

A father is someone who carries pictures where his money used to be.

Kids' Health Information at your finger tips.
It's 8:00 on Friday evening and your child has refused to eat dinner once again. You've tried different meal options but no luck. You want trusted health information but where do you find it?

www.aboutkidshealth.ca
published by the Hospital

The La Broquerie daycare committee "Les petits brisous" would like you to come out and dance with the popular group "Les Mocassins" on Saturday, February 4th 2006 at the La Broquerie Hotel. The dance starts at 8:00 pm, and tickets are \$12 which includes a lunch. There will be prizes to be won. Tickets are available by calling the hotel at 424-5302.

The evening is sponsored by the Comité culturel, and

Explorer to Africa, Creation Science
Dinosaur stories and videos,
Brian Sass
Seminar hosted by Seine River Church
Feb 24-26 at Jubinville Hall
Fri, Sat 7:30 pm & Sun 10:30

A clean tie attracts the soup of the day,

Your Child: happy, healthy and tobacco-free?

Facts:

- Tobacco eventually kills half of the people who get hooked.
- This year, tobacco will kill about 2,000 Manitobans.
- The vast majority of smokers start in their teens. The good news is that the kids who make it to adulthood without using tobacco will probably stay tobacco-free for life.
- Kids whose parents talk with them about smoking have the best chance of staying tobacco-free.

As a parent, you can make the difference. You have a tremendous influence on the way your child sees the world. According to one study, children whose parents talked with them about tobacco were a lot less likely to ever smoke.

"But I smoke. Will my child listen to me?" Yes – and in fact, it's even more important for parents who smoke to talk with their children about tobacco. That's because those kids have a much higher chance of starting to smoke. Your conversation can cut that risk in half. And you have first-hand knowledge of the impact of tobacco: how hard it is to quit, how it affects your health and how much you wish you'd never started. Sharing your honest feelings with your child can have a huge impact.

If your child thinks that nearly everyone smokes, you can point out that 28% of Manitobans aged 15 - 19 smoke. That's only one in four – even if it is still way too many.

You can also talk about the ingredients in cigarette smoke. Bring out some household items like window cleaner, nail polish remover, lighter fluid and turpentine. Each one has ingredients in common with tobacco smoke.

Talk about the effect tobacco use could have on your child's....

- **Health:** it's more immediate than just the long-term consequences like heart disease and cancer. Teens who smoke get more colds, more sore throats, a constant cough, and a greater risk of diseases like asthma.
- **Fitness:** Kids who smoke have less energy, less endurance and poorer athletic performance.
- **Appearance:** Your hair, breath and clothes all end up stinking. And smokers can look forward to ugly stains on their fingernails and teeth.
- **Wallet:** Work through the cost of smoking with your child, based on a pack of cigarettes a day ... for a week, a month or a year. Where else could that money go, instead of up in smoke?
- **Freedom:** Tobacco can be as hard to quit as heroin. A study of high school students found that only 5% of smokers thought they'd still be smoking two years after they graduated. Eight years later, 75% of them were still smoking.

For information on how to start the conversation pick up a brochure from the stand inside the front door of the R.M. Office.