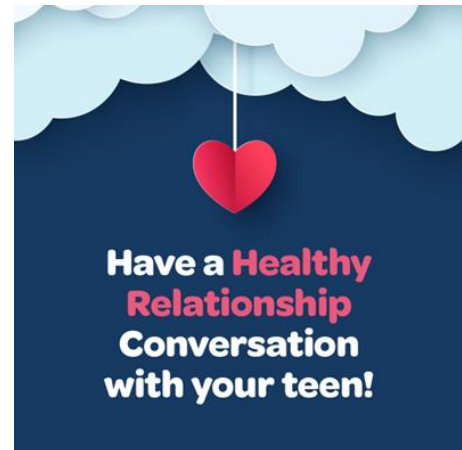
Discover the support services provided by the National Eating Disorder Information Centre for [parents and caregivers](#). Below are some resources worth exploring:

- [Niagara Region x National Eating Disorder Information Centre “Transform the Narrative” Livestream](#)
- [A Parents' and Caregivers' Guide to Supporting Youth with Eating Disorders](#)
- [A Guide to Discussing Your Concerns with Your Child's Primary Care Provider](#)
- [Coping Strategies for Families and Partners of an Individual Living With an Eating Disorder](#)

## Healthy Relationships

This Valentine's Day, talk openly and honestly with your teenager about healthy relationships.

- **Define a healthy relationship:** Talk about how respect, understanding, trust, and honesty are key pieces of a healthy relationship.
- **Talk about what's okay and what's not:** Discuss why it's important to set boundaries for emotional and physical areas to make sure both people are comfortable.
- **Encourage communication:** Let your teen know that if they face any problems, talking about it openly can help solve things.
- **Offer support:** Make sure your teen knows you'll be there to support them no matter what.



## Family Day



Family Day is coming up on **Monday, February 17<sup>th</sup>** and it's a great chance to spend time with loved ones. Whether it's starting a new tradition like a family hike, playing outdoors, trying a nutritious recipe, or enjoying a fun board game together, this Family Day can be all about building lasting memories and promoting a healthy lifestyle.

To support you in making Family Day a meaningful occasion, we invite you to explore local programs and events to make the most of the day and keep your family active, engaged, and healthy!

- Explore some [nutritious recipes](#) with your [teen](#)
- The local Performing Arts Centre has a full day of exciting events for all ages. Check out their [schedule](#) and enjoy a variety of activities happening throughout the day.
- Find a new adventure spot in a [regional walking or hiking trail](#)
- Check your [local public library](#) for free family day activities

